Younger People With Dementia (Berkshire) CIO

Welcome to the YPWD Workshop Brochure

West Berkshire - Example only

Living Better with Dementia

YPWD Workshop Information

If you were diagnosed with dementia age 65 or under and are living in Berkshire, then why not join in with some of our workshops.

At YPWD we aim to provide a series of engaging, meaningful and activity based workshops to enable younger people with dementia to learn new skills, maintain current ones, build confidence and self- esteem whilst meeting new people and, most importantly, having fun.
The workshops are free of charge, but on some workshops you may need to bring along a small amount of money for lunch or tea/coffee.

The Small Print

We will do our best to allocate a workshop place for everyone who wishes to take part in an activity. However, it is not always possible and there may be occasions when we are not able to give places to everyone who has requested a particular workshop.

We ask that you do not arrive more than 10 minutes before a workshop begins as the workshop may need to be set up and staff will use this time to have discussions which may be of a confidential nature.

If you have signed up to a workshop and are unable to attend, please let us know with as much advanced warning as possible This includes holiday dates and illness. If you are unwell on a workshop day, we would ask that you don't attend the group that day.
We encourage carers to take some respite time for themselves while their loved one is using our services.

Unfortunately, we are not able to have any pets at workshops.

Booking on to the Workshops

To book a place on a workshop or if you have any questions please contact Julie Vernon on:

Tel: 0118 207 2880
email: julie.vernon@ypwd.info

DAY	DATES	TIME	VENUE	ACTIVITY	POINT TO NOTE
Monday	Example only	AM Example only	The Old Rectory Rectory Road Padworth Common	**Veg in a Bed** Veg in a Bed is a new project where we will make Wooden Raised beds to be planted and then sold on . The activity includes use of tools and gardening.	Free parking Please be sure to wear old clothes and wellies and to bring a change of shoes for indoor wear.
Tuesday	Example only	AM Example only	South Street Art Centre 21 South Street Reading	**Harmony Choir** A fun session where we sing a variety of songs.	You do not need to have an amazing voice, the aim is to enjoy the session. Parking is £3.20 for 2 hours.
Tuesday	Example only	PM Example only	Rivermead Leisure Centre Richfield Avenue Reading Meet in the cafe	**Badminton** Please wear clothing that is comfortable and non slip shoes.	Parking is free for up to 3 hours. Please bring money for a drink in the café.

DAY	DATES	TIME	VENUE	ACTIVITY	POINT TO NOTE
Wednesday	Example only	AM Example only	Salvation Army Church Chalfont Close Reading (Vehicle access is via Durand Road)	**Music of Our Time** Each week we will study a different band, listen to their music and look at various memorabilia.	Parking is free. Refreshments will be provided.
Thursday	Example only	AM Example only	Wokingham Waterside Centre Thames Valley Business Park Reading	**Katakanuing** Each week enjoy an hour being on the river seeing the local wildlife followed by a delicious treat after all your hard work.	Parking is free. Refreshments will be provided.
Thursday	Example only	PM Example only	Riverside Community Centre Rosemoor Gardens Clay Hill Crescent Newbury	**Cooking** We will make a savoury and sweet dish each week	Parking is free. All ingredients will be provided and of course, tea and coffee.