

## Contact us to book

Please enquire to find out more about the sessions. We ask all participants to complete a consent form so that we can best support each individual.

Activities are payable prior to the sessions. Carers are welcome to attend.

Please contact us on:



Tel: (0118) 974 3728/3729



Email: [sport@wokingham.gov.uk](mailto:sport@wokingham.gov.uk)



Sports & Leisure, Wokingham Borough Council, Shute End, Wokingham, Berkshire, RG40 1WL



Sport & Leisure, Shute End, Wokingham  
RG40 1WN

# Wokingham Active Dementia Friendly Activity Sessions



**Activity Programme** for people living with dementia and their carers.

Wokingham Active for people living with dementia is a programme of leisure activities to stimulate and provide physical activity opportunities. Our sessions are delivered by attentive instructors who engage and interact with participants and carers.

Email: [sport@wokingham.gov.uk](mailto:sport@wokingham.gov.uk) Tel: (0118) 974 3728/3729

## Mondays

### Seated Movement to Music

**When:** Mondays 2.30pm to 3.15pm

**Where:** St Nicolas Church, Sutcliffe Avenue, Earley RG6 7JN

**Cost:** £3.00 Fun & exercise with music. Social time follows the session and carers are encouraged to join in.



## Tuesdays

### Seated Movement to Music

**When:** Tuesdays 11.45am to 12.30pm

**Where:** Westmead Day Centre, Rances Lane, Wokingham RG40 2LH

**Cost:** £3.00

### Steady Steps (Balance & Strength Sessions)

**When:** Tuesdays 1.30pm to 2.15pm

**Where:** Loddon Valley Leisure Centre, Rushey Way, Lower Earley RG6 4GD

**Cost:** £3.00

## Tuesdays

### Health Walk

**When:** Tuesdays 10am

**Where:** Dinton Pastures, Davis Street, Hurst RG10 0TH

**Cost:** FREE

30 minute stroll around the beautiful surroundings of Dinton Pastures.



## Wednesdays

### Sporting Memories

**When:** Wednesdays 1pm to 3pm Starts 1st May

**Where:** Berkshire County Sports & Social Club, Sonning Lane, Sonning RG4 6ST

**Cost:** £1.50 to cover refreshments

Listen & share Sporting Memories with other sports fans. Different activities each week.



## Wednesdays

### Dementia Friendly Tea Dance

**When:** Selected Wednesdays. Please contact the Sports & leisure team for dates

**Where:** Wokingham Methodist Church, Rose Street, Wokingham RG40 1XS

**Time:** 1pm to 3pm

**Cost:** £3

Come & join in the fun of the jive, rock n' roll and swing of yesteryear.



## Thursdays

### Swimming

**When:** Thursdays 2pm to 3pm

**Where:** Carnival Pool, Wokingham RG40 2AF

**Cost:** £1.45 per session (participants must apply for pass at Carnival Pool - Carers swim free when accompanying)

