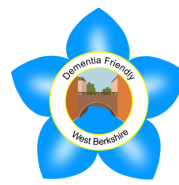


Dementia Friendly West Berkshire

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Age UK Berkshire - 0118 959 4242



What	Time & date	Where	Details
MONDAYS			
Ageing Creatively Coffee and Click	9.30am-12pm Every Mon (not bank hol)	The Lodge, Newbury Racecourse, Racecourse Rd, RG14 7NZ	Free, no booking required. 01635 522733 getinvolved@cornexchangenew.org.uk
Ageing Creatively Community Cafe	1-2.30pm Every Mon (not bank hol)	Theale Library, Church St, Theale, RG7 5BZ	Free, no booking needed. 0118 930 3207 or email thealelibrary@westberks.gov.uk
Cribbage Club	2-4pm 13th April	Pangbourne Working Men's Club, Whitchurch Rd, Pangbourne, RG87BS	Contact Di 07971 226548
TUESDAYS			
The Camellia Club - for people with Dementia	10am-3pm Tues & Thurs	Fair Close Centre, Newtown Road, Newbury, RG14 7BH	Music, craft, activities, lunch. £65/day, £20/1.5 hrs. Call Fay 07938 023256
Singing for the Brain	10.30am-12pm 1st & 3rd Tues/month	Kennet Valley Free Church, RG31 7YT	Call 0118 959 6482 or email berkshire@alzheimers.org.uk
Hungerford Dementia Cafe	10.30am-12pm 2nd Tues/month	The Bear Hotel, 41 Charnham St, Hungerford, RG17 0EL	£3 each. Book & info: 07384 514277 tamsinjudson@bluebirdcare.co.uk
Nature Memories Cafe	10.30am-12.30pm 3rd Tues/month	Berks Bucks & Oxon Wildlife Trust, Nature Discovery Centre, Muddy Ln, Lower Way, Thatcham, RG19 3FU	Free. Booking required: www.bbowl.org.uk or call: 01635 874381
Sing 55	2-3.30pm 21st & 28th April	Corn Exchange Learning Centre, Winchcombe Hse, 123-126 Bartholomew St, N'bury, RG14 5BN	£4.50 per session, to book: 01635 522733 or www.cornexchangenew.com/events
One Voice Community Choir	10.15am-12pm Every Tues	Pangbourne Working Men's Club, Whitchurch Rd, Pangbourne, RG87BS	£2 per person (includes tea), contact Di 07971 226548
Seated Exercise & Wellbeing with Get Berkshire Active	11.15-11.45am Every Tues	Fair Close Centre, Newtown Road, Newbury, RG14 7BH	£1 per person. Call 07706 357801 kate.wiggins@getberkshireactive.org
Seated Exercise & Wellbeing with Get Berkshire Active	1-1.30pm Every Tues	Mortimer Library, 27 Victoria Rd, Mortimer Common, RG7 3XD	Free. For info: 07706 357801 kate.wiggins@getberkshireactive.org
WEDNESDAYS			
Memory Cafe	10.30am-12pm 3rd Weds/month	Corn Exchange Balcony Bar, Market Place, Newbury, RG14 5BD	Pay what you can. Book: 01635 522733 getinvolved@cornexchangenew.org
Maintenance Cognitive Stimulation Therapy with Age UK Berkshire	10-11.30am 2nd & 4th Weds/month	Jubilee Annexe, Calcot Centre, Highview, RG31 4XD	£5 per person. Preassessment required. dfwberkshire@ageukberkshire.org.uk
Dementia Cafe at Select Car Leasing Stadium with Age UK Berkshire	10am-12pm Every 3rd Weds/month	Player's Lounge, Select Car Leasing Stadium, Reading	Free. Booking required. Email dfwberkshire@ageukberkshire.org.uk



WEDNESDAYS Cont:

Seated Exercise & Wellbeing with Get Berkshire Active	1-1.30pm Every Weds - term time only	Hungerford Library, 2 Church St, Hungerford, RG14 0JG	Free. Info & registration: 07706 357801 or kate.wiggins@getberkshireactive.org
Seated Exercise & Wellbeing with Get Berkshire Active	2.30-3pm Every Weds - term time only	Thatcham Community Larder, Frank Hutchings Hall, Bradley Moore Sq, RG18 4QH	Free. Info & registration: 07706 357801 or kate.wiggins@getberkshireactive.org
Seated Exercise & Wellbeing with Get Berkshire Active	3.30-4pm Every Weds - term time only	Theale Library, Church St, Theale, RG7 5BZ	Free. Info & registration: 07706 357801 or kate.wiggins@getberkshireactive.org
Seated Yoga & Mindfulness with Get Berkshire Active	6-7pm Every Weds	Dorman Room, Horseshoe Rd, Pangbourne, RG8 7JH	£2 per person. Info & registration: 07706 357801 kate.wiggins@getberkshireactive.org
Rosemary Cafe	10.30-11.45am 1st Weds/month	Fair Close Centre, Newton Road, Newbury, RG14 7BH	£2.50 per head. 01635 953669 or email ffreemantle@fairclosecentre.org
Evergreen Fellowship - Worship, Friendship, Tea	2.30-4pm 4th Weds/month	Wesley Hall, Newbury Methodist Church, RG14 1AN	Free but donations welcome. 07444 851606 or karen.f@bhbcircuit.org.uk
Carer Support - online via Zoom	10.30-11.30am 4th Weds of month	Fair Close Centre via Zoom	To book call 01635 953699 or email ffreemantle@fairclosecentre.org
Dementia Friendly Cinema - Funny Face	11am 2nd Weds/month	The Corn Exchange, Market Place, Newbury, RG14 5BD	£6.30. Call 01635 522733 or email getinvolved@cornexchangenew.co.uk
Wellbeing Wednesdays	1.45-3.15pm Every Weds	City Arts, 10 Hampton Road, Newbury, RG14 6DB	To book visit www.cityartsnewbury.org
Get Berkshire Active - Seated Exercises	11.30am-12pm Every Weds	Inkpen Village Hall, Upper Green, RG17 9QH	Free. Call Kate 07706 357801 kate.wiggins@getberkshireactive.org

THURSDAYS

Coffee Companions	10.30am-12pm Every Thurs	Corn Exchange Cafe Bar, Market Place, Newbury, RG14 7BD	Free no booking required. 01635 522733. getinvolved@cornexchangenew.co.uk
Community Garden Drop In	10am-12.30pm Every week	Community Garden, Shaw House, Church Road, Newbury, RG14 2DR	amy.bosley1@westberks.gov.uk
The Camellia Club for people living with dementia/respice care	10am-3pm Tues & Thurs	The Fair Close Centre, Newtown Road, Newbury, RG14 7BH	Fun, music, craft, lunch. £65/day or £20/1.5hrs. Call Fay 07938 023256 or camelliacub@fairclosecentre.org
Lambourn Friendship Cafe	10.30am-1pm Last Thu/month	Memorial Hall, Lambourn	07840 780345 or email: julieblogg@hotmail.com

Dementia Friendly West Berkshire

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THURSDAYS Cont:

Seated Exercise & Wellbeing with Get Berkshire Active	11.15-11.45am Every Thurs	Blands Court, Reading Road, Burghfield Common, RG7 3BZ	Free. For info & registration: 07706 357801 kate.wiggins@getberkshireactive.org
Community Friendship Cafe	2-4pm Every Thurs	Falkland Grange Care Home, Newbury	Chats, tea and treats. 01635 926900 email csm.falkland@porthaven.co.uk
Stitch & Sew	10-11.30am Every Thurs	Corn Exchange Balcony Bar, Market Place, Newbury, RG14 5BD	Free, no booking required. 01635 522733. getinvolved@cornexchangenew.co.uk
Thursday Hub	2-4pm 3rd Thu/month	The George Hotel, Pangbourne, RG8 7AJ	Contact Di 07971 226548
Hungerford Memory Worship	2.30-3.30pm 2nd Thu/month	Methodist Church, Bridge St, Hungerford, RG16 0EH	Free. Tea & biscuits inc. 07444 851606 karen.f@bhbcircuit.org.uk
Vintage Adventure	2.30-4pm 3rd Thu/month	Thatcham Methodist Church, Chapel St, RG18 4QL	Fun, friendship, worship, refreshments. 07444 851606 karen.f@bhbcircuit.org.uk

FRIDAYS

Memory Lane Singing Cafe Reading with Age UK Berkshire	10.30am-12pm 2nd Fri/month	Reading Music Centre, 100 Stoneham Cl, Tilehurst, RG30 4EZ	£3 per person. Book: dfwberkshire@ageukberkshire.org.uk
Memory Lane Singing Cafe Newbury with Age UK Berkshire	10.30-11.30am 3rd Fri/month	Fair Close Day Centre, Newtown Rd, Newbury, RG14 7BH	£3 per person. Book: dfwberkshire@ageukberkshire.org.uk
Movement to Music Seated exercise & dance with Age UK Berkshire	10.30am-12pm 4th Fri/month	Jubilee Annexe, Calcot Centre, 3 Highview, Calcot, RG31 4XD	£3 per head. Info & book: dfwberkshire@ageukberkshire.org.uk
Friendship Cafe	10.30am-12pm 17th April	Newbury Grove, 370 London Road, Newbury, RG14 2QH	Seated exercise, activities, refreshments. Book: 01635 918670 or julie.howick@careuk.com
Singing for Recovery	9.45-11am 24th April	Corn Exch. Learning Centre, Winchcombe Hse, 123-126 Bartholomew St, N'bury, RG14 5BN	Pay what you can. Book: 01635 522733 www.cornexchangenew.com/events

SUNDAYS

Sunday CommuniTEA	12-3.30pm Every Sun	Hungerford Methodist Church Hall, Bridge St, RG17 0EH	Free. Hot drinks, light meal, chat & board games. Drop in, all welcome. Hilary 07977 477249 events.hungerfordmethodist@gmail.com
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