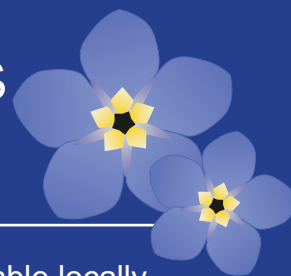


Directory of services and activities for people living with dementia



The aim of this directory is to provide information about activities that are available locally for people living with dementia so that they are able to participate within their communities.

Activities

Central (Newbury)

Singing for the Brain

Mondays 10.30am-12pm

Riverside Centre, Rosemoor Gardens, Clay Hill,
Newbury RG14 2FG

Email: Kelly.dodd@alzheimers.org.uk

Phone no: **0118 959 6482**

Chair Exercises

Mondays 10am

Fair Close Centre, Newtown Road,
Newbury RG14 7BH

Email: fc-ageconcern@btconnect.com

Phone no: **01635 40488/41294**

Bingo

Tuesday and Fridays 2pm

Fair Close Centre, Newtown Road,
Newbury RG14 7BH

Email: fc-ageconcern@btconnect.com

Phone no: **01635 40488/41294**

Knit and Natter

Wednesdays 1pm

Fair Close Centre, Newtown Road,
Newbury RG14 7BH

Email: fc-ageconcern@btconnect.com

Phone no: **01635 40488/41294**

Poetry Group

Every other month from 12.30pm

Berkshire Arms, Midgham, RG7 5UK

Phone no: **0118 959 6482**

Email: Kelly.dodd@alzheimers.org.uk

Whist

Thursday 1.30pm

Fair Close Centre, Newtown Road,
Newbury RG14 7BH

Email: fc-ageconcern@btconnect.com

Phone no: **01635 40488/41294**

Yoga

Relaxed seated exercise for all abilities

Thursdays 2-3.30pm

Thatcham Rugby Club, Henwick Lane,
RG18 3BN

Phone to confirm dates available

Phone no: **0118 959 6482**

Email: Kelly.dodd@alzheimers.org.uk

Memories café

**Last Friday of every month 10.30am –
12.30pm** in the coffee shop at Winchcombe

Place Care Home, Maple

Crescent, Newbury, Berkshire, RG14 1LN

Phone no: **Claire Parsons 01635 275400**

Email: claire4parsons@outlook.com

Activity Centre

Audrey Needham House,

29 Victoria Grove, Newbury, RG14 7RB

Wednesdays 9.30 – 4pm

Full day of activities, with care and support, a
two-course lunch and refreshments

Phone no: **0118 950 7914** or

email: activitiesteam@a2dominion.co.uk

Relaxed Theatre Performances - The Newbury Corn Exchange

Contact theatre for information on performances
Newbury Corn Exchange, Market Place,
Newbury RG14 5BD

Email: admin@cornexchangenew.co.uk

Phone no: **01635 582666**

Relaxed Theatre Performances - The Watermill Theatre

Contact theatre for information on performances.
The Watermill Theatre, Bagnor, Newbury, West
Berkshire RG20 8AE

Phone no: **01635 46044**

Email: admin@watermill.org.uk



East (Calcot)

Singing for the Brain

Tuesdays 10.30am-12pm

Kennet Valley Free Church, Fords Farm, Carters Rise, Calcot, Reading, RG31 7YT

Email: Jocelyn.Andersson@alzheimers.org.uk

Phone no: **0773 8752 669**.

Tai Chi

Wednesday 9.30-10.30am

Tilehurst Youth & Community Centre,
23 The Triangle, Tilehurst, Reading, Berkshire,
RG30 4RN. Age UK Berkshire.

Phone no: **0118 959 4242**

Zumba Gold

Wednesdays 1.30-2.30pm

Emmanuel Methodist Church, 448 Oxford Road,
RG30 1EE. Age UK Berkshire

Phone no: **0118 959 4242** £5.00

Five A Day Market Garden

Every Tuesday 1pm to 3pm

From 5th April to 19th July,

The Street, Englefield, Reading, Berkshire.

RG7 5ES. 'Forget me not' gardening and art and craft activity sessions for older people with memory problems. Free of Charge. Booking required as places are limited and are allocated on a first come first served basis. Email:

pam@fiveaday.org.uk Phone no: **07939 676 050**

West (Lambourn)

Lambourn Friendship Club

Thursdays 2.15-4.15pm

Royal British Legion Club, Upper Lambourn Rd,
Lambourn, Berkshire, RG17 8QD

Voluntary contribution

Welcome Wednesdays

2nd Wednesday of each month 1.30 – 3.30pm

Lambourn Memorial Hall, Oxford St, Lambourn,
Berkshire RG17 8XP Contact:

Sharon Mooney Phone no: **01488 72176**

Thatcham

Nature Memories Café

Mondays 10.30am - 12.30pm

Nature Discovery Centre, Lower Way,
Thatcham RG19 3FU

Phone No: **01635 874381**

Email: ndc@bbowt.org.uk

Singing for the Brain – Burghfield Common

Alternate Wednesdays 1.30pm-3.00pm

Burghfield Common Methodist Church,
Reading Road, RG7 3QA.

Email: Pauline.Ball@alzheimers.org.uk

Phone no: **01635 500 869**

Gardening Group for the Brain - Ufton Nervet

Wednesdays (once a month)

1.30pm-3.00pm

Nature Based activity group. Middle Farm,
Green Lane, Ufton Nervet, RG7 4HE

Phone no: **01635 500 869**

Email: Pauline.Ball@alzheimers.org.uk

Knit & Natter

Friday mornings 10.30am -12.00pm

Yarnfest Shop, The Old Telephone Exchange,
Longlane, Hermitage, Thatcham RG18 9QS

Phone: **Sue Kearney 01635 201660**

Email: yarnfest@btconnect.com

Meet and Eat lunches for all

Mondays 12-2pm

Hampstead Norreys Community Café, Manor
Farm/Church St, Thatcham RG18 0TD

Phone: Pamela Betts **01635 202263**

Email: Pamelabetts2010@gmail.com

Cafés

Memory Café

Monday (once a month) 10.30am-12.30pm

Newbury Corn Exchange, Market Place
Newbury RG14 5BD

email: admin@cornexchangenew.co.uk

Contact: Learning team for dates on:

01635 582666

West Berkshire Memory Café

**Every 2nd Thursday of the month (except
April) 2.00– 4.00 pm**

Best Western Hotel, Cox's Lane, A4 Bath Road,
Midgham, RG7 5UP

Email: Pauline.Ball@alzheimers.org.uk

Phone no: **01635 500 869**

Alice Bye Memory Café

Fridays 2.00pm - 4.00pm

Alice Bye Court, Bluecoats, Thatcham

RG18 4AE. Contact: Hayleys Companions on:

07811 065540

Thatcham Court Dementia Support

Memory Café

Last Wednesday of each month 2.00-4.00pm.

Thatcham Court, Chapel Street,
Thatcham, RG18 4QL

Contact: Peter Tilling on: **01635 899796**

Email: peter.tilling@bupa.com

Gracewell Coffee Club

Wednesdays 10.30am - 12.00pm

Gracewell of Newbury, 370 London Rd,
Newbury RG14 2QH

Contact: Evonne Burch, Phone No: **01635**

818887 email: Newbury.HAA@gracewell.co.uk

Lunch/Tea/Other Clubs

Fair Close Centre

**Monday- 12:00pm, Tuesday to Friday:
11.45am and 12:40pm**

The Laburnum Centre (Age UK), Wednesdays (once a month)

Stirling Way (off Sagecroft Rd), Thatcham,
RG18 3FW Phone no: **01635 864584**

Blands Court

Wednesdays and Fridays

Burghfield Common, Reading, RG7 3BZ
Phone no: **01189 833 664**

Theale Tea Club

Thursdays 2.00-4.00pm

The Kirby Room, St Luke's Church, Englefield
Road, Theale, Reading, RG7 5AS
Phone no: **01189 303 125**

Hungerford Tuesday Club

Every 2nd Tuesday of the month 2.00 - 4.15pm

British Legion Hall, 20 Church Way,
Hungerford, RG17 0JU Phone no: **01488 682037**

Meal on Wheels and Meal Support

Oakhouse Foods Phone no: **0845 643 2009**

Wiltshire Foods Phone no: **0800 077 3100**

Fairclose Centre

Meals on Wheels service Monday to Friday
Phone no: **01635 40488**

Day Care Centres

A day care centre is a place providing care and recreation facilities for people with dementia. They can enjoy a variety of activities and the centre can also provide respite for the carers.

Central (Newbury)

Fair Close Centre

Fair Close Centre is an Independent Charity set up to encourage, promote, and organise direct services appropriate to the needs of individual elderly people or groups of elderly people. Address: **Fair Close Centre, Newtown Road, Newbury, RG14 7BH**
Phone no: **01635 40488/41294**

The Phoenix Resource Centre

A purpose built centre with excellent facilities with a calm atmosphere. Situated in the South of Newbury. Provide craft activities, IT courses, reflexology and aromatherapy sessions. The centre has a sensory room and an optimusic room. The centre also provides Pets as Therapy sessions.

Address: **The Phoenix Resource Centre, Newtown Road, Newbury, RG14 7BH**
Phone no: **01635 520150**

East (Calcot)

Greenfield House Resource Centre

A purpose built, modern resource centre with excellent modern facilities. Serving Tilehurst, Theale, Burghfield, Pangbourne and the surrounding areas. Provide group and individual activities like games, crafts, gardening, IT courses and cooking.

Address: **Greenfield House Resource Centre, Highview, Calcot, Reading, RG31 4XD** Phone no: **0118 943 2074**

West (Hungerford)

Hungerford Day Centre

A small, vibrant resource centre with a warm friendly environment and experienced caring staff. Situated off the beautiful Hungerford common and a short walk from the town centre. Provides activities, computer sessions, trips out, cooking, crafts, flower arranging, jewellery making and many more.

Address: **Hungerford Day Centre, Ramsbury Drive, Hungerford, Berkshire, RG17 0EE** Phone no: **01488 682601**

Other Services

Hairdressers

Fair Close Centre, Newbury
Phone no: **01635 551808**
Hungerford Resource Centre, Hungerford
Phone no: **01488 682601**

Foot Care Service

Happy Feet at West Berkshire Community Hospital, costs £19.00 per visit, and a kit requirement of £11.50.

Phone no: **01635 503503**

Chiropodist

Fair Close Centre, Newbury.
Phone no: **01635 551808**

Reflexology

Hand and foot massages and other treatment, Address: **Hungerford Resource Centre, Hungerford**. Phone no: **01488 682601**

EasyShop

Taking grocery shopping orders by telephone or email and placing them with local supermarkets on your behalf for home delivery. There is a small charge for this service.

Phone no: **01635 522255** or Email: **easysshop@ageukberkshire.org.uk**

West Berkshire Libraries Reminiscence Collection

Themed boxes to aid reminiscence through touch, smell, vision and sound.

Phone no: **01635 519827**

Email: **library@westberks.gov.uk**

TiM Friends

free befriending service for Mortimer West End, Ufton Nervett, Sulhamstead Contact:

Bev French. Phone no: **07748 686615**

Email: **bevrench6@gmail.com**

Befriend West Berkshire

Trained volunteer befrienders matched to socially isolated and lonely people aged 50 and over. Contact Simone Foster

Phone No: **01635 49004**

Email **befriend@vcwb.org.uk**

Newbury & Thatcham Handybus

Regular weekly shopping trips - typical trips contributions about £3 for local journeys. Social outings and group trips also arranged.

Phone No: **Trevor Lisseman 01635 37111**

Email **Handybus@vcwb.org.uk**

West Berkshire Village Agent Scheme

Home visits available to discuss local services and recommend ways to improve social wellbeing

Phone: **Gill Comley 01635 581001**

Email: **gillian@vcwb.org.uk**

Newbury Shopmobility

Town Centre loan of electric scooters manual and powered wheelchairs.

Rates £3 per day plus £10 yearly membership and free parking when using this equipment

Phone No: **01635 523854**

Newbury Community Car Scheme

Volunteer drivers assisting elderly and infirm people to appointments covering Newbury, Speen and Stockcros, Greenham, Donnington, Three working days notice required small agreed contribution required. Office open Monday to Friday 10am to 1pm. Phone No: **01635 49004**

Home Help Plus service

Help with general housework, washing/ironing or shopping. Phone No: **0118 9594242**

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

Royal Berkshire Fire and Rescue Service Free

Home fire safety checks,

Phone Free **0800 587 6679**

Email **hfscreferrals@rbfrs.co.uk**

Other organisations which can offer support

Alzheimer's Society Support Services

Dementia Support - Mandy McDermott

Phone no: **0118 959 6482**

Email: **mandy.mcdermott@alzheimers.org.uk**

Befriending Service - Phone no: **0118 957 1183**

Young People with Dementia (Berkshire)

YPWD (Berkshire West) provides a range of support and ancillary services to younger people with dementia (those diagnosed below the age of 65), and to their families and carers. Phone no:

0118 949 528 Email: **contact@ypwd.info**

West Berkshire Therapy Centre

The Therapy Centre specially accommodates users with physical and mental limitations (including dementia) who would find it extremely difficult/impossible to use conventional gyms.

This gym is equipped with power assisted exercise equipment and there is usually a physiotherapist on site. Your exercise can be supervised.

Address: **The Frank Hutchings Hall, Harts Hill,**

Thatcham, RG18 4QH Phone no: **01635 864561**

Email: **info@westberkshiretherapycentre.org.uk**

National Dementia Helpline

Phone No: **0300 2221122**

Age UK Berkshire Dementia Support service

Phone No: **0118 9594242**

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