

CIO registered no. 1153607

Dear Member,

Welcome to our Spring 2018 Newsletter.

What a busy Winter we had at Age Concern! We organised a Christmas Shopping trip to Oxford, enjoyed Carols at St Brendan's Care home in Crowthorne courtesy of the Bracknell Singers, were treated to a play and lunch by the students at Garth Hill College, and had a wonderful Christmas lunch at the Admiral Cunningham. We also had our weekly Priestwood 'Get Together' Programme.



As well as all the trips, we also participated in Self Care week, and welcomed a number of speakers to our Priestwood event to discuss ways to get connected with the community, to get active or to access support.

As the days grow longer, we're certainly looking forward to warming up and enjoying the sunnier days with some of our upcoming events. In April we shall be visiting Milestones Museum in Basingstoke, and details of our summer trip to the coast (with fish and chips, and ice cream of course!) will be available soon!

For more details about any of our events, please contact our Event Organisers Debbie or Cat on 01344 428074.

Social Media

We've joined the digital age! Have you seen our website, Facebook page or Twitter feed? We post up-to-date news of things you may find interesting, as well as details of our upcoming events and trips, and add plenty of pictures. You can find us and follow us on....



www.ageconcernbracknell.co.uk



www.facebook.com/AgeConcernBracknell



www.twitter.com/AgeConBracknell

Day Centre: 01344 422048 | Events: 01344 862916 | Help Line: 01344 428074

OUR EVENTS

Priestwood 'Get Together'

Event aimed at:	Local older people (carers welcome!)
Event purpose:	Social – an opportunity to try new activities & make new friends
Dates:	Every Wednesday afternoon <i>(Excluding 3 Jan and 14 Feb 2018)</i>
Time:	2 pm – 4 pm
Place:	New Priestwood Community Centre, Priestwood Court Road, Bracknell RG42 1TU
Details:	Themed activities including puzzles, quizzes, games, music, guest speakers and entertainment.
Booking/Cost	Just turn up! Suggested donation of £3.50 including refreshments/£1 for carers

DATE 2018	THEME
Wednesday 10th January	Singalongacolin
Wednesday 17th January	Robot Capers
Wednesday 24th January	Cockney Knees Up
Wednesday 31st January	Shopalong
Wednesday 7th February	The Song Fairy
Wednesday 14th February	Break—No Activity This Week
Wednesday 21st February	Pop Goes the Choir
Wednesday 28th February	Eggstravaganza
Wednesday 7th March	Garth Hill Salon
Wednesday 14th March	Twin Symphony
Wednesday 21st March	Ascot's Energy
Wednesday 28th March	Music Hall Fun

Please contact Debbie and Cat our Event Organisers on 01344 862916 for more information about our 'Get Together' events.

Upcoming Trips

Events aimed at: Older people

Event Purpose: Day or afternoon out to explore an area that may not be normally accessible

Date: Tuesday 24th April 2018

Time: Departing at 10.30am from The Market Inn (by Bus Station).
Returning approximately 4pm.



Place: Milestones Museum in Basingstoke

Details: Take a trip back in time to the way we used to live, visit cobbled streets, 1940s shops, the Edwardian pub and lots more

Cost: £20 includes return coach and entry to museum

Booking Essential; tickets are non-refundable and non-transferrable

Date: Thursday 5th July 2018

Time: Departing at 9am from The Market Inn (by Bus Station). Returning approximately 6pm.



Place: Worthing Beach

Details: Spend a day by the sea! Visit Worthing's pier, explore the shops, and maybe treat yourself to fish and chips (and ice cream!) on the beach.

Cost: £20 includes return coach journey only

Booking Essential; tickets are non-refundable and non-transferrable

**To book any of our events or for information please call
Event Organisers Debbie or Cat on 01344 862916**

Other Events and Information

Easthampstead Baptist Church run a range of activities and events for older people. These include lunch clubs, special services and social events.



Easthampstead Baptist Church

Please contact the church office on 01344 487744 for more details, or see their website: <https://www.ebc-bracknell.org/>

Communi-Tea

Communi-tea is a thriving coffee morning, meeting every Tuesday morning from 10am to 12noon in the Bullbrook Community Centre. Whether you are young or old, new to the area or have lived in Bullbrook all of your life a warm welcome awaits you; it's a place to meet new friends, grab a cuppa and slice of hand-made cake or simply find a quiet corner to work or grab a moment's peace.



The Silver Line -

Need help? Call us ANYTIME on: 0800 4 70 80 90

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. The Silver Line Helpline provides three functions to support older people:

- A sign-posting service to link them into the many, varied services that exist around the country
- A befriending service to combat loneliness
- A means of empowering those who may be suffering abuse and neglect, if appropriate to transfer them to specialist services to protect them from harm.



AGE
Concern



Jealotts Hill Community Landshare

Do you want to find a new hobby? Enjoying time in the Jealott's Hill gardens can be calming, stimulating, rewarding and educational. By participating in gardening, you can meet new people, learn a new skill, and get some fresh air and exercise!

If you are interested in getting involved, contact David on 07867 695931. You can volunteer on your own or with friends, allowing you to learn and have great fun in the process.

A 'Walk and Wassail' event is planned for the Sunday 28th of January at 12.30pm. Booking or enquiries are by email on friendsofjealottshill@gmail.com

Home Library Service

Bracknell Forest Libraries provide a free delivery and collection service for books, story CDs and other library loan items to anyone living in the borough who, for physical or mental health reasons, is unable to visit a library.



In order to join, you will need to complete an application form which must be signed by either your doctor or health visitor. Application forms are available from any Bracknell Forest library or by telephoning the Home Library Service on 01344 352406.

Hands up if you can help!

As a charity, we rely on fundraising, and we would love your help! From cake sales to sponsored silences to bungee jumps, anything you can do to help would be incredible. Do you have any items you'd like to donate as a raffle prize? If so, please feel free to bring them along to our 'Get Together' sessions at Priestwood. Every little helps, as they say!



We're always on the lookout for new fundraising ideas, so if you'd like to discuss any fundraising support you can offer, please call us on 01344 428074.

Newsletter - if you would like this newsletter in a different format please do let us know and we will do our best to help make the newsletter more accessible for you.

Did you receive this newsletter by post? To help save paper and postage please let us have your email address and we can email you the next newsletter. Please email cat@ageconcernbracknell.org.uk with your contact details.