

Friendship Alliance

PROMOTING FRIENDSHIP IN WOKINGHAM BOROUGH



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

9th June 2021

Events

Authors Online with Ruqaya Izzidien - With Wokingham Libraries, join online for a chat with this exciting new author and her novel, 'The Watermelon Boys'.

Where: Online

When: 21st June @ 19:00 - 20:00

Cost: Free

Contact: libraries@wokingham.gov.uk

[Find Out More](#)

Lifting the Sky in Words and Pictures - Wokingham Libraries presents an illustrated talk on Matisse and the soaring of the spirit.

Where: Online

When: 23rd June @ 14:00

Cost: Free

Contact: libraries@wokingham.gov.uk

[Find Out More](#)

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Talking about how you feel: Talking Therapies - with the Cancer Champions, a presentation on how Talking Therapies may support you and those closest to you.

Where: Online

When: 16th June @ 14:00 - 16:00

Cost: Free

Contact: 0300 365 2000 or talkingtherapies@berkshire.nhs.uk

[Find Out More](#)

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Groups & Services

Managing Anxiety - with the Wokingham Recovery College, these three sessions will look at different coping strategies to living with anxiety.

Where: Online

When: Friday 18th, 25th of June and 2nd July @ 10:30 - 12.00

[Find Out More](#)

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Exercise

Yoga in the Park - With Wokingham Borough, enjoy the summer with a yoga class at Cantley Park Events field.

Who: Under 18s welcome but must be with an accompanying supervising adult.

When: Wednesdays @ 10:00

Where: Cantley Park Event Field, Twyford Road, Wokingham RG40 5TU

Cost: £5.20 per person

[Find Out More](#)

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Solo Nu-Line Dance - Ceroc Dancing is the fastest growing dance phenomenon in the country, learn all the skills needed to enjoy dance.

Where: The Sugar Shack, Loddon Hall, Loddon Hall Road, Reading RG10 9JA

Cost: £10.00 per person

Contact: ceroc_reading@hotmail.com, 07980

556560, [facebook.com/CerocThamesValley/](https://www.facebook.com/CerocThamesValley/)

Find Out More

The Formidables - The FBC Centre offer groups for those who are 50+ and looking to stay active or just connect with like-minded people.

Short Tennis: Fridays @ 10:30 - 13:00, £4 per session

Short Mat Bowls: Tuesdays @ 10:45 - 12:45, £3 per session

Badminton: Thursdays @ 9:30 - 11:00, 11:30 - 13:00, £4 per session

Art Group: Tuesdays @ 13:00 - 15:30, £4 per session

Contact: reception@finchampstead.com, 0118 908 8155

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!

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Brought together by these local charities:

