



March / April/ May 2019

22- 24 March
6pm-9pm

A magical walking trail to light up the streets of West Reading- free for everyone to join in. Sign up and add yourself to the map. Make a display for your window, sign up to the map, turn on your lights and go out and enjoy the displays. Residents, schools, nurseries, organisations, and businesses are all invited to join in!

<https://www.windowwanderland.com/event/west-reading-window-wanderland-2019/>

If you would like more information please email Donna Sibley:
oxfordroadtimebank@gmail.com

Someone like you can help someone with dementia



'Side by side' is Alzheimer's Society new fun, friendly, super-flexible opportunity. Just because a person is diagnosed with dementia, it doesn't mean they stop wanting to take part in their favourite activities.

You can help people with dementia to keep on doing the things they love or try new things – from going to the football to catching the latest movie. One thing you can be sure of is bringing a lot of joy into someone's life.

To find out more call the Reading Office: 0118 959 6482

Or email: sidebysideberkshire@alzheimers.org.uk



Dementia Action Week 2019 20-26th May

Keep an eye on the Reading Services Guide for events in Reading.

<http://servicesguide.reading.gov.uk/kb5/reading/directory/news.page>

Reading Services Guide

Social groups ★ lunch clubs ★ activities ★ support ★ services.
Visit www.reading.gov.uk/servicesguide or call **0118 937 3747**



Growing Wellbeing at the Ridgeline Trust Garden

Getting outside into nature is great exercise can make us feel better about ourselves. The Ridgeline Trust uses horticultural therapy to build self-esteem and confidence, improve social skills and develop new skills. Could this be for you, or someone you care for?



Sessions are tailored to suit each person. It could be learning more about plants in the garden, how to choose the correct tool for the job, or the satisfaction of harvesting something grown from seed. The garden is also fully accessible.

Sessions cost £20 per 2 hours, including teas and coffees, open Mondays and Tuesdays.

25 Whiteknights Road, no. 19 bus route or parking available.

If you'd like to find out more or arrange a visit:

Call or text 07535 636 018

Email Siân at sian@ridgelinetrust.org.uk

Visit <http://www.ridgelinetrust.org.uk> or www.facebook.com/RidgelineTrust

Friday Club- Understanding Universal Credit

If you are claiming Universal Credit but think you need some support, New Directions' tutor can guide you through accessing and updating your online account.

It can be a stepping stone towards a qualification to help you get back to work and can count towards your job search activity.

New Directions offers a range of other courses including Confidence in IT, email and online skills.

To enroll and for any other queries please contact:

Email: newdirections@reading.gov.uk

Tel: 0345 842 0012

Further information and courses are available on our website:

www.newdirectionsreading.ac.uk



New Directions
The Learning & Employment Service for Reading

Friday Club
Understanding Universal Credit

If you are claiming Universal Credit but think you need some support, our friendly and knowledgeable tutor will:

- guide you through using the computer to access your online account
- support you to understand how to use your online account to update your Universal Credit journal and communicate with DWP
- help you to find your way round other useful websites

It can be a stepping stone towards a qualification to help you get back to work and can count towards your job search activity.

New Directions offers a range of courses to help you take the next step in learning including **Confidence in IT** to improve your basic IT, email and online skills.

10am- 12pm Friday 1st March to Friday 22 March
New Directions, South Reading

To view all our courses and enrol online visit
www.newdirectionsreading.ac.uk
Email: newdirections@reading.gov.uk
Phone: 0345 842 0012

10am- 12pm from Friday 1st March to Friday 22nd March

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Posture and Balance Classes

Improve your posture, balance, bone and muscle strength with a fully qualified Postural Stability Instructor. Each class lasts for one hour and all exercises can be performed seated or standing. Functional Assessments are carried out to enable the programme to be adapted to your individual needs.

All exercises are designed to improve posture, muscle strength, balance, flexibility, bone health and confidence. £5 per session

Mondays 2pm-3pm at Caversham Heights Methodist Church, 74 Highmoor Road, in the main hall at the back of the Church

Please contact Lucie to check availability or for more information.

Call: 07843 627544 E-mail: lucie@agelessbody.co.uk Visit: www.agelessbody.co.uk

New Beginnings @ Queen's Arms Pub Needs You!



New Beginnings is a Reading based charity running an alcohol free pub from the Queen's Arms, Great Knolly's Street.

They run after school clubs and a computer group for children, as well as a family lunch on Sundays.

New Beginnings is now looking at creating an intergenerational club to bring together older people with young families.

The charity is run entirely by local people and new volunteers are always welcome.

For more information call: 07410622399

email: newbeginningsreading@outlook.com



World TB Day 24th March

World TB Day is designed to build public awareness that tuberculosis is still in the UK and it is possible to have TB without any symptoms.

Specialist nurses will be running a stall to raise awareness and answer your questions

22nd March 2019 10-12am

Whitley Health and Social Services Centre, 268 Northumberland Avenue

Contact the Wellbeing Team: Wellbeing.Service@reading.gov.uk or call 0118 937 3737

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Mental Health Awareness Week 13-19th May



The theme for 2019 is Body Image – how we think and feel about our bodies.

Last year Reading residents got together to do an awareness raising dog walk and there was also an information event at the Hexagon.

We are planning more events for this year so please look out for information on the Reading Services Guide, social media and local noticeboards.



If you are interested in organising your own event you can get involved with the national 'Curry and Chaat'.

Download your free pack here: <https://www.mentalhealth.org.uk/get-involved/curry-and-chaat/free-pack>

Dying Matters Week 13-19th May

Ok, talking about death is a taboo and no-body likes it, but our lack of openness has affected the quality and range of support available to patients and families. It has also affected our ability to die where or how we would wish.

Dying Matters is a campaign that gives people the chance to get the information they need and to share their wishes.

There will be a programme of events in Reading to mark the week so please look out for information on what's happening locally.

You can also get involved by planning your own event or offering to volunteer.

Contact the Wellbeing Team: Wellbeing.Service@reading.gov.uk or call 0118 937 3737

For more information visit: <https://www.dyingmatters.org/>



Healthy Mind is Back! Starting Friday May 3rd

Due to the success of the January course Berkshire West Your Way are re-running their self-management programme for 4 weeks.

The course is open to anyone. Previous participants have reported **increased confidence, better connections with others, new skills, and achieved goals.**

To find out more contact: Carole, Peer Support Coordinator at Berkshire West Your Way.

Email: carole-connolly@together-uk.org

Tel: 0118 966 0240

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