

## YPWD EAST WORKSHOPS 17<sup>th</sup> April – 26<sup>th</sup> May 2023

- If you sign up for a group, please make sure that you can attend at least four of the sessions.
- If you know you cannot attend in advance, please let us know by calling the office on 0118 207 2880 at the earliest opportunity to ensure staffing levels are correct and we could offer you space to another attendee.
- Our groups are run to offer carer respite. To comply with our funders, we strongly encourage carers to drop off and take the time for themselves. All groups are for the person with dementia unless otherwise stated.

Day	Time	Dates	Workshop	Venue	Description
Monday	2-4pm	April 17 <sup>th</sup> 24 <sup>th</sup> May 15 <sup>th</sup> , 22 <sup>nd</sup>  4 Weeks Only	<b>Outdoor Activities and Gardening at Jealotts Hill</b>	<b>Jealotts Hill Land share</b> Penfurzen Lane, Warfield, Bracknell RG42 6BQ	Why not sign up to some outdoor activities and gardening.  During our weekly sessions we will enjoy some gardening related crafts, planting up and general gardening chores.  Come and join us and the sunshine for some outdoor fun.  8 spaces available in this group.  <b>Refreshments will be provided.</b> <b>Drop off available on site</b>
Tuesday	10.15am- 11.45am	April 18 <sup>th</sup> 25 <sup>th</sup> May 2 <sup>nd</sup> 9 <sup>th</sup> 16 <sup>th</sup> 23 <sup>rd</sup>	<b>Harmony Choir</b>	<b>South Street Arts Centre</b> South Street Reading RG1 4QU	Join us for some singing to brighten our moods and get those memory muscles moving. Singing well known songs from over the years with Brie and the YPWD team.  <b>Refreshments provided</b> <b>Drop off with ease, no ticket needed a staff member will be out the front to greet.</b> <b>On street parking, payment required at meter approx: £4.80 for 3 hours</b> <b>Carer Welcome</b>
Wednesday	2-4pm	April 19 <sup>th</sup> 26 <sup>th</sup> May 3 <sup>rd</sup> 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup>	<b>Art</b>	<b>Braywick Nature Reserve</b> Hibbert Rd, Maidenhead SL6 1UU	During this session our art will reflect nature and animals and will be taking some inspiration from the artist Steven Brown as well as adapting other techniques to make them our own.  Our sessions will include outdoor art where we will use different types of equipment and materials. Come and join us for a relaxed afternoon. No one needs to be a professional!  <b>Refreshments will be provided</b> <b>Free on-site parking</b> <b>8 spaces available on this group</b>

Thursday	2pm-4pm	April 20 <sup>th</sup> 27 <sup>th</sup> May 4 <sup>th</sup> 11 <sup>th</sup> 18 <sup>th</sup> 25 <sup>th</sup>	<b>Ten Pin Bowling</b>	<b>Hollywood Bowl</b> The Point, Skimped Hill Lane, Bracknell, RG12 1EN	<p>Back by popular demand. You asked, we delivered!</p> <p>During our conversations with our lovely attendees they expressed a keen interest to play bowling. Whether you come away with a high score or a low score, it doesn't matter, we are there to have fun.</p> <p>Come and show us your bowling skills.</p> <p><b>We would ask for a donation of £20 for this set of workshops to pay towards refreshments at the venue. Payment can be made via bank transfer – details available upon request.</b></p> <p><b>Bowling will be paid for by YPWD.</b></p> <p><b>On-site parking available free for up to 3 hours at The Peel Centre.</b></p> <p><b>8 spaces available on this group</b></p>
----------	---------	-------------------------------------------------------------------------------------------------------------------------	------------------------	----------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Friday	10am-12pm	April 21 <sup>st</sup> 28 <sup>th</sup> May 5 <sup>th</sup> 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup>	<b>Cooking</b>	<b>St Agnes Church Hall</b> St Leonard's Road, Windsor SL4 3DX	<p>Why not try your hand at cooking?</p> <p>Each week will try a different recipe for you to take home and enjoy. There will be plenty for everyone to do and whilst our delights are being baked, we will spend time looking at our popular reminiscence boxes.</p> <p>Come along and take part in this activity, you don't have to be a cooking expert.</p> <p>Once you have signed up to this workshop we will be in touch with regards to preferences and allergies.</p> <p><b>Refreshments and cooking ingredients provided.</b></p> <p><b>Drop off at the hall available. Hall situated at the back of the church but a staff member will be waiting out front to meet and greet.</b></p> <p><b>Parking a short walk away, more information given on request.</b></p>
--------	-----------	-------------------------------------------------------------------------------------------------------------------------	----------------	----------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

