



WELLNESS SESSIONS

IN WEST BERKSHIRE

Activities to suit adults over 55 and adults with learning disabilities in West Berkshire



- Seated Yoga
- Gardening
- Walking Football
- Chair-based wellness
- Cookery
- Singing
- Tai Chi
- Gateway Club

SESSION TIMETABLE

Green – GBA, Age UK Berkshire, Mencap Berkshire and Berkshire Vision Sessions
Blue – Other local West Berkshire Activities

MONDAY

Name of session	Time	Venue	Organisation	Contact
Leisure Plus Basic Cookery (open to 18y+ with a recognised learning disability)	10am – 12noon	The Slater Centre, Unit E, Hambridge Road, Newbury RG145SS	West Berkshire Mencap	paul.harris@wbmencap.org Book in advance. No drop in
Silverstone's Choir Singing Group	12noon – 2.00pm	St Josephs Church Hall, Berkshire Drive, Tilehurst RG31 5JJ	Age UK Berkshire	kim.rolfe@ageukberkshire.org.uk
Leisure Plus Basic Cookery (open to 18y+ with a recognised learning disability)	13.00pm – 15.00pm	The Slater Centre, Enborne Gate, Newbury	West Berkshire Mencap	paul.harris@wbmencap.org Book in advance. No drop in
Wellbeing Walks	From 10am	Hungerford Common; Stroud Green; Beansheaf Community Centre; Englefield Estate	West Berkshire Council and the Ramblers partnership	Walking@westberks.gov.uk
Total Body Strengthening/Movement (seated with standing options)	10:30am	Eight Bells for Mental Health, Newbury.	MOVEability	0330 133 1488 or email info@moveability.org.uk
Seated Exercise Class	2pm	Hermitage Village Hall, Thatcham RG18 9WL	MOVEability	0330 133 1488 or email info@moveability.org.uk
Ease into fitness low impact aerobics	11am - 11:45am	St Mary's Magdalen Church Hall, Tilehurst	Energise with Juliet	energise@hotmail.co.uk

TUESDAY

Name of session	Time	Venue	Organisation	Contact
Fun Club (open to 18y+ with a recognised learning disability)	10.00am – 14.00pm	The Slater Centre, Unit E, Hambridge Road, Newbury RG14 5SS	West Berkshire Mencap	paul.harris@wbmencap.org Book in advance. No drop in
Drama Club	3:30pm - 5:00pm	The Slater Centre, Unit E, Hambridge Road, Newbury	West Berkshire Mencap	paul.harris@wbmencap.org
Seated Exercise and Wellbeing	11.15am – 11.45am	Fairclose Centre, Newbury	GBA	Kate.wiggins@getberkshireactive.org
Wellbeing Walks	From 9am	Mortimer; Kintbury; Inkpen; Northcroft Leisure Centre; Burdwood Surgery	West Berkshire Council & the Ramblers	Walking@westberks.gov.uk
Seated Dance Fitness and exercise	13:15 - 13:45pm	St Catherine's Church Hall, Tilehurst	Energise with Juliet	energise@hotmail.co.uk

WEDNESDAY

Name of session	Time	Venue	Organisation	Contact
Community Garden Drop-in gardening session	9.30am – 12.30pm	Shaw House Newbury	West Berkshire Council	amy.bosley1@westberks.gov.uk
Tai Chi	9.45am – 10.45am	Tilehurst Youth and Community Centre	Age UK Berkshire	kim.rolfe@ageukberkshire.org.uk
Walking Football	9.45am – 11.00am	Falkland Cricket Club, Newbury	Cricket Club	Bruce Blaine - 07770 698165
Leisure Plus Basic Cookery (open to 18y+ with a recognised learning disability)	10.00am – 12noon	The Slater Centre, Unit E, Hambridge Road, Newbury RG14 5SS	West Berkshire Mencap	paul.harris@wbmencap.org Book in advance. No drop in
Online Seated Exercise and Wellbeing	10.30am – 11.30am	Online https://moveability.org.uk/contact/	GBA	Kate.wiggins@getberkshireactive.org
Tai Chi	11.00am – 12noon	Tilehurst Youth and Community Centre	Age UK Berkshire	Kate.wiggins@getberkshireactive.org
Leisure Plus Basic Cookery (open to 18y+ with a recognised learning disability)	13.00pm – 15.00pm	The Slater Centre, Enborne Gate, Newbury	West Berkshire Mencap	paul.harris@wbmencap.org Book in advance. No drop in
Seated Exercise and Wellbeing	14.15pm – 14.45pm	Frank Hutchings Community Hall, Thatcham	GBA	Kate.wiggins@getberkshireactive.org
Seated Exercise and Wellbeing	15.30pm – 16.00pm	Theale Library	GBA	Kate.wiggins@getberkshireactive.org
Gateway Social Club (open to 18y+ with a recognised learning disability)	19.00pm – 20.30pm	The Mencap Centre, Enbourne Gate, Newbury	West Berkshire Mencap	paul.harris@wbmencap.org Book in advance. No drop in
Wellbeing Walks	From 9am	Hosehill Lake; Newbury Library	West Berkshire Council & the Ramblers	Walking@westberks.gov.uk
Seated and standing Yoga and mindfulness with GBA	6pm - 7pm	Dorman Room Pangbourne	GBA	kate.wiggins@getberkshireactive.org
Ease into Fitness low impact aerobics	10am - 10:45am	Cornwell Centre, Tilehurst	Energise with Juliet	energise@hotmail.co.uk

SESSION TIMETABLE

THURSDAY

Name of session	Time	Venue	Organisation	Contact
Singing Group	11.00am – 12noon	Tilehurst Methodist Church	Age UK Berkshire	kim.rolfe@ageukberkshire.org.uk
Seated Exercise and Wellbeing	11.15am – 12noon	Blands Court, Burghfield Common	GBA	Kate.wiggins@getberkshireactive.org
Seated Exercise Class	11am 2pm	Chieveley Hall, High St, Chieveley, RG20 8TE Alice Bye Court, Bluecoats, Thatcham RG18 4AE	MOVEability	0330 133 1488 or email info@moveability.org.uk
Seated Exercise and wellbeing with GBA	12.30 - 1pm	Calcot Centre, Calcot	GBA	kate.wiggins@getberkshireactive.org

SESSION INFORMATION

Chair Based Exercise and Wellness Sessions GBA

Seated exercises, performed to music, which incorporate movements from a variety of disciplines including dance, sport, functional exercises and more, designed to improve cognitive, emotional and physical ability in a fun and inclusive way.

Seated Yoga GBA

Chair Yoga is an adapted Yoga practice that allows you to stay seated while practicing the health benefits of improved mobility, flexibility, relaxation and mood strongly associated with regular participation of Yoga.

Walking Football, Falkland Cricket Club

Walking Football provides the perfect opportunity to enjoy team inspired physical activity in a safe and inclusive way, helping the participant to make new and lasting friendships with likeminded people, enjoy the health benefits of regular movement and the empowerment of feeling part of the wider community. The programme is open to men and women over 55 (Walking Football Association rules) of all abilities. All you need is a pair of reasonably grippy outdoor shoes/trainers.

Wellbeing Walks West Berkshire

Free, regular, and led walks for people of all abilities. Our walks are friendly, welcoming and everyone is welcome! They are a great opportunity to explore the outdoors, discover new places and meet new people. The walk leaders are trained volunteers who are on hand to provide encouragement and support to walkers of all abilities.

It's easy to start walking, as the walks are free and easy, ranging from 30 to 90 minutes. Some walks stop for coffee afterwards in a nearby cafe, a good opportunity to socialise and relax after the walk.



Community Garden Drop-In Session, West Berkshire Council

It is a great opportunity to get outdoors and enjoy the health benefits associated with Gardening , meet new people and learn new skills. We cater for all abilities and are wheelchair accessible.

Singing Group Age UK Berkshire

Regular participation in singing has been shown to improve our sense of happiness and wellbeing as singing releases endorphins which reduce stress and anxiety levels and contribute to a positive and mental state. These sessions are fun and friendly and are led by enthusiastic singing coaches. No auditions and all abilities welcome.

Tai-Chi Age UK

Tai Chi, otherwise known as meditation in motion, is an ancient Chinese tradition based on martial arts that is now a popular, gentle exercise class designed to improve balance, co-ordination and muscle strength which also helps with the prevention of falls.

Leisure Plus Basic Cookery, Mencap

This cookery club teaches people with learning disabilities independence in the kitchen and how to prepare healthy meals through positive learning, making choices, planning, managing a budget and through practical learning and simple cooking skills.

Gateway Club, Mencap

Gateway Club is a friendly, lively social club for adults with a learning disability which gives members the chance to try new leisure, social and creative activities in a friendly, supportive environment. Activities are chosen by the people who attend Gateway Club.

Fun Club, Mencap

The fun club are actively involved in creating a programme with a different activity each week. The sessions are designed to be both therapeutic, educational and socially interactive. Activities include picture bingo, crafts, indoor bowls, curling and basic cooking such as making biscuits.

Leisure Plus Drama Group, Mencap

This activity enables its users living with learning disabilities to express themselves, work as a team and provides an inner confidence boost gained from the delivery of a well-received public performance. The drama group provides entertainment for an audience, producing an average of three high standard shows each year.

- Adults and older adults who are generally fit and have no health conditions limiting their mobility, should try to be active daily for at least 150 minutes of moderate aerobic activity such as cycling or walking every week.
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- Older adults at risk of falls, such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and coordination on at least two days a week. Examples include seated wellness sessions, yoga, tai chi and dancing.



Berkshire Vision

Supporting The
Visually Impaired

Berkshire Vision is a charity which provides vital practical and friendly support, sport and activities to visually impaired children and adults, and their families in Berkshire. Helping to develop confidence and live independent lives safely. These activities include:

Social Activities

Their Social Activities Programme is designed to encourage and empower visually impaired people in Berkshire. They offer a wide range of activities across Berkshire. These range from museum visits and theatre trips with touch tours and audio-description, to walks, boat trips and lunches. They can provide wheelchair accessible transport on one of our minibuses from your front door to the social activities.

Remote Activities

They offer a wide range of activities remotely, which you can enjoy from the comfort of your own home. There's no need to have internet access or a device as you can dial in from any phone. If you're not sure how to join or would like some encouragement and a familiar voice when you arrive, give us a call on 0118 987 2803.

Adaptive Sport

Sport is good for everyone, for mental and physical health and none more so than if you are visually impaired. Getting out and about and exercising is essential to well-being. Please contact Berkshire Vision for a list of accessible sport for the visually impaired in the Berkshire Area 0118 9872803 info@berkshirevision.org.uk

Resources

If you're affected by sight loss, there are a lot of resources out there to help you with everyday tasks and make sure nothing is beyond your reach! These range from liquid level indicators to help you pour a hot drink safely up to CCTV readers to help you read your post. Their Resource Centre is fully equipped with a range of aids and adaptations you can try to find out which ones work best for you. Their Resources Officer can guide you through the many options that are out there for you to make sure you find the right solution for you 0118 9872803

18-35's Group

The group supports young adults with their transition into adulthood.

This group of visually impaired young adults meet regularly to spend quality time together and take part in activities which encourage independence and build confidence, supporting their transition into adulthood. Previous activities have included bowling, escape rooms, chocolate making and go karting. If you would like to find out more about joining in on activities with this group please call 0118 987 2803.



Newbury and Thatcham Handybus

Tel: 01635 37111

email: handybus@vcwb.org.uk

What is a Handybus?

Newbury and Thatcham Handybuses are three 8 seater minibuses modified to provide easy access, including low steps and passenger lifts to enable wheelchair bound passengers to be carried. They provide regular transport for elderly and disabled people on shopping trips and visits to clubs, mostly in and around Newbury and Thatcham, as well as one-off trips and excursions where regular commitments permit.

As well as the Handybuses, Volunteer Centre West Berkshire own and operate a 'Chairman' vehicle. This is a Fiat Doblo people carrier modified to provide accommodation for a wheelchair and easy access for disabled people.

Am I eligible to use the Handybus?

If you have limited mobility, can't manage the bus or don't have a bus service or a stop near you, but need to get to:

- day centre
 - leisure venue
 - the shops
 - holiday accommodation
- then you could be eligible.

How much does it cost?

In general, the cost per trip depends on the distance travelled. As an example, a local shopping trip may only cost about £4.

How much notice do I need to give?

We ask you to give at least 3 – 4 day's notice prior to a journey. In the case of long-distance journeys we prefer at least a week's notice. In exceptional circumstances we may be able to find a driver at shorter notice, but we cannot guarantee this

And how do I use the service?

Please call the Handybus desk on 01635 37111 between 9am and 1pm, or email handybus@vcwb.org.uk