Community Activities & Support Services

There are lots of community based activities and support services that can help you stay well and maintain your independence. This factsheet provides information about some of the key services available and where you can find more details.

Activities and groups to help you stay in touch with others

There’s no need to feel isolated and lonely - there are lots of organised activities, clubs and groups providing opportunities for you to get out, meet new friends and take part in activities you enjoy.

There is lots of choice - for example you could:

- join a social group - like an over 50’s social club, lunch club, tea club “Knit & Natter” group or “Men’s Sheds” group.
- join hobby or interest group (like a singing club or arts and crafts group). You could try something new or get back to something you enjoy.
- take part in an exercise class or other physical activity
- take a course or a class to learn something new

Many groups/activities are for everyone but some are especially for older people and/or people with disabilities - your carer may need to stay with you if you have care or support needs).

Community activities usually cost between £2.00 and £7.00 per session.

Visit [www.reading.gov.uk/rsg-social](http://www.reading.gov.uk/rsg-social) or call 0118 937 3747

Getting support to take the first step

Does the thought of walking into a room of strangers or trying something different make you feel anxious and stop you going out? You’re not alone! Many older people feel the same.

Age UK Berkshire’s FREE “Out & About” Service can help you find things to do and arrange for a volunteer to go along with you to support you help you take that first step to regaining your confidence.

Email: info@ageukberkshire.org.uk or call 0118 959 4242
Community activities & services with care and support

If you have significant personal care or extra support needs supported activities and social clubs are a good way of getting out and staying in touch with others. And while you are out enjoying yourself your carer can take a well-earned break from caring.

Supported services and clubs are provided by:

**The Maples Resource Centre**

The Maples is a Council run supported day service for older people with advanced dementia and mental and physical health conditions requiring specialist support.

The Maples offers:
- a safe, secure environment
- a choice of activities
- lunch, drinks and snacks
- personal care and support
- transport
- hairdressing, chiropody and assisted showers are also available.

When: Monday to Friday from 10am to 4pm.
Cost: up to £44 per session
Referrals accepted from adult social care clients and self-funders

Call: The Maples on 0118 937 5364

**A2 Dominion Activity Centre**

A supported day service with care and support for people with dementia at Charles Clore Court.

This service offers:
- a friendly secure environment
- a wide range of dementia friendly activities
- 2 course lunch in the restaurant
- personal care and support
- specialist equipment (depending on care needs)
- assisted bathing (additional charge)

When: Tuesdays & Thursdays from 10am to 4pm.
Cost: £40 (unless A2 tenant cost will be £30.00)

Email: charlescourt@a2dominion.co.uk or call: 0118 959 1301
Age UK Reading

Age UK’s supported Lively Living Social Clubs offer an opportunity for people with low level dementia, physical and mental health conditions to enjoy the company of others and afternoon tea.

Clubs are held at Chimney Court, Oak Tree, Cedar Court & Cornerstones and cost £15 per session

Age UK also run an activity club with afternoon tea at Weirside Court - this costs £7.00.

Please note these are not secure environments

Email: info@ageukreading.org.uk or call: 0118 950 2480

Activities to help you stay fit & well

Taking part in an organised exercise class or activity will help maintain your strength and mobility, lift your spirits and stay well for longer. It’s also a great way to meet new friends.

Classes and activities for older people include:
- walking football
- Zumba Gold
- movement to music
- table tennis
- walking
- dancing
- Tai Chi … and lots more

Visit www.reading.gov.uk/RSG-stayfit or call: 0118 937 3747

Support with bills & paperwork

Some organisations offer FREE advice and support to help maintain your money, bills and paperwork. This can include help with:
- paying bills and keeping on top of letters and paper work
- managing money, dealing with debt and claiming benefits
- your rights and legal matters
- help with form filling

Visit www.reading.gov.uk/rsg-admin or call 0118 937 3747
Making lifestyle changes to improve your health and wellbeing

Age UK’s Living Well Team** can provide information and advice to help you set your own lifestyle goals and support you as you make gradual changes towards a healthier, happier you. The changes you make could include things like:

- going to a social group or lunch club
- starting a new activity or rekindling an old hobby
- accessing community health services and your local pharmacist
- arranging and attending appointments
- getting practical help - like help around the home, shopping, transport etc.

Once you feel more confident and in control they will step back so you can continue to live well and maintain a healthy lifestyle.

Ask your GP for a referral to the Living Well Service or call Sarah Finch: 0782 456 8154 or Liz Hallé: 0791 956 2526.

**This service is currently only available to residents living in the North and West of the Borough

Getting around – accessible transport services

More and more community activities are being set up in your neighbourhood. If you need to travel further afield or have a disability mobility problem you could ask family and friends to take you or use accessible transport.

Reading buses

All Reading buses are accessible for wheelchair users and people with limited mobility. Off peak travel is free with a concessionary bus pass.

- 0118 959 4000
- [www.reading-buses.co.uk](http://www.reading-buses.co.uk)

Concessionary Bus Pass

If you have eligible disabilities or have reached your state pension age you can apply for a concessionary pass.

- [www.reading.gov.uk/buspass](http://www.reading.gov.uk/buspass)
- 0118 937 3787

Readibus

An assisted, accessible, door-to-door bus service for people with disabilities/limited mobility who can’t use regular buses. Travel is free with a concessionary bus pass.

- 0118 931 0000
- [www.readibus.co.uk](http://www.readibus.co.uk)

Wheelchair Accessible Taxis

Most Hackney carriages and some private hire taxis are wheelchair accessible.

- [www.reading.gov.uk/servicesguide](http://www.reading.gov.uk/servicesguide)

Produced by the Neighbourhood Team for Older People (07834 335 103)