

Friendship Alliance

PROMOTING FRIENDSHIP IN WOKINGHAM BOROUGH



Welcome Friend, to the Friendship Alliance's newsletter sharing local activities, groups, events, and services.

1st September 2021

Events

Coffee Morning - A Friendship Month event, join us for some jigsaw puzzles, games and a chat.

When: Friday 10th September @ 10:30 - 12:00

Where: Coronation Hall, Headley Road, Woodley, RG5 4JB

Contact: amalia.mills@ageukberkshire.org.uk or jayne@linkvisiting.org or call 07464 834949.

[Find Out More](#)

Authors Online with Inga Vesper - An exciting online chat with author Inga Vesper and her debut novel *The Long Long Afternoon*.

When: Wednesday 8th September @ 19:00 - 20:00

Where: Online

Contact: libraries@wokingham.gov.uk

[Find Out More](#)



Groups & Services

Meet up for a Coffee and Chat - Meet with the Cancer Support Network Team and the Macmillan Cancer Support Team.

When: Thursday 9th September @ 10:30 - 12:00

Where: Herschel Park, Upton Close, Slough, SL1 2DG

[Find Out More](#)

Afternoon Tea at the South Hill Park Arts Centre - A relaxed social gathering for those affected by cancer.

When: Saturday 11th September @ 14:00 - 16:00

Where: South Hill Park Arts Centre, Ringmead, Bracknell, RG12 7PA

[Find Out More](#)

Coping with Change - Take a look with the Wokingham Recovery College at what makes us feel safe and grounded and how we can adapt to change.

When: 14th and 21st September @ 13:00 - 14:15

Where: Central Wokingham

Contact: recoverycollege@wokingham.gov.uk or call 0118 989 0707

[Find Out More](#)

WBC Adult Learning Courses

Six Steps to Better Mental Health

When: 9th September to the 10th October on Wednesdays @ 19:00 - 21:00

Where: Woodley Hill House

Contact: 07785 314603 or wellbeing@bracknell.ac.uk

Digital Skills for Beginners

When: Tuesdays @ 14:00 - 16:00

Where: Online via Zoom

Contact: Jon White on 0776 738 0722 or by email at jon.white@wokingham.gov.uk

[Find Out More](#)

Exercise

Staying Steady - A seated exercise class aimed to help strengthen those who are prone to falls or feel off balance. We will end with a coffee break and a chat.

When: 14th September @ 13:30 - 14:30

Where: St Sebastian's Hall, Nine Mile Ride, Wokingham, RG 40 3BA

Cost: Free

Contact: amalia.mills@ageukberkshire.org.uk or jayne@linkvisiting.org or call 07464 834949

[Find Out More](#)

If you know of any groups, services or events and would like us to promote them in our newsletter, let us know!

jayne@linkvisiting.org

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Brought together by these local charities:

