



Workshop Programme – EAST- Monday 15th April to Friday 24th May 2024

MONDAY 10am – 12pm Criminology ‘Who done it?’

Windsor Methodist Church, Alma Rd, Windsor SL4 3HH

April 15th, 22nd, 29th May 13th, 20th

Please note this set is only 5 sessions as Monday 6th May is a bank holiday.

Join the team as we try to crack the case- dusting for fingerprints, shoe prints and paint splatter analysis. We will be discussing the case and using a range of forensic techniques to see if we can find out who the murderer is...

This activity is for the person with dementia only.

Free public car park on site, refreshments provided.

TUESDAY 10.15am- 11.45am Harmony Choir

South Street Arts Centre, South Street, Reading RG1 4QU

April 16th, 23rd, 30th May 7th, 14th, 21st

Together we will be singing along with Brie on keyboard (and ukelele) singing some much-loved songs and learning some brand new ones. This singing group is a wonderful way to meet with friends, old and new, in a safe and welcoming environment.

This activity is for the person with dementia and their carer.

Refreshments provided.

Drop off with ease, no ticket needed a staff member will be out the front to greet.

If staying to support- on street parking, payment required at meter approx.: £4.80 for 3 hours.

Sign up is required for both attendee and carer. Please indicate in the comments box at the bottom of the form.

WEDNESDAY 2pm – 4pm Pickleball

Braywick Leisure Centre, Braywick Rd, Maidenhead SL6 1BN

April 17th, 24th May 1st, 8th, 15th, 22nd

Over the next 6 weeks we will be working with Russell to get to grips with a new American racket sport. Mixing tennis, ping-pong and wiffle ball with a bunch of new rules, we hope to smash it out of the park.

Please come suitably dressed, ideal clothing would be a tracksuit/ t-shirt and trainers.

This activity is for the person with dementia only.

There will be a cost for refreshments for this workshop.

There is a car parking charge, but staff will meet out front to prevent payment.

THURSDAY 2pm- 4pm Running Track Club

Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE

April 18th, 25th May 2nd, 9th, 16th, 23rd

Are you the next Sebastian Coe or Paula Radcliffe? Do you enjoy a run in the fresh air, maybe you're a beginner and want to try it out, or a marathon runner that wants to keep on running; then this workshop is the "run" for you. We will be using the outside track at Bracknell Leisure Centre, running, jogging, and walking couch to 2.5k each week. This is open to all abilities of running.

Please wear trainers and comfortable clothes, and a water bottle.

This activity is for the person with dementia only.

Free public car park on site.

There will be a cost for refreshments for this workshop.

FRIDAY 10:30am – 12:30pm Baking

Windsor Methodist Church, Alma Rd, Windsor SL4 3HH

April 19th, 26th May 3rd, 10th, 17th, 24th

We welcome you to Windsor to cook up your favourite sweet treats. We will be sure to explore develop our techniques and focus on flavours, textures, and smells. Once we have baked our treats, we will sit and enjoy together over a cuppa.

This activity is for the person with dementia only.

Free public car park on site, refreshments provided.

Contribution

Please do not make contributions until your space on the group has been confirmed. Once confirmation is received, contributions would be appreciated for the Bracknell and Braywick groups.

Please make payment via bank transfer, indicating "[your name] refreshments" as the payment reference.

Contributions £20 for the 6 weeks.

Younger People with Dementia- Sort code: 40-34-12 - Account: 02022877