



Hi there,

I hope January has been good to you. We've been taking it slowly—if you can call a New Year's party, lunches, and activities "slowly"—but it feels less fraught than December.

There are new things to come, including our Men's Breakfast, and there will be another brunch in March. There will also be more craft activities, so if you fancy trying something new or different, this might be for you.

Don't forget, you can also just join us for tea and cake on Tuesday mornings. The Centre is open, and there are newspapers, cards, games, colouring, and more for you to enjoy.

If you'd like to know what's going on for the over 55's then please have a look at our Community Calendar.

[Age Concern Windsors' Community Calendar](#)

If you are receiving this from a friend or colleague you can subscribe to this monthly update by following this link "[Subscribe](#)"

News and Events



New Years Party

Thank you all for coming and enjoying the disco and brunch with us. Who new it would be so popular but what's not to love about a party. With songs you know and love from way back when you had the energy to dance all night. We do feel it's far more civilized to have a dance during the day.



Mens Breakfast

Finally after talking about this for quite some time we are starting to run a mens breakfast on the 4th Sunday of the month starting on 22nd February. The Centre will be open 10:00-12:00 for a cooked breakfast, chat and socialising. Cost is £10pp. Most dietary requirements can be met if organised at the time of booking. The aim is not to replace our popular Brunches that have music but to add another group for socialising at the weekend.

Please book either by calling us on [01753 860685](tel:01753860685) or emailing info@ageconcernwindsor.org.uk



Sarah Runs a Marathon

While many of you will have met Sarah at our Centre you may not know that she is running the London Marathon this year. We are so proud that she has chosen to take on this challenge as she freely admits she's not a runner. With her first 10K race completed just before Christmas. She is now completing a rigorous training plan to enable her to run the London Marathon on the 26th of April 2026. We are encouraging her every step of the way.

To encourage Sarah and help us you can [sponsor her here](#)



Brunch

Another Brunch is coming. 10:30-13:00 on Saturday 14th March so save the date. You wouldn't want to miss out. Naturally there will be cooked and continental breakfast available.

For more updates and upcoming events please follow us on Facebook or X



Social Groups

Social Lunches are the 1st and 3rd Tuesday of the month

Tues 3rd and 17th February, 3rd March 11:30-13:00.* These are wholesome two course lunches with a variety of different meals. Cost is £10 pp and Transport for those living in Windsor can be arranged, First come first service basis. £10 return.

Quiz Afternoons

These are lighthearted quizzes on the 1st and 3rd Tuesday 13:00-14:00 and can be joined without attending the meal. £1 for the quiz and £1 for refreshments. Lots of lively chatter and fun to be had and you can join these even if you haven't had lunch with us.



Cooking With Trevor on the 2nd Tuesday of the month

Due to training needs we are changing the day for February so please give us a call if you're interested in coming, tel [01753 860685](tel:01753860685) It will be back to the 2nd Tuesday 10th March.

This is a very lively social group that enjoys cooking and trying new recipes. Anything you make will go home with you and the all the ingredients and equipment will a available. If you want to cook better, enjoy cooking and want to do this with others then come along.

Bookings is essential, please call, email or speak to one of the staff and please remember that we are not open on Mondays so booking by the Friday for Tuesdays.

Sunday Lunch are on the 2nd Sunday of the month

8th February and March 11:30-14:30 £12 per head.

The Sunday lunch is always nice treat with a three course roast dinner. meal They tend to be a little indulgent with things like prawn cocktail, poached eggs, pate and cracks for starter, all types of roast meat or lentil roast, frittata and then desserts such as cheese cake, Eton mess, lemon meringue pie etc.

Don't forget carers are welcome no matter their age or number. You can bring the family if you like.



Activity Cafe

Tuesday 24th February and 17th March January 9:30-12:30 £7 per head

The Artfulhub will be leading a craft activity every month. This is open to everyone and is good for beginners and improvers. The idea is to try something new. Paper weaving and wool murals are coming up.

Transport for those in Windsor can be provided on a first come first served basis.

Bookings is essential, please call, email or speak to one of the staff and please remember that we are not open on Mondays so booking by the Friday for Tuesdays. Carers, friends and family are welcome to come along if you don't want to come on your own. To book please call 01753 860685 or email info@ageconcernwindsor.org.uk

Day Service

Windsor Wed-Fri 9:30-14:30

We bring a social feel to the day with morning coffee and chat before settling to a morning activity, three course lunch and then afternoon activity. We always have a loose theme to help plan activities but sometimes it's just where the mood takes us. Too hot and we're in the garden for ice cream. Feeling energetic and it's balloon tennis, skittles or bean bags games.

To engage with this service we suggest booking a appointment with one of our friendly staff to talk through what you are looking for and if it will suit you. Best times to visit are 10:30 and 13:30 Wednesday through Friday, to book a visit please call 01753 860685 during office hours or email info@ageconcernwindsor.org.uk



Afternoon Tea with Tunes on the 4th Tuesday of the month

24th February and March 13:00-15:00 £7 per head

We have a verity of different entertainers including things like jazz and swing, 60's and 70's. Most dietary requirements can be met with some advance warning including some very nice gluten free options.

Transport for those in Windsor can be provided on a first come first served basis.

Bookings is essential, please call, email or speak to one of the staff and please remember that we are not open on Mondays so booking by the Friday for Tuesdays. Carers, friends and family are welcome to come along if you don't want to come on your own.

Meals on Wheels

This is running Tuesday through Friday with a variety of different meals including a roast dinner, Beef Stroganoff, minted lamb, beetroot burger, four cheese tortellini, veggie lasagna etc. Desserts can be things like pineapple upside down cake, Alabama fudge cake or fresh fruit. We also do fun things like pies on National Pie day and Chinese for Chinese New Year.



Most dietary requirements can be accommodated and if you want fresh fruit with every meal you can. Likewise if you don't like carrots we substitute with something different. We are still able to give a discount to those on income or disability benefits. £8.0 full price and £6 discounted. Proof of entitlement is required. We are happy to accommodate short term needs and it can be booked over the telephone.

Handy Person

We are very pleased to say that we now have a Handy persons service available in Windsor. We are working with Age UK Berkshire to run this service that can carry out a range of small household repairs and minor adaptations such as:

- Fitting window and door locks and other security items
- Fitting smoke and CO2 detectors
- Changing light bulbs and replacing small electrical fittings
- Replacing tap washers and carrying out minor plumbing works
- Fitting grabrails and handrails
- Fitting key safes and intercoms
- Draught proofing windows and doors
- Fitting phone extensions
- Carrying out a range of minor repairs -please ask us for details

Handypersons services are booked by contacting Age UK Berkshire who will discuss with you what is needed and if it can be done by this service. They will then book a Handyperson to do this work. This is a chargeable service for residents of Windsor who are over 50 years old, however if you are a vulnerable adult under 50 then please give us a call and we may be able to assist you.

Please contact Age UK Berkshire on [0118 9594242](tel:01189594242) or email info@ageukberkshire.org.uk



What's going on in and around Windsor

We have a Community Calendar on our Website so if you're looking for something specific then please take a look and see what's coming up. [Community Calendar](#) if you have something you'd like to add or a correction to an event on our calendar then please let us know.

Social Groups /Events

The Stitch Gang at the Swan Community Pub

Every second Saturday the Stich gang meet at the Swan Pub 13:00-15:00. This group is for all forms of needlecraft. They meet to stitch together, share ideas and socialize. Just drop in and say hi to this friendly group. [More information is found here](#)

Magpie Meet ups

One of Maidenhead United FC Community Trusts initiatives to help people find others to chat and socialise with. They have started Magpie Meet ups, coffee afternoons in the community led by volunteers to support those attending. Their website says they have four running however have only listed three, Norden Farm, Costa Coffee, Cookham and Green Skills, Maidenhead. For more information and to contact them [please see their website here](#)

Groups for those with more Care needs

Mindful Mile

If you're feeling like you've been cooped up to long with all the bad weather then consider getting out and walking the mindful Mile at Royal Ascot Golf Club SL5 7LJ Wednesday 25th February 10:00 start and this is an accessible walk and dogs are very welcome on a lead. please call [01344 621575](tel:01344621575) for more details

Wellbeing Walks with the Ramblers

Not everyone's cup of tea but going for a walk can be really beneficial for your health. The Ramblers society have wellbeing walks. These are accessible easy walks that cover approximately 2-3 miles in distance. The walks are mainly flat so suitable for everyone, with an occasional incline but nothing too challenging! They are run by Maidenhead United FC for the ramblers and they ask that you [book via there website](#). There's one every week starting from Woody's cafe but they are a number throughout the local area.

Dementia Care Advisors

They provide a point of contact for advice and support for those with a diagnosis of Dementia. You can contact them direct on tel: [01628 683715](tel:01628683715). They also run a number of drop in session in the area and are starting a new one in Windsor at All Saints Church, Dedworth Road on the last Thursday of the month 10:30-11:30. This session is in partnership with Young People with Dementia and is open to anyone who has been or is affected by Dementia.

Organisations and groups where you can find support

Hospital Transport by People to Places

We often get asked by people about how are they going to get to a medical appointment or to hospital appointments so I am very pleased to say that People to Places now have a dedicated hospital transport service. It supports those with limited mobility and can take people to a variety of hospitals regardless of your home address but within reason. Hospitals currently in the scheme are Wexham Park, Royal Berkshire, Heathwood, St Marks Hospital, The Princess Margaret Hospital, Upton Hospital, Kind Edward vii Hospital and Bracknell Healthspace. Please see [their website for more details](#)

Windsor Talking Newspaper

The talking newspaper collates news times from all over RBWM and records the stories on a usb stick to deliver. This service is free of charge and can be accessed by contacting them at info@windsortalkingnewspaper.uk or signing up on their [website](#)

Information and advice, help and support with benefits.

Age UK Berkshire can provide support for enquiries regarding benefits, help and support within the area. Call [0118 9599424](tel:01189599424) email info@ageukberkshire.org.uk

Maidenhead and Windsor Citizens Advice can also help to book an appointment, ask a question then call [03444 111 444](tel:03444111444)

Home From Hospital services

If you or a loved one is coming out of hospital don't forget to talk to the discharge team about home from hospital Services. These can give some extra free support for those first few weeks out of hospital.