



Community Resources in Windsor, Ascot & Maidenhead

Community Resources



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Note: The world neverstays still so this document is correct at the time that it was written.

If you would like to make any updates / additions to the resources please contact Michaela Helman

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Community Organisations that are handy to know

<u>SERVICE DESCRIPTION</u>	<u>NAME OF ORGANISATION</u>	<u>LOCATION</u>	<u>CONTACT DETAILS</u>
Accommodation Previously known as maidenhead & district housing association (mdha), it is dedicated to providing quality, affordable homes to rent to meet a wide range of needs	Housing Solutions	Windsor and Maidenhead	contact@housingsolutions.co.uk 01628 543101 www.mdha.co.uk
Accommodation provide accommodation for elderly and under-privileged people	Windsor Municipal Charities	Windsor and Maidenhead	Peter Gray MBE jane_morrison@btconnect.com 01753 858423
Accommodation - Residents Association WRAs aims is "To assist in improving the quality of living for residents in West Windsor". Membership is open to residents of RBWMs Clewer Wards (North, East and South) and Park Ward, and Associate membership to other wards.	West Windsor Residents Association	West Windsor	Helen Price pricephj@gmail.com 01753 867055 or 07752 847796 http://www.wwra.org.uk
Advice & helpline Helpline advises and assists Individuals on issues relating to equality and human rights, across England, Scotland and Wales. We can also accept referrals from organisations which, due to capacity or funding issues, are unable to provide In depth help and support to local users of their services.	Equality Advisory and Support Service	Nationwide	0808 800 0082
Advice & Information Information, support, advocacy and campaigning for people living with rheumatoid arthritis	National Rheumatoid Arthritis Society	Berkshire	Mrs Clare Jacklin clare@nras.org.uk 0845 458 3969 www.nras.org.uk
Advice & Information Maidenhead CAB offers free, (Confidential, up to date information and advice to those living, working or studying in the Royal Borough of Windsor and. Maidenhead.	Maidenhead Citizen's Advice Bureau	Maidenhead	Christine O'Hare ceo@maidenheadcab.org.uk 01628 674842 www.citizensadvice.org.uk www.maidenheadcab.org.uk

Community Organisations that are handy to know

Advice & Information Adoption Advice	Berkshire Adoption Advisory Service	Borough wide	01628 683760
Advocacy Community Advocacy community and residential advocacy addresses a wide range of issues covering health, welfare, financial, legal and housing issues e.g personalised support plan, working within a designated time frame and with specific outcomes in view	AGE CONCERN slough and Berkshire East FREE		01753 822890 www.ageconcernsabe.org.uk/our-Services/advocacy-information-advice/community-advocacy
Advocacy - Free & Independent Support for Complaints about NHS Services / Issues with Mental Health. Also Military Veteran Advocacy	SEAP	Borough wide	http://www.seap.org.uk/
Advocacy Disability Advocacy Service	United Voices	Borough wide	01753 206721
Advocacy Hospital Advocacy	AGE CONCERN slough and Berkshire East FREE		01753 822890 www.ageconcernsabe.org.uk/our-Services/advocacy-information-advice/community-advocacy
Alzheimer Café - Ascot & Bracknell Alzheimer Café Our Alzheimer Cafe is open to anyone looking to find out more about dementia. There's no need to book just pop along, complimentary refreshments provided.	Alzheimer's Society	Ascot	Rachel Cross 01344 298083. The Wagtail Centre, Lynwood Care Centre, Rise Road, Ascot, Berkshire, SLS OFG http://www.alzheimercafe.co.uk

Community Organisations that are handy to know

<p>Ascot Drop In, North Ascot Community Centre</p> <p>Many people have become regulars at the group, but new people are always very welcome to enjoy tea, chat and homemade cakes. As well as the weekly get-togethers, the group enjoys outings and parties, such as Christmas and birthday parties, and day trips to the Kennet and Avon Canal - not forgetting last year's huge Diamond Jubilee party</p> <p>The North Ascot Drop In receives donations from major sponsors such as Ascot Round Table, as well as the Waitrose Community Matters scheme. The group also raises money itself.</p>	<p>Ascot Drop In, North Ascot Community Centre</p>	<p>North Ascot Community Centre</p>	<p>North Ascot Community Centre, Fern Bank Road, North Ascot. 01344 625700.</p>
<p>Befriending Service</p> <p>offers companionship and support, and helps people carry on doing the things they enjoy or to try new activities. Befrienders visit people in their homes, accompany them on outings, or support them to take part in activities in the local community.</p>	<p>Alzheimer's Society WAM</p> <p>People with dementia only FREE</p>		<p>Telephone 01628 626331 (Monday to Friday 9am - 5pm.)</p> <p>email Berkshire@alzheimers.org.uk</p>
<p>Befriending</p> <ul style="list-style-type: none"> •Information and support. We match carefully selected and vetted volunteers to people who would like a regular visitor •Regular visits can be made either weekly or monthly •Those referred to the scheme are visited by a coordinator, followed by a visit to introduce the carefully matched volunteer •It's a medium to long-term relationship that may last for many months or years. • Because it's long-term, it may take at least a month to match the right volunteer with the older person to be visited: we want to get it right! 	<p>Befriending</p> <p>Over 60 & living alone</p>	<p>www.ageuk.org.uk Reading and West Berkshire</p>	<p>Email: info@ageukberkshire.org.uk 0118 959 4242</p>

Community Organisations that are handy to know

<p>Befriending & Day Service</p>	<p>Crossroads</p>	<p>Windsor and Maidenhead</p>	<p>Telephone: 01753 833 788 Email: info@wmcrossroads.co.uk Website: http://www.crossroadswindsorandmaidenhead.org.uk Address: Smiths Lane, Windsor, Berkshire, SL4 5PE</p>
<p>Befriending The SVP is dedicated to helping combat poverty. The main ways it does this is by befriending people and providing moral and practical support to those in need through personal contact. The work of the Society and its volunteer members is based on personal contact with those in need. The Society is not, at national level, a funding organisation in the usually accepted sense and any assistance which may be available depends entirely on the financial resources, often limited, of local volunteer groups. Such groups are active in over 1,300 locations</p> <p>In order to progress your request, we need contact details, address and telephone number, of the person requiring assistance to enable our members to arrange a visit. In addition, an indication that this approach would be acceptable to the individual or family would be welcome.</p>	<p>St Vincent De Paul Society</p>	<p>Countrywide</p>	<p>The St Vincent de Paul Society 9 Larcom St, Walworth London SE17 IRX</p> <p>Tel: 020 7703 3030 Email: info@svp_.org.uk www.svp.org.uk</p> <p>Windsor Good Neighbour Contact: Barry Thomson 07547 514467</p>
<p>Bereavement Counselling Service</p>	<p>Thames Hospice</p>	<p>Borough wide</p>	
<p>Carer Support Anyone can be a carer, caring for a partner, child, relative, friend or a neighbour who is ill, frail, disabled or who has mental health or substance misuse problems; anyone can become a carer at any age.</p> <p>Signal4Carers support adult carers who provide unpaid, informal care.</p>	<p>Signal4Carers - Carers support</p>	<p>Bracknell, Ascot, Windsor, Maidenhead</p>	<p>Web: http://www.signal4carers.org.uk/ Email: waminfo@signal4carers.org.uk Tel: 01628 947974 Address: Signal – WAM, The Space, 20-21 Market Street, Bracknell, RG12 1JG</p>

Community Organisations that are handy to know

<p>Carer Support The Carers' Support Service works in cooperation with the Memory Clinic, helping those in need of care by supporting those who do the caring. Once an individual has undergone a mental health assessment via their social worker, the current and future needs of their carer can be evaluated. Subsequently, carers can depend on specialist input to help them as they cope with the demands of caring.</p>	<p>AGE CONCERN Slough/Berkshire east FREE</p>		<p>01753 822890 www.ageconcernsabe.org.uk/our-Services/advocacy-information-advice/community-advocac</p>
<p>Carers Former Carers Lunch _ A friendly social lunch for past carers on the 1st Wednesday of each month 12.30pm Toby Carvery We ask for a voluntary donation of £8 per person</p>	<p>Alzheimer's Dementia Support</p>	<p>Maidenhead</p>	<p>Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL61BN. 07516 165647 to book.</p>
<p>Club Club for older people, to meet once a week for tea, bingo, chat and occasional outings.</p>	<p>Darby and Joan Club</p>	<p>Windsor</p>	<p>Mrs. B. Matthews 01753 864564 FRIARY COURT, OLD WINDSOR. SL4 2NS</p>
<p>Community Centre, Maidenhead Maidenhead Community Centre and Cafe in York Road, Maidenhead is open most days of the week and everyone is welcome! There is a full range of activities on offer with something for everyone, whatever your interests, such as: arts and heritage activities include a weekly knitting circle, craft sessions and water colour classes and much more. Keep healthy and active with exercise and keep fit sessions, yoga, Tai Chi, reflexology for all abilities and ages and manicure and pedicure sessions or if you fancy a natter with a friend over a cup of coffee and snack then pop in to our cafe.</p>	<p>Maidenehad Community Centre, Maidenhead</p>	<p>Maidenhead</p>	<p>York Road, Maidenhead</p>
<p>Contact the Elderly Organises monthly Sunday afternoon tea parties for small groups of older people aged 75 and over, who live alone, offering a regular and vital friendship link every month</p>	<p>Contact the Elderley</p>	<p>Berkshire - Maidenhead</p>	<p>Suzan Hyland suzan.hyland@contact-the-elderly.org.uk 02074205811 http://www.contact-the-elderly.org.uk</p>

Community Organisations that are handy to know

<p>Day Centre</p> <p>keeping elderly residents in the neighbourhood alert and active, by providing an opportunity to meet friends and to socialise, in a structured and safe environment. A team of volunteer drivers transport members by minibus to and from the Centre. Coffee is served on arrival and a hot two course meal at lunchtime with tea and biscuits in the afternoon. Each weekday morning the Day Centre is a hive of activity with members playing darts or indoor bowls while others join in Tai-Chi or Chair Based dance classes, or quietly socialise in the conservatory with friends. After lunch there are usually a few rounds of bingo, a quiz or a raffle, while others prefer a game of cards</p>	<p>Ascot District Day Centre</p>	<p>Ascot</p>	<p>01344 624923</p>
<p>Day centre - Elderly</p> <p>50 plus socialise- can meet friends, enjoy a meal and have the opportunity to join in with various activities and trips out. Therefore enabling members to remain active, independent and able to remain in their own homes for as long as possible. members make a small donation to cover tea, coffee, lunch and transport if required.</p>	<p>Ascot day Centre</p>	<p>Ascot</p>	<p>Jackie Mann ascotdaycentre@btconnect.com 01344 624923 http://www.ascotdaycentre.co.uk/</p>
<p>Day Centre - Elderly</p> <p>members must be independent in daily activities such as eating, going to the toilet and engaging in conversation with other and who are mobile, with or without the need for walking c:1ids. Membership Fees: :£21 per year daily lunch for £5, For members who cannot get to us by themselves, we can arrange lifts with our volunteer drivers.</p>	<p>Elizabeth House day centre, Cookham</p>	<p>Maidenhead</p>	<p>Manager - manager@elizabethhousecookham.org 01628 527621 http://www.elizabethhousecookham.org/</p>

Community Organisations that are handy to know

<p>Day Centre - Spencer Denney Centre, Windsor</p> <p>Sessions are held on a Tuesday, Wednesday, Thursday and Friday- doors open at 9.00am. Membership is available for those within the local area. The day includes a three course meal, and transport if needed. There is a small annual membership fee and a daily charge for meals, drinks, exercise etc. and transport if required. Clients can be brought to the day centre by their family, friends or carers at 9am.</p> <p>Alternatively they can be collected and returned to their home using our people carrier with an electric step. On arrival at the Centre, members are welcomed with refreshments. A three course lunch is served and drinks are available throughout the day. Our volunteers and staff lead a variety of activities some examples below: Singing, music and entertainers, Quizzes, jigsaws, cards and other board games, Exercise activities four times per week, indoor skittles etc.</p>	<p>Age UK, Windsor Spencer Denney Centre, Windsor</p>	<p>Windsor</p>	<p>Spencer Denney Centre, Park Corner, (Turning on the corner of the Sebastopol Pub off Clewer Hill Road), Windsor, Berkshire, SL4 4EB. 01753 860685 - (Voice Mail)</p>
<p>Day Centre - Old Windsor Centre</p> <p>The centre offers, older adults, a chance to make new friends, catch up with old friends, simply relax and enjoy a coffee, a good meal or to take part in our ever growing range of activities. All the activities are planned in response to the needs of our members. We listen to what you want and do our best to provide it.</p>	<p>Old Windsor Centre</p>	<p>Windsor</p>	<p>27b Straight Road, Old Windsor, SL4 2RW 01753 854117. Monday, Tuesday, Thursday & Friday 9.00 a.m. -3.00 p.m.</p>
<p>Dementia Support - Ladies that Lunch</p> <p>A monthly ladies only lunch on 3rd Wednesday of every month 12.30pm at Toby Carvery</p>	<p>Alzheimer's Dementia Support</p>	<p>Maidenhead</p>	<p>Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL61BN. 07516 165647 to book.</p>
<p>Dementia Support</p> <p>offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. They offer support face to face, over the phone or in writing.</p>	<p>Alzheimer's Society</p> <p>Sufferers and their carers</p> <p>FREE</p>	<p>https://www.alzheimers.org.uk/local-information/dementia-connect</p>	<p>Telephone 01628 626331 (Monday to Friday 9am - 5pm.) email: Berkshire@alzheimers.org.uk</p>

Community Organisations that are handy to know

<p>Dementia Support - Mates with Plates A monthly men only lunch club giving the opportunity to chat about male type pursuits while their carers are being hosted in another part of the venue or for them to have a brief period of respite with the Ladies that Lunch. Held on the 3rd Wednesday of every month 12.30pm</p>	<p>Alzheimer's Dementia Support</p>	<p>Maidenhead</p>	<p>Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead. SL61BN. 07516 165647 to book.</p>
<p>Dementia Support Alzheimer Cafe is on the 1st Wednesday of each month from 7.30pm to 9.30pm at Spencer Denny</p>	<p>Alzheimer's Dementia Support</p>	<p>Windsor</p>	<p>Spencer Denney Centre, Park Corner, (Turning on the corner of the Sebastopol Pub off Clewer Hill Road), Windsor, Berkshire, SL4 4EB.</p>
<p>Depression Affected by depression or supporting someone with depression, our community can help you: Maintain recovery, Meet new people, Challenge yourself, Share your experiences, Make a difference</p>	<p>Depression Alliance</p>	<p>Online local Support</p>	<p>http://www.friendsinneed.co.uk Debbie Workman debbie.workman@bucksmind.org.uk</p>
<p>Depression free and friendly, confidential listening group for you to access if you suffer with low mood, depression, anxiety or any other mental Health condition. We run group nights and also have guest speakers visit the group, offering their expertise on managing your thoughts, feelings and well being</p>	<p>UP Windsor Depression and anxiety listening group</p>	<p>Windsor</p>	<p>http://www.up_groupwindsor.com/upgroup@outlook.com</p>
<p>Easy Shop - for difficult to get to the shops provided by Age UK Berkshire in association with local supermarkets to give regular & reliable supermarket shopping delivered to your home.</p> <ul style="list-style-type: none"> •One of our team will visit you in your own home and set up the system for you. •We will telephone you at an agreed time to take your shopping list. •We will place your order with the supermarket of your choice and arrange for them to deliver at a pre-arranged time. 	<p>Easy shop (AGE UK)</p>	<p>www.ageuk.org.uk/berkshire/services/easy-shop</p>	<p>0118 959 4242 01635 52 22 55 Email: easyshop@ageukberkshire.org.uk</p>
<p>Fall Prevention and social exclusion Help residents in RBWM to become more independent</p>	<p>Keep Safe, Stay Well</p>	<p>Windsor and Maidenhead</p>	<p>07790 384592 Fallsprevention@RBWM.gov.uk</p>

Community Organisations that are handy to know

<p>Families Support for Young People Affected by Crime</p>	<p>SAFE</p>	<p>Borough wide</p>	<p>safeproject.org.uk</p>
<p>Families Parents & Children - Support/training for parents & pepole with complex needs</p>	<p>PACT (Parents & Children Together)</p>	<p>Borough wide</p>	<p>pactcharity.org</p>
<p>Families Early help for families with children 0-13 yrs, for emotinal wellbeing and mental health</p>	<p>Family Friends</p>	<p>Borough wide</p>	<p>0300 800 1005, family-friends.org.uk</p>
<p>Good Neighbour Scheme</p>	<p>Give & Take Care</p>	<p>Borough wide</p>	<p>07846 477375</p>
<p>Handy person range of small household repairs; <ul style="list-style-type: none"> •Fitting window and door locks and other security items • Fitting smoke and CO2 detectors •Changing light bulbs and replacing small electrical fittings •Replacing tap washers and carrying out minor plumbing works • Draught proofing windows and doors • Fitting phone extensions •Carrying out limited very-minor repairs IF you find you genuinely cannot pay, please discuss with us. Note: we cannot offer this service free of charge</p>	<p>Handy Person</p>		<p>0118 959 4242 www.ageuk.org.uk/berkshire/services/handype rson-service/ info@ageukberkshire.org.uk</p>
<p>Home from Hospital <ul style="list-style-type: none"> • short-term practical support (7 days) • as well as advice and reassurance to anyone who has received treatment in hospital and is worried about how to then manage at home • We will work with other services, such as your GP, community health team, Social Services, or any group that can give other help, such as Berkshire Carers, Stroke Association, Berkshire County Blind Society, Macmillan Nurses, Volunteer Centre, and so on </p>	<p>Home from Hospital (AGE UK) Over 65</p>	<p>www.ageuk.org.uk/berkshire/services/home-from-hospital West Berkshire, Reading Wokingham</p>	<p>0118 959 4242 or Support@ageukberkshire.org.uk</p>

Community Organisations that are handy to know

<p>Home Help Plus</p> <ul style="list-style-type: none"> •Ironing • all Cleaning •Take you food shopping • Put your shopping away, even if it's delivered by someone else •Take you to the bank or post office •Taking you shopping for clothes or presents •A trip to the garden centre or sim 	<p>Home help Plus (AGE UK)</p>	<p>www.ageuk.org.uk</p>	<p>0118 959 4242 Age Uk Berkshire</p>
<p>Homeless Meals: On Thursday nights, we prepare a cooked, three course meal for people who are homeless. We extend the meals to people who are isolated, disadvantaged and elderly, to provide a more welcoming environment.</p>	<p>Open Kitchen</p>	<p>Ascot</p>	<p>info@foodshare.today</p>
<p>Homeshare Service that matches someone who needs a small amount of help to live independently in their own home {a Householder} with someone who has a housing need {a Homesharer} and can provide support and companionship in return for a room within the Householder's home.</p> <p>The Homesharer will help out around the house with activities such as cleaning, cooking meals,</p>	<p>Ategi Homeshare and Shared Lives</p>	<p>Windsor and Maidenhead</p>	<p>Laura Munoz - lauram@ategi.co.uk 01494 568 888 http://www.ategi.org.uk</p>
<p>Information & Advice - Dementia Advice, information, guidance and peer support as well as friendship. Services include, drop ins, lunch clubs, singing groups, monthly newsletters, pamper mornings, out & about, home visits, advocacy and weekend aways.</p>	<p>Alzheimers Dementia Support</p>	<p>Maidenhead</p>	<p>Terrie Hall terrie.hall@alzheimersdementiasupport.co.uk 07516 165647 http://www.alzheimersdementiasupport.co.uk</p>
<p>Information & advice - Dementia Services for people with dementia, their carers and families including groups and 1:1 dementia advice and support.</p>	<p>Alzheimers Society</p>	<p>Maidenhead</p>	<p>Jane Penton jane.penton@alzheimers.org.uk 01628 626331 http://www.alzheimers.org.uk</p>

Community Organisations that are handy to know

Information & Advice Improving the health and well-being of people with asthma, provide telephone information and advice, campaigns, conduct research and offer education, care and support to users.	Asthma UK		www.asthma.org.uk 0800 1216244
Information & Advice for Carers Signposting, Information, Guidance, Networking Advice, Learning support service for all unpaid carers in Windsor, Ascot and Maidenhead Lead Partner	Signal	WAM	www.signal4carers.org.uk waminfo@signal4carers.org.uk 01628 947974
Information & Advice on Stroke core service provides high quality information, emotional support and practical advice in the aftermath of a stroke. We work with stroke survivors and their families following a stroke in hospitals, in care homes, within their own homes and back in the community.	The Stroke Association	Berkshire	Kate Ward kate.ward@stroke.org.uk 01344 306177 www.stroke.org.uk
Information, Advice & Support Centre - for adults with Dyslexia	Adult Dyslexia Centre	2 Denmark St, Maidenhead	
Information & Advice Provides face-to-face and telephone information and advice to the asian community	Equal Access for All	Windsor and Maidenhead	Kosser Choudry Kosser.Choudry@rbwm.gov.uk 01628 781124
Information and Advice, Age Concern Slough and Berkshire East surgeries are open to everyone and are held in a number of local venues. We can help with access to information on a range of services and support, benefits checks and applications, issues regarding housing, council tax, TV Licence and utilities, Blue Badge applications and much more.	AGE CONCERN slough and Berkshire East FREE		call 01753 822 890 email info@gatewawpartnership.org www.ageconcernsabe.org.uk
Information & support for People with Neurological Conditions	Sequela Foundation	Borough wide	Anke Heley, 07863 661468, ankeheley@hotmail.com sequelafoundation.org.uk
Information and support FOR older people in Windsor	Age Concern	Windsor	info@ageconcernwindsor.org.uk 01753 860685 www.ageconcernwindsor.org.uk/

Community Organisations that are handy to know

<p>Isolation Events aimed at reducing the social isolation of older people in Maidenhead.</p>	<p>Royal Voluntary Service: York Centre</p>	<p>Windsor and Maidenhead</p>	<p>Abigail Hurrell abigail.hurrell@royalvoluntaryservice.org.uk 07736 825 374 www.royalvoluntaryservice.org.uk</p>
<p>Living with Diabetes Our aim is to support people living with diabetes in East Berkshire. We do this primarily through group meetings, designed to provide individuals and their families/friends with a safe, social forum to discuss diabetes and its effects. We also promote awareness of diabetes and raise money to support research</p>	<p>East Berkshire Diabetes UK Group</p>	<p>Windsor</p>	<p>Emma Kenny ekenny@axon-com.com 07764 863949 http://www.berkshireeast.diabetesukgroup.org/</p>
<p>Loneliness The Cox Green Lunch Club is designed to offer local people a welcoming place to meet, a range of activities to enjoy or simply, a good lunch* in pleasant surroundings. You don't need to have lunch. You don't need to stay. But please drop in for a coffee and biscuit, take a look around and join in our social activities such as cards and scrabble Lunch (2 courses) £6. Every Thursday 12-3pm.</p>	<p>Cox Green Lunch Club</p>	<p>Maidenhead</p>	<p>Cox Green Community Centre, Highfield Lane, Maidenhead, SL6 0775 6256 384</p>
<p>Lunch / Social Club built by the Windsor Old People's Welfare Association, a registered charity, as a lunch and social club for older Windsor residents. members are encouraged to maintain their independence and wellbeing through activities and social interaction. S.M.I.L.E. (So Much Improvement with a Little Exercise) visits on Tuesdays. Hairdresser's available every Thursday, chiropodist every 6 weeks. The annual Membership Fee is £20. The Daily charge including the 3 course lunch is £8.00 (members) and £9 (guests).New member sand visitors can just drop in for Tea/Coffee and Biscuits/or a daily charge of £2 Minibus transportation charge £2.00 single journey - £3.00 return.</p>	<p>King George VI Day Centre</p>	<p>Windsor</p>	<p>Charlotte Moore kgvidaycentre@gmail.com 01753 853654 http://www.kgvidaycentre.btck.co.uk</p>

Community Organisations that are handy to know

<p>Lunch Club</p> <p>St Marks Club meet every Thursday with its members enjoying making and socialising with friends & mind based activities.</p> <p>The Club also provides a two course freshly prepared nutritional meal* (lunch is served at 12.30 p.m.) or just pop in for coffee and cake, which is available throughout the day. Lunch is served at 12:30 and costs £6.</p> <p>From 10am-11am a cards and scrabble session takes place, and Quiz or board games from 13:30pm-14:30pm.</p> <p>Special events are organised throughout the year including a Valentines Celebration (three course meal and in-house entertainment) and pantomime.</p> <p>Many trips are also organised including days out to the coast and December trips to London to see the Christmas lights.</p> <p>We also hold fundraising events such as tombola, raffles and bring & buy sales.</p>	<p>St. Marks Lunch Club, Maidenhead</p>	<p>Maidenhead</p>	<p>St Marks Methodist Church, Allenby Road, Maidenhead, SL6 5BQ 0774 2090 444</p>
<p>Lunch Club</p> <p>Come and enjoy sharing a delicious homemade meal with some new friends - prepared and served by our lovely team of volunteers. Held on the 2nd Monday of each month from 12.15pm at the United Reformed Church, Maidenhead. SL6 IR</p> <p>We ask for a voluntary donation of £3.50</p>	<p>Maidenhead Lunch Club,</p>	<p>Maidenhead</p>	<p>The United Reformed Church, Maidenhead. SL6 IRL. Contact Terrie or Nancy.</p>

Community Organisations that are handy to know

<p>Money Manager</p> <ul style="list-style-type: none"> •Identify any financial problems or other needs that you might have •Suggest ways that you, we or other organisations can help meet those needs •Provide help with financial and social issues • Help you to better manage your financial affairs • Pay your bills on your behalf, using your own income •Give you information and advice about benefits, pensions, personal concerns, legal matters, and other associated issues •Help you make decisions about your wellbeing, your quality of life and all your options in later • range of FREE information and advice, including about pensions, benefits and other ways to increase your income. 	<p>Money Manager (AGE UK)</p> <p>In some cases, the local Adult Social Care or Social Services Department will pay for this service for you; you can also choose to pay for it yourself or your family can pay. Please ask us for full cost detail</p>	<p>www.ageuk.org.uk/berkshire/services/money-manager/</p>	<p>0118 959 4242 info@ageukberkshire.org.uk</p>
<p>NHS-Healthcare issues</p> <p>Helping to solve problems on the spot, provide information on treatment and services, helping people make complaints and listening to experiences of users with a view to improvement</p>	<p>Berkshire Healthcare NHS Trust</p>		<p>Trevor Lyalle trevor.lyalle@berkshire.nhs.uk 0118 960 5027 http://www.berkshire.nhs.uk/</p>
<p>Pet and housesitting: connect home and pet owners who need a sitter, when going away,with trustworthy people who are happy to sit for FREE.</p>	<p>Trusted Housesitters</p>	<p>Countrywide</p>	<p>https://www.trustedhousesitters.com</p>
<p>PETS: cats and dogs rehoming, lost and found</p> <p>gifting your own pet to us please find further information on giving up your dog for adoption and giving up your cat for adoption</p>	<p>Battersea Dogs and Cats Home - Old Windsor</p>	<p>Windsor</p>	<p>Janet Brewer - j.brewer@battersea.org.uk info@battersea.org.uk 07590 173458 http://www.battersea.org.uk</p>

Community Organisations that are handy to know

<p>Pets RSPCA A centre for rehoming cats and dogs only. To re home unwanted, neglected or abused cats and dogs</p>	<p>RSPCA Maidenhead and EastBerkshire</p>	<p>Maidenhead and Windsor</p>	<p>Alison Troyey chair@maidenheadrspca.net 01189 320554 http://www.maidenheadrspca.net</p>
<p>Practical Help Services - Easy Shop, Help at Home, Handyman</p>	<p>Age UK Berkshire</p>	<p>Borough wide</p>	<p>https://www.ageuk.org.uk/berkshire/ https://directory.ageuk.org.uk/local-service/age-uk-berkshire/</p>
<p>Responders Volunteer group trained by and dispatched by South Central Ambulance Service to answer 999 calls on their behalf. We attend life threatening injuries and illnesses close to our own homes, in our own vehicles, in our spare time and stay with the patient treating them until an ambulance resource arrives.</p>	<p>Community Responders</p>	<p>Maidenhead</p>	<p>07920 132097 http://www.southcentralambulance.nhs.uk/our-services/community-and-co-responders/ Cheryl Mathews - cheryl@maidenheadfirstresponders.co.uk</p>
<p>Samaritans To support those in personal crisis or in danger of taking their lives.</p>	<p>Samaritans Slough Windsor and Maidenhead</p>	<p>Windsor and Maidenhead</p>	<p>slough@samaritans.org 08457 90 90 90 www.samaritans.org/Slough</p>
<p>Social Activities - Monday Activity Group give people affected by dementia the opportunity to take part in structured activities. Run by a facilitator, who encourages and supports people to take part, the groups are also a chance to relax and socialise.</p>	<p>Alzheimer's Society WAM People with dementia and their carers FREE</p>		<p>Telephone 01628 626331 (Monday to Friday 9am - 5pm.) email Berkshire@alzheimers.org.uk www.alzheimers.org.uk/local-information/dementia-connect</p>
<p>social activities and support at home • assisted shopping • , accompanying to appointments or posting letters • counter social isolation and the service can act as a pre-emptive step to keep those who are vulnerable out of hospital.</p>	<p>Good Neighbours Service Over SO</p>	<p>www.royalvoluntary.service</p>	<p>1. telephone : 01628 636098 2. http://www.royalvoluntaryservice.org.uk/get-help/</p>

Community Organisations that are handy to know

<p>Stroke East Berks Stroke Recovery Service</p>	<p>Stroke Association</p>	<p>Borough wide</p>	<p>Claire Shropshall, 01344 306177, claire.shropshall@stroke.org.uk</p>
<p>Stroke A group for stroke survivors, family members and carers offering support, conversation, friendship, advice and links to local services. There will be tea, coffee, cake, optional colouring and board game activities – and most importantly an opportunity to meet other people affected by stroke in the local area. Everyone is welcome for all or part of the session regardless of how long ago your stroke was.”</p>	<p>Stroke Association</p>	<p>Community Room, Dedworth Medical Centre, 80 Vale Road, Windsor SL4 5JL</p>	<p>Claire Shropshall, 01344 306177, claire.shropshall@stroke.org.uk</p>
<p>Support at Home</p> <ul style="list-style-type: none"> • Depending on your need & circumstances, we will visit you when you are home as soon as possible. This will often be the same day but usually within 24 hours after we are notified, 7 days a week from 10am till 7pm. • ensure that your home environment is as safe as possible, helping you to be as independent as you want and can manage, to settle back into a normal home routine. • If you have been in hospital for a while, we will help with, for example, cleaning the fridge of perishable goods, shopping for fresh foods and picking up prescriptions or other necessities. • work with other services, such as your GP, community health team, Social Services, or any group that can give other help, such as Berkshire Carers, Stroke Association, Berkshire County Blind Society, Macmillan Nurses, Volunteer Centre, and so on. • can put you in touch with local home help agencies, plumbers, handypersons, electricians, opticians; in fact, anyone else that you need to <p>What we can't do</p>	<p>Support at home</p> <p>Over 65</p>		<p>www.ageuk.org.uk/berkshire/services/support-at-home</p>
<p>Support for People with Visual Impairment</p> <p>Supporting visually impaired people in Berkshire</p>	<p>Berkshire Vision</p>	<p>Berkshire</p>	<p>Tracy Lacy - tracy@berkshirevision.org.uk 0118 987 2803 http://www.berkshirevision.org.uk/</p>

Community Organisations that are handy to know

<p>Thames Hospice local charity for people living in East Berkshire and South Buckinghamshire. We provide Expert care to adults who have a life limiting illness – and their families and carers. our services include nursing and medical care in our hospice at Windsor, Community Therapy Unit, Ascot and in the patients' homes, as well as practical and emotional support.</p>	<p>Thames Hospice</p>	<p>Berkshrie</p>	<p>contact@thameshospice.org.uk Beth Carey http://www.thameshospice.org.uk 01753 842121</p>
<p>The Lions Club of Windsor If you know of someone who could benefit from a little help in or around the house, transport or community Windsor Lions could help. programmes: Mencap Drives Food parcels Meals on Wheels Transport</p>	<p>The Lions Club of Windsor</p>	<p>WAM</p>	<p>Community Services Tel: 0845 833 5953</p>
<p>Transport - Windsor Voluntary Car Service Our services are to a simple formula. We undertake to collect clients from their chosen pick-up point, usually their home, and drive them to the requested destination, at all times being cognisant and supportive of their level of impaired mobility, or frailty. Most journeys are 'Wait and Return' Return journeys within the Windsor SL4 area are £5. Return journeys to Wexham Park, St Marks and Heatherwood Hospitals are £12. Journeys to destinations outside Windsor of a similar distance as the three hospitals mentioned, are £12.</p>	<p>Windsor Voluntary car Service Mobility challenged people with difficulties using taxis and public transport.</p>		<p>Chairman Mr Taft on: 07850 656675 To Register as a Client - call 01753 831090 between 10am - 1pm on Monday, Wednesday or Friday. Bookings: bookings@wvcs.co.uk General Enquiries: enquiries@wvcs.co.uk www.wvcs.co.uk/Services</p>
<p>Transport Transport to medical appointments for the elderly residents of Ascot, Sunninghill and Sunningdale. appointments at the GP surgery, hospital, dentist, chiropodist, chiropractor ...</p>	<p>Ascot Volunteer Bureau</p>	<p>Ascot</p>	<p>John Thomsson - info@ascotvolunteerbureau.org.uk 01344 625520 http://www.ascotvolunteerbureau.org.uk</p>

Community Organisations that are handy to know

Transport service	Datchet Good Neighbour Scheme	Windsor / Datchet	01753 544556 (Datchet Help Point) / 01753 591511
<p>Transport People to Places operates a range of community transport services including dial-a-ride for individuals members, transport for local groups, a local bus service in Windsor and home-to- school transport. Shop mobility service operates in both Maidenhead and Windsor offering a range of mobility equipment to meet all needs.</p>	People to Places Shop mobility service	Windsor and Maidenhead	Peter Hayley shopmobility@people2places.org.uk 01753 622330 http://www.people2places.org.uk/
<p>Transport. For residents in the Windsor (SI4) area and suffer a level of impaired mobility that makes it difficult for them to use taxis or public transport Beyond that, potential clients must be able to get in and out of the car unaided. No wheel chair bound clients Fee for car journey</p>	Windsor Voluntary Car Service	windsor	Andrew Taft 07850 656675 mail@andytaft.com enquiries@wvcs.co.uk http://www.wvcs.co.uk/Contact.htm
<p>Young at Heart Peer Support Group Activities and social groups group undertake activities, which are run by a group facilitator, out and about within the local community. The group also enables peer support.</p>	Alzheimer's Society WAM FREE		Telephone 01628 626331 (Monday to Friday 9am - 5pm.) email Berkshire@alzheimers.org.uk www.alzheimers.org.uk/local-information/dementia-connect

Social Clubs

Social clubs

Maidenhead Ladies Circle	For ladies between the ages of 18-45 who want to make new friends & have lots of fun along the way!	Web: http://www.ladiescircle.co.uk/maidenhead
Maidenhead Women's Group for European Friendship	We meet on the 2nd Wednesday of every month September-June, 2.30pm - 4.30pm at the United Reform Church, West Street, Maidenhead.	Web: http://www.europeanfriendshipcircle.org/
Merry-Go-Round	Meet and make new friends. Enjoy a wide range of activities. Locally established. Not-for-profit club run by members.	Web: http://www.m-g-r.org.uk/
National Women's Register Burnham and Taplow Branch	Begun for 'lively minded women' we continue to have discussions, quizzes, book readings, outings, and often include food!	Email: muriel@pepler.net
New Windsor Community Association	We are a licenced premises. Other activities include martial arts, dancing, short tennis, table tennis and many other sporting events.	Email: nwca71@aol.com
Probus Club of Bourne End and Cookham	Club for retired PROfessional and BUSiness men. We meet 3rd Wednesday each month for lunch followed by speaker/presentation.	Tel: 01628 523739 St Peter's Thursday Club
Ladies Club	We are a ladies club, meeting once a month. Speakers, social nights and outings raising money for local charities.	Email: dee.williams47@hotmail.com

Falls

Falls						
Name	Description	Location	Website	Tel Number	Email	Contact name
Keep Safe Stay Well	The Keep Safe, Stay Well service is a new service for anyone over 18 who is vulnerable and wants to stay as independent as possible in their own home, with a particular focus on falls prevention and overcoming isolation.	Windsor, Ascot & Maidenhead	http://www.windsorascotmaidenheadccg.nhs.uk/older-people/keep-safe-stay-well-service/	0333 1210205	fallsprevention@rbwm.gov.uk	
Short Term Support & Rehabilitation	Alcohol Dependence (Past or present) • Dementia • Drug Dependence (past or present) • Elderly Care • Learning Disability • Mental Health Condition • Physical Disability • Sensory Impairment	Windsor, Ascot & Maidenhead	https://www.homecare.co.uk/homecare/agency.cfm/id/65432186717	01628 621981	access.services@rbwm.gov.uk	
SMILE	The Windsor and Maidenhead SMILE Club is a charitable trust which seeks to support SMILE Exercise sessions to sustain, promote and enhance the health of older people living within the Royal Borough of Windsor and Maidenhead.	Windsor & Maidenhead	http://smilecharity.co.uk/	07966 295 873	wmsmile.charity@outlook.com	Sarah Hill

Falls

Lifeline	A Lifeline Alarm provides a link to the outside world for people who want to continue living independently but want the peace of mind, that help is available when they need it. At the touch of a button the system summons help and operates 24 hours a day, every single day of the year.	Windsor, Ascot & Maidenhead	https://www.housingsolutions.co.uk/supporting-you/lifeline/	01628 545000	homeassistance@housingsolutions.co.uk	Ann Constantine
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Core Organisations

Core Groups						
Name	Description	Location	Website	Tel Number	Contact name	Email
AGE UK	Information and advice on a wide range of topics - from benefits and entitlements to care and support	Reading but covers Berkshire	https://directory.ageuk.org.uk/local-service/age-uk-berkshire/?p=SL5%207JX	0118 959 4242		
Citizens Advice Bureau	Advisers will research your options and look at the possible outcomes of different courses of action. They will not tell you what to do but encourage you to make your own decisions. They will help you to make informed decisions by advising on your specific needs and giving you the facts on which to base those decisions.	Windsor, Ascot & Maidenhead	https://maidenheadcab.org.uk/	0344 411 1444	Vicky Gardner	vickygardner197@btinternet.com
Community Wardens	Community Wardens - helping to make the borough a safer place. The main purpose of the community wardens' scheme is to reduce crime and disorder and link together all parts of the community, acting as a highly visible reassuring presence. Wardens visit schools, day centres,	Windsor, Ascot & Maidenhead	https://www3.rbwm.gov.uk/info/200158/community_safety_and_crime/958/community_wardens/1	01628 685636		wardens@rbwm.gov.uk

Core Organisations

Healthwatch WAM	<p>Healthwatch give people a powerful voice locally and nationally. At a local level, local Healthwatch work to help local people get the best out of their local health and social care services. Whether it's improving them today or helping to shape them for tomorrow.</p>	<p>Windsor, Ascot & Maidenhead</p>	<p>http://www.healthwatchwam.co.uk/</p>	<p>01753 851 725</p>	<p>Mark Sanders</p>	<p>mark@healthwatchbracknellforest.co.uk</p>
Norden Farm	<p>Community venue for arts workshops and performances with an on-site cafe and bar in a barn.</p>	<p>Maidenhead but open to anyone</p>	<p>https://norden.farm/</p>	<p>01628 788997</p>	<p>Robyn Bunyan</p>	<p>robyn.bunyan@nordenfarm.org</p>
Optalis - Dementia Advisers	<p>Dementia Advisers</p>	<p>Windsor, Ascot & Maidenhead</p>		<p>01628 683715</p>	<p>Karen Stevens</p>	<p>Dementiacareadvisor@rbwm.gov.uk</p>
People to places	<p>Transport - TAPS, Subsidised travel, membership etc.</p>	<p>Windsor, Ascot & Maidenhead</p>	<p>http://www.people2places.org.uk/</p>	<p>01628 587920</p>	<p>Cerrig Haley / Peter Hadley</p>	<p>CHaley@people2places.org.uk</p>

Core Organisations

Royal Voluntary Service	Volunteers across Berkshire who offer help and support so older people can stay independent at home in Reading, Wokingham, Ascot, Maidenhead, Windsor, Slough, Bracknell, Newbury, Thatcham and the surrounding areas.	Windsor, Ascot & Maidenhead	https://www.royalvoluntaryservice.org.uk/	0845 608 0122	Abbie Hurrell	abigail.hurrell@royalvoluntaryservice.org.uk
Stroke Association Health Service	Health Promotion and Engagement Service for the Stroke Association in WAM	Windsor, Ascot & Maidenhead	https://www.stroke.org.uk/donate/change-story?utm_source=staff_signature&utm_medium=email&utm_campaign=Change%20the%20Story	01344 306 177	Claire Shropshall	Claire.Shropshall@stroke.org.uk
WAM Get Involved	WAM GI help local people to get involved with local community projects.	Windsor, Ascot & Maidenhead	http://rbwm.communitydatabase.co.uk/	Contact through website	eileen@sloughcvs.org.uk	Contact through website

Carers

Carers						
Name	Description	Location	Website	Tel Number	Email	Contact name
Signal 4 Carers	Provide free support, information, guidance, networking, advice and learning to all unpaid (non-professional) carers.	Windsor, Ascot & Maidenhead	www.signal4carers.org.uk	01628 947974	waminfo@signal4carers.org.uk	Sharon Whitehead
Crossroads Care & SWIFT Service	Promotes, provides and supports quality services for carers. Based in Windsor, they provide breaks for unpaid carers who are looking after their loved ones at home.	Windsor & Maidenhead	www.oxfordshirecrossroads.org.uk	01753 833 788 / 01865 260 280	info@wmcrossroads.co.uk care@oxfordshirecrossroads.org.uk LLarkin@oxfordshirecrossroads.org.uk	Linda Larkin
RBWM SOCIAL SERVICES ADVICE for Carers	The Royal Borough of Windsor, Ascot & Maidenhead offer advice, information and signposting on the carer section of their website.	Windsor, Ascot & Maidenhead	www3.rbwm.gov.uk/info/200178/carers/156/support_for_carers	01628 683 744	access.services@rbwm.gov.uk	
Windsor Carers Support Group	Monthly support group for unpaid carers. Meet other people in a similar situation and take a break from your caring responsibilities. Meet on the second Monday of every month 10.30am-12.30pm at Dedworth Green Baptist Church Hall, Smiths Lane, Windsor, SL4 5PE. Free.	Dedworth	www.directory.rbwm.gov.uk/kb5/rbwm/directory/service.page?id=qjMh2C4niZU	0800 988 5462	helpline@berkshirecarers.org	

Carers

CARE In Egham, Old Windsor & District	Provide practical help for sick, elderly or disabled people trying to get to hospital, medical appointments, collecting prescriptions, help with shopping. Run by volunteers.			01784 431 031 (open 9am – noon, Mon-Fri, excl. Bank Holidays)		
Dementia Carers Support Group	Award-winning registered charity that holds support group & social events for carers and their loved ones suffering with dementia.	Englefield Green (Old Windsor)	www.dementiacarerssupport.com	01932 342 901	Use Contact Form via website (www.dementiacarerssupport.com/contact)	Frances Dyble-Goode
HOME INSTEAD SENIOR CARE	Provide award-winning home care for the elderly allowing them to remain independent and continue to live in their own homes for as long as possible.	Windsor & Englefield Green	www.homeinstead.co.uk/Runnymede	01784 477 854	anitra.camargo@homeinstead.email	Anitra Camargo, Managing Director
MULTIPLE SCLEROSIS SOCIETY	East Berkshire MS Society - run by volunteers working alongside local staff. The services include emotional, practical and financial help and support and local events.	Windsor, Ascot & Maidenhead	www.mssociety.org.uk/	01628 635 396	sandy.slattery@btinternet.com	
Age UK Windsor	“To promote the well-being of all older people and help make life a fulfilling and enjoyable experience.” Midweek sessions are run at the Spencer Denney Centre Day Care.	Windsor	www.ageconcernwindsor.org.uk	01753 860 685	info@ageconcernwindsor.org.uk	

Carers

<p>Age Concern</p>	<p>Social events and activities held at the Old Windsor Centre, which offers a chance to make new friends, catch up with friends with lunch.</p>	<p>Windsor, Ascot & Maidenhead</p>	<p>www.ageconcernsabe.org.uk</p>	<p>01753 854 117</p>	<p>info@ageconcernsabe.org.uk</p>	<p>Emma Hill</p>
<p>ALZHEIMERS DEMENTIA SUPPORT</p>	<p>Offer home visits, email and telephone support. Fun group, drop-in centres, social events, newsletters. Carers and pre diagnosis</p>	<p>Windsor, Ascot & Maidenhead</p>	<p>www.alzheimersdementiasupport.co.uk</p>	<p>07516 165 647</p>	<p>terrie.hall@alzheimersdementiasupport.co.uk</p>	<p>Terrie Hall, Senior Adviser</p>
<p>Dementia Advisors</p>	<p>Support for patients once diagnosed with dementia</p>	<p>Windsor, Ascot & Maidenhead</p>	<p>http://directory.rbwm.gov.uk/kb5/rbwm/directory/service.page?id=GxnLuZVCzU</p>	<p>01628 683715</p>	<p>Jane.Breen@RBWM.gov.uk / Karen.Stevens@RBWM.gov.uk</p>	<p>Karen, Paula, Jane</p>

Community Groups Activities

Local community groups / Activities and contacts

Area	When / Where	Contact
<u>Borough Wide</u>		
Educational Course for adults	WEA	https://www.wea.org.uk/southern/map-region/maidenhead-branch
Taster Fitness sessions	Fit for Life	
Stitch & Chat Groups	Local Libraries	
Carers Support	Local Carers Groups	https://www.signal4carers.org.uk/wamcarers/wam-support-groups 01628 947974
<u>Ascot</u>		
Linwood House		01344 298170
All Souls Church		01344 620727
Ascot Fire Station (SMILE & Physio)		
Ascot Ladies Group	North ascot community centre last Weds in month 8pm	01344 882775
Suningdale Womens' institute	2nd Weds of month 10:30 WI Hall, Recreation Ground Broomhall Lane	01344 621033
Knit & Natter	Library Tuesdays 10:00-12:00	
CAB Bracknell Outreach Worker		Helen - helen@bracknellcab.org.uk
Ascot District Day Centre		01344 624923 http://www.ascotdaycentre.co.uk/
Pop in at the drop in	King Ed VII hall North Ascot -every Wednesday	
Probus	Meeting 4th Monday each Month @ Royal Ascot Golf Club	01344 620060 AscotProbus@talktalk.net
Ascot Project Shopping trips		01344 626784
Ascot volunteer bureau cars service		01344 625520 https://ascotvolunteerbureau.org.uk/

Community Groups Activities

Bowling club Sunningdale		01344 621207 http://www.sunningdalebowling.co.uk/

<u>Cedars & Claremont</u>		
Elizabeth House (Cookham)		01628 527621 / 819224
Apna Versa	St Joesph's Church Cookham Rd	
Asian Carer support group	Twon Hall	Nighat
Mens Matters -	M.Head community Centre (Weds 2-4pm) Paul Samuels on 07923 494744	
SMILE	at various locations and Magnet Leisure centre	
Knit & Natter	Library Wednesdays 13:30-15:30	
Adult Colouring	Library Fridays 11:00-12:00	
Scrabble	Library	
M/Head Women's group for European Friendship	2nd Weds of month Sept-June. 14:30-16:30 United Reform Church West St	
Merry-Go-Round		www.m-g-r.org.uk
Stop Smoking Clinic	Tuesdays 10:00-13:00, Library	
Islamic Centre/Maidenhead Mosque		01628 629423
Ivy league club	01628 639613	http://www.maidenheadivyleafclub.co.u
Sequela Foundation		http://www.sequelafoundation.org/

<u>Dedworth</u>		
All Saints Church		01753 621634
Spencer Denny Day Centre (Age Concern)		01753 860685
King George VI Day centre		01753 853654
Oakbridge Centre		01753 833654
Mens Matters	All Saints Church (Mon 2-4pm)	Paul Samuels on 07923 494744

Community Groups Activities

SMILE at Windsor Leisure Centre,	Eton Wick Community centre	
Age Concern	Every first and third Thursday of the month 10am - midday, Windsor Library	
Careers Advice and Guidance	Third Friday of the month, Windsor Library	0333 006 2966
Citizens Advice	Wednesday 12:00-17:00, Windsor Library	03444 111 444
Knit & Natter	Tuesday 13.30-15.00, Windsor Library	
Book Group	Friday 18:00-19:00, Eton library - contact for dates	
Community Safety Officer	First Tuesday of the month 11.00-12.00, Eton Library	
Communtiy Warden		Clive Dent clive.dent@rbwm.gov.uk 07855 517295 01753 685636
Windsor Christian Action - homeless & other social projects		windsorchristianaction@gmail.com

<u>Maidenhead</u>		
Activity Centre and support for People with Neurological Conditions meet every Tuesday at the Day Centre - White Waltham	Sequela Foundation	Anke Heley, 07863 661468, ankeheley@hotmail.com sequelafoundation.org.uk
Stroke Club Every 2nd Friday, 10 am - 12pm	SportsAble	01628 780574
Blind Club	SportsAble	
MS Support Group	SportsAble	

Community Groups Activities

Parkinsons Group	SportsAble	
Parkrun Meet every Saturday morning		
Walking Football Meet Tuesdays	Maidenhead FC	
Adult Multi Sports Sessions	Stand out for Autism	Holly Clarke, 07411 260153, standoutforautism@outlook.com
Silver Surfers IT Cox Green Library	Age UK	
Friday Arts - Adult Colouring	Maidenhead Library	
Communication Support Group for people with brain injuries 2nd & last Wed of the month, 10 am- 12pm at SportsAble	ABBA Speakability	Claire Shropshall, 01344 306177, claire.shropshall@stroke.org.uk
Creative Arts	Norden Farm	
Active 60/70s social & self-help group to sustain mental health	Brains Alive	ipigoh@yahoo.com
Yoga classes for 50+ Bhangra dance classes for Adults Held at St Joseph's Church	Apna Virsa	apnavirsaproject@gmail.com
Special interest social groups for young people, 11 - 25, and support group for parents	The Autism Group	theautismgroup.org.uk/
Windsor & Datchet		
Coffee mornings - Tuesdays, 10 - 12	Sawyers Close Residents Assoc, Sawyers Close	lyn.mangisi@radian.co.uk

Community Groups Activities

Runningman Café	All Saints Church, Dedworth	
Activity Club for the Elderly Monday afternoon	Datchet Monday Club	Barbara Rees , 01753 542304