

Established January 2006

## Slough Senior Citizens Group

### Second Decade of Service

- Promote healthy living for senior citizens
- Help reduce isolation
- Offer a befriending environment, to enable older people to lead a happy, active retired life

### Activities, Events and Awards - 2018



Queens Nomination Award Presented by Lord Lieutenant James Puxley, Reading, March 2018.

#### How to contact us:

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**Facebook:**

Slough Senior Citizens Group

#### Our website

Visit our website

[www.sloughseniors.co.uk](http://www.sloughseniors.co.uk)

launched in 2017. View current activities and download useful exercise sheets, to keep you healthy and consult papers on isolation and loneliness workshops.



Cllr Arvind Dhaliwal Mayor of Slough, Vijaya Gupta, Ramesh Kukar CEO SCVS & WAM, Dr Kesar Sadhra GP, Mewa Mann and Christie Small, SSG Chair & former chair respectively Celebrating 10 years 2016.

***“Old age had yet his honour and his toil... Some work of noble note, may yet be done... But strong in will to strive, to seek, to find, and not to yield”***

From Ulysses, a poem by Alfred Lord Tennyson

© This leaflet was designed and produced by Vijaya Gupta - Slough Senior Citizens Group and Caroline Brindle - Yoga Teacher, September 2018, with support from Berkshire Community Foundation (BCF)



## Photo Gallery



Eastbourne 2017



Keep fit - 2018



Special Programmes -  
move more, eat less - 2015



Yoga - 2018

## Awards



Contribution to the  
Community Award at the  
House of Commons - 2008

Mrs Ramesh Gupta, Fiona  
Mactaggart MP, Vijaya  
Gupta



Slough Voluntary Sector  
Award - Group of the Year -  
2013

Group which made the  
biggest impact on the  
community in Slough



Patient and Public  
Engagement Award 2018 by  
Slough Commissioning  
Clinical Group (SCCG)

## Weekly Activities

Join us every week from **11am to 12 noon** for the following activities  
at Brook House, Chalvey, Slough, SL1 2TX

Activity	Day
<b>Yoga</b>	<b>Tuesday</b>
Involves gentle movements, chair poses, meditation and breathing techniques. It is suitable for everybody who would like to improve their health and wellbeing.	
<b>Relaxation Techniques</b>	<b>Wednesday</b>
Breathing exercises, gentle movements, meditation, and opportunity for laughter at the end. Suitable for all looking to find more freedom and lightness within their mind, body & soul.	
<b>Keep Fit</b>	<b>Thursday</b>
Suits anyone who would like to improve their mobility and balance.	

## Other Activities

Subsidised Lunch - as and when organized

User Forum Meetings

Day trips to popular seaside destinations - 1 or 2 times a year

Workshops and talks

Charity Events

... And much more

## Annual Activities

International Yoga Day - June

International Older People's Day - October