



Welcome to YPWD (Berkshire) CIO

West Workshop Brochure

August - September 2019



Welcome to YPWD (Berkshire) CIO Upcoming Workshops!

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 some do require you to bring along a small amount of money for lunch or tea/coffee.

We hope you find a workshop to suit your interests and very much look forward to seeing you.

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

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 try to keep to the workshops that we show in our brochures but very occasionally these may be subject to a change.

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.



The Padworth Project



The Dates:

Mondays

5th August - 9th September

10.30am - 2.30pm

The Venue:

**The Old Rectory
Rectory Road
Padworth Common
Reading
RG7 4JD**



The Padworth Project:

Our new home on a Monday has been very successful and we are glad to be returning there for the next 6 weeks.

The Padworth Project is based at The Old Rectory. There is so much to do here, from baking, arts and craft, indoor and outdoor games to chilling in front of a TV to watch a sitcom.

We have a large outdoor area that we can plan as we like. We have a new potting shed to work in and a polytunnel to grow our plants in. There are plenty of raised beds and we can also do some DIY projects such as making our own bird boxes and planters.

A light lunch will be provided which we will encourage attendees to help prepare and cook.

Please wear suitable clothing and footwear.

Car parking available free of charge.

Unless additional support is required for the attendee, we would encourage carers to use this as respite time.

Please note:

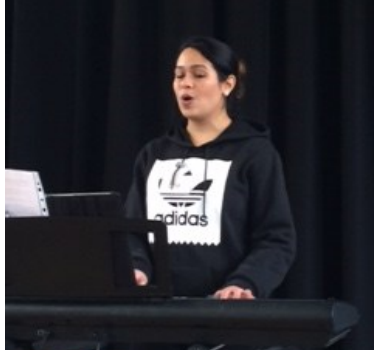
This workshop is for 3 hours

Booking :

**To reserve your place please contact
julie.vernon@ypwd.info / 0118 207 2880**

Group Size 8

Harmony Choir



The Venue:

**South Street Arts
Centre
21 South Street
Reading
Berkshire
RG1 4QU**

The Dates:

Tuesdays

6th August - 10th September

10.15am - 11.45am



Harmony Choir:

'Harmony', is our amazing choir and we meet every Tuesday at the South Street Arts Centre in Reading.

The choir has been running for over 6 years and is very popular.

We will meet for 6 weeks at 10.15am for a cup of tea or coffee and then sing from 10.45am to 11.45am. We will sing a mixture of tunes including some from the popular bands.

This session is a great opportunity to sing and also to have a lot of fun at the same time.

The choir is well known in the local community and has performed at several events.

We welcome everyone along so it doesn't matter if you don't have an amazing singing voice, the main aim is to just have fun.

Tea/Coffee are provided.

Parking is on a street with meters and the cost is £3.20 for 2 hours.

Booking :

**To reserve your place please contact
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CARER WELCOME

Equine Therapy and Well-Being



The Venue:

**Ravenswood
Nine Mile Ride
Crowthorne
Berkshire
RG45 6BQ**

The Dates:

Tuesdays

6th August - 10th September

1.30pm - 3.30pm



Equine Therapy and Well-Being:

Welcome back to the popular Equine Therapy workshop.

For the first 4 weeks, 6th, 13th, 20th, 27th August, we will be with the Stables team and working with and alongside the beautiful horses.

Horses have been used since the Ancient Greek times as therapeutic aids. Horses have a calming nature and we should begin to feel some of the benefits. We will be learning how to groom them and walk with them and may be able to have a go in the horse and trap.

We are with the horses for 4 weeks so the last 2 weeks, 3rd, 10th September will be spent with the Well-Being team. We will have the opportunity to try seated exercise and possibly rebound therapy (trampolining).

Please wear suitable clothing for spending time in the stables and closed toe footwear eg trainers. If the weather is unusually hot, please bring a sun hat and use sun cream. For the Well-Being sessions, please wear loose and comfortable clothing.

We will finish the session in the café, so please bring some money for a coffee or tea.

Booking:

**To reserve your place please contact
julie.vernon@ypwd.info / 0118 207 2880**

Group Size : 8

Creative Art



The Dates:

Wednesdays

7th August - 11th September

10am - 12 noon

The Venue:

**Salvation Army Church
Chalfont Close
Reading
RG6 5HZ**

**(vehicle access via
Durand Road)**



Creative Art:

Come along and join us for this Art workshop and get creative.

Art provides many benefits and this workshop will allow you to take part in something which is mood enhancing and enriching and will also bring out your artistic side.

You do not need to have any experience of art materials or techniques as we will support and guide you, helping you produce some wonderful art work.

Throughout all of the sessions we will experience different styles and art mediums. These sessions will enable you to embrace your creativity.

You will need to wear old clothes as you may get a little messy.

This is a lovely relaxing session and is always very enjoyable.

As always there will be tea and coffee provided.

Free parking.

Booking :

**To reserve your place please contact
julie.vernon@ypwd.info / 0118 207 2880**

Group Size : 8

Walking



The Venue:

**Dinton Pastures
Country Park
Davis Street
Hurst
Berkshire
RG10 0TH**

The Dates:

Wednesdays

7th August - 11th September

2pm - 4pm



Walking:

Dinton has always been a popular choice with us as it offers lovely walks around the lakes with plenty of things to see. It's a fantastic setting for our walk.

We may decide to split up into groups depending on how quickly, or slowly, people would like to walk.

Although the group is for people with dementia, at the same time a walking group for carers will be taking place.

After each session we will stop for a well deserved hot/chilled drink in the cafe! Please bring along enough money for a drink.

Please wear appropriate clothing for the weather and footwear that is appropriate for walking.

There is plenty of parking at Dinton Pastures.

Weekdays (from 2 March to 30 September)

Up to 4 hours: £1.50 per hour

Over 4 hours: £6.00 flat rate

Please note:

We are unable to accommodate dogs on this walk.

Booking :

**To reserve your place please contact
julie.vernon@ypwd.info / 0118 207 2880**

Group Size : 8 Carer Welcome

Inkpen Gardening



The Dates:

Thursdays

8th August - 12th September

11.00am - 2.00pm

The Venue:

West Berkshire

Venue details will be given out after signing up as this workshop takes place on a private estate.



Inkpen Gardening:

Inkpen is a secret kitchen garden in beautiful countryside in West Berkshire. Working independently and as a group we have created our own unique range of flowers and vegetables and have decided to call ourselves 'Raggedy Roots'.

Whatever the weather, there's lots to get stuck in with from sowing seeds to making scarecrows. The kitchen garden itself belongs to a country estate which has all we would need including the use of a summer house.

Once the produce is grown we share between ourselves and also sell on to the local area which helps us be as self sufficient as possible.

Come along for the fun and social aspects of the group and enjoy a bit of fresh air. Not a bad way to spend 3 hours on a Thursday.

Please bring a packed lunch with you.

You do not need gardening experience.

Please wear appropriate footwear and clothing for all weathers.

Booking :

To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

Group Size : 8