



Events & Activities in Berkshire

**Events, activities, social gatherings
& things to do for older people across Berkshire**

Call us: **0118 959 4242**

Email us: **info@ageukberkshire.org.uk**

Visit our website: **ageukberkshire.org.uk**

Age UK Berkshire is a registered charity. Our charity number is 1146462.

Berkshire map



Events & activities across Berkshire

➤ Reading & West Berkshire area

- Social groups & dementia cafes - Page 4
- Singing groups & choirs - Page 5
- Gentle exercise - Page 6 & 7
- Carers support groups - Page 8
- Dementia activities - Page 10

➤ Wokingham area

- Social groups & dementia cafes - Page 4
- Singing groups & choirs - Page 5
- Gentle exercise - Page 6 & 7
- Carers support groups - Page 9
- Dementia activities - Page 10

➤ Royal Borough Windsor & Maidenhead area

- Social groups & dementia cafes - page 4



Come along and join in!

At Age UK Berkshire we're committed to improving the lives of older people across the county. We've been providing advice, support, services, events and activities across Berkshire for over 50 years.

We firmly believe that learning new things, having an active social life and meeting new people shouldn't stop as we get older, and our calendar is jam-packed with all sorts of activities to suit every taste and interest. So what are you waiting for? Check out our guide*, and come and join us!

Social groups



Dementia Cafes & Social Get-Togethers

Our Dementia Cafes and social get-togethers help you socialise with others in a relaxed, friendly environment. We welcome people with dementia and their carers.

Free.
Drinks at
additional
cost

Reading & Wokingham area:

The George, **Earley** - 4th Tuesday of month, 11.30am-1pm

The Wee Waif, **Charvil** - 3rd Wednesday of month, 11am-12pm

Reading Football Club, **Reading** - every 3rd Weds of month, 10am-12pm

St Sebastian's Parish Hall, **Wokingham** - 2nd Friday of month, 1-2.30pm

West Berkshire area:

Waterside Youth Centre, **Newbury** - for carers and people with dementia - selected Tuesday mornings - contact us for details

Windsor & Maidenhead area:

Pubs n' Pastries, Fox & Castle, **Old Windsor** - 1st Tuesday of month, 11am-12pm

Community Dementia Cafe, The Royal Foresters, **Ascot** - 2nd Tuesday of month, 11am-12.30pm

Chatty Cafe, **Bisham Abbey** - 3rd Tuesday of month, 11am-12pm

Twyford Growers

Are you green-fingered? Would you like to be but aren't sure where to start? We meet to enjoy fresh air, good company and the joy of veg! Call 07718 882 792 for more info. **Open to Twyford & Ruscombe residents only*.*

Twyford: Hurst Road Allotments - every Thurs, 10.30am-12.30pm

Free

Singing, music & choirs



Memory Lane Singing Cafes

Come along to one of our Memory Lane Singing Cafes – a warm and inclusive environment where everyone's welcome and can join in, regardless of experience or ability. Whether you want to sing your heart out or just tap a toe along to the music, you'll be guaranteed a warm welcome and lots of recognisable, popular songs.

Our Memory Lane Singing Cafes are run in conjunction with Berkshire Music Trust, and are held at:

Newbury: The Fair Close Centre, 3rd Friday of month, 10.30am-12pm

Wokingham: The Cornerstone, 4th Friday of month, 11am-12.15pm

Reading: Reading Music Centre, 2nd Friday of month, 10.30am-12pm

£2.50
per
session

Silver Tones

This enthusiastic choir really know how to have fun – and are always ready to welcome newcomers of all abilities!

Reading: St Joseph's Church Hall, every Monday, 12-2pm

£4 per
session

In-a-Chord

This fun and friendly group are led by an enthusiastic singing coach, and meet regularly to sing and socialise. All abilities welcome!

Reading: Tilehurst Methodist Church, every Thursday, 11am-12pm

£3 per
session

Gentle exercise



Seated Yoga

Gentle stretches and relaxation are the aims of this class, where everything is done from the comfort of a chair.

£2.50
per
session

Charvil: Charvil Village Hall - last Thursday of month, (with more days coming soon), 1.30-3pm

Finchampstead: Finchampstead Baptist Church - every Friday, 10.30-11.30am, and afterwards we have a sociable cup of tea at the on-site cafe (drinks at additional cost)

Movement to Music

Come along and move and stretch to the music in this gentle exercise class.

£2.50
per
session

Calcot: Jubilee Annexe, Calcot Centre - 4th Friday of month, 10.30am-12pm

Tea Dances

Come and join us for a gentle dance (or just sit and tap your feet) followed by tea and maybe even a piece of cake! No dancing skills required.

Location: Coming soon!

Coming
soon!

£2.50
per
session

Boccia

Boccia (pronounced 'botcha') is a seated indoor sport similar to bowls. We offer weekly boccia games suitable for all abilities and levels of mobility at our friendly, inclusive and enthusiastic group.

At both venues, we meet afterwards for a sociable cup of tea in the on-site cafes (you are welcome to purchase drinks and refreshments at additional cost)

Wokingham: Cantley Park Pavilion - every Tuesday, 11am-12pm

Swallowfield: Swallowfield Parish Hall - every Wednesday, 10-11am

Woodley: Coming soon!



£5 or £7
per
session

Tai Chi

Tai Chi is an accessible and relaxing movement class that helps connect your body, mind and soul. All abilities welcome.

Emmer Green: St Barnabas Church Hall, every Wednesday, 9.45-10.45am or 11am-12pm. £5 per session, first session free!

Tilehurst: Tilehurst Youth & Community Centre, every Wednesday, 9.45-10.45am or 11am-12pm. £5 per session, first session free!

Bracknell: Great Hollands Community Centre, every Friday, 10-11am. £7 per session, first session free!

Sandhurst: Owlsmoor Community Centre, every Monday, 12.30-1.30pm. £7 per session, first session free!

Carers support groups



Carers Support Groups

We know that being a carer can be a challenge, and we are here to help you navigate through the caring journey.

We offer practical advice, information and support, and the opportunity for a break and the chance to socialise with other carers at our regular support groups which run in the following areas:

West Berkshire, Reading and Wokingham.

Carers Support groups in the West Berkshire area:

Calcot:

Calcot Centre, 2nd Monday of month, 10am-12pm

Burghfield:

Burghfield Village Hall, 3rd Monday of month, 10am-12pm

Newbury:

Riverside Community Centre, 3rd Tuesday of month, 10am-12pm

Hungerford:

Hungerford Library, 4th Monday of month, 10am-12pm

Free

Carers Support Groups in the Wokingham area:



Free

Daytime groups - Wokingham area:

Mental health family & friends group, The Cornerstone, **Wokingham**,
1st Wednesday of month, 1.30-3pm

Bradbury Centre, **Wokingham**, 2nd Wednesday of month, 10am-12pm

Coronation Hall, **Woodley**, 3rd Tuesday of month, 1.30-3.30pm

Finchampstead Baptist Church Centre, Last Tuesday of month,
9.30-11am

Craft Club for Carers, Radstock Community Centre, **Earley**, Last
Thursday of month, 11.30am-1.30pm



Free

Evening groups - Wokingham area:

Radstock Community Centre, **Earley**, 2nd Thursday of month, 6-8pm

Online group via Zoom, 3rd Wednesday of month, 6-8pm.
Meeting ID: 881 0486 4661
Passcode: 966274

Dementia activities



Maintenance Cognitive Stimulation Therapy (MCST)

£5 per session

Maintenance Cognitive Stimulation Therapy (MCST) is a clinically proven intervention to help reduce the impact and progression of dementia. Participants take part in a range of activities with a qualified practitioner.

A separate **Carers Support Group** for carers runs alongside each MCST session, so carers get a break, too.

All participants ***must be fully assessed*** prior to starting MCST.

Earley:

Radstock Community Centre, every other Tues, 2-3.30pm

Calcot:

Jubilee Annexe, Calcot Centre, every other Weds, 10.30-11.30am

One-to-one support for people with dementia

£22 per hr

Our specially-trained support workers work one-to-one with people with dementia in their own homes or elsewhere, providing support, stimulation and continuity. This provides vital respite for carers and complements, rather than replaces, care from the NHS or other adult care services.

The small charge for this service can be paid by you or your Personal Budget. Service available in **West Berkshire** only.



What's On Calendars

Our monthly 'What's On' calendars include regular, annual and one-off events as well as events delivered by our trusted partners.

If you'd like the latest editions of our calendars, please visit our website www.ageukberkshire.org.uk or call 0118 959 4242

Our Services

We offer a wide range of services across most areas of Berkshire, including:

Information & Advice Service

Includes benefits and support advice for people over 50 (free)



Befriending

Regular friendly chats for anyone who might like a bit of company (free)

Getting Out & About

Feeling isolated or lacking confidence? Let's get you out and about (free)

Carers Support

Support and advice for unpaid carers, inc. carers rights and benefits (free)

Home from Hospital Service

Helping you settle back home after a hospital stay (free)



Home Help Plus

Our friendly team help with cleaning and other tasks at home (small fee)

Easy Shop

Our friendly team organise delivery of your weekly shop (small fee)



Handyperson Service

Got DIY jobs that need fixing? Our handyperson team can do it! (small fee)

Volunteer with us



Without our dedicated team of volunteers, we simply couldn't deliver and maintain the wide range of services we provide to the older people of Berkshire.

Our volunteers (of all ages and walks of life) help run social groups, give someone a friendly phone call, provide office admin support, fundraise and more.

If you'd like to get involved, we'd love to hear from you.

Get in touch...



0118 959 4242



info@ageukberkshire.org.uk



www.ageukberkshire.org.uk



Or come and see us in person.

We're open Mon-Fri from 10am-3pm:

Unit 119, (upper level),

Broad St Mall, Reading, RG1 7QE

