



Carers Group

Brooklands Carers Group runs every two weeks on a Friday morning from 10 – 12. This group is for those who are caring for people with dementia, and both the carer and the person they care for are welcome to attend.

There is always someone experienced in the field of dementia on hand to answer questions, sign post or just listen. For more information call Karen Russell 01908 619919

Memory club

A Memory Club is held at Brooklands on 2nd and 4th Thursday afternoons each month from 2.30-4pm.

This club is for people living with the early stages of dementia or symptoms of cognitive impairment and offers group activities to build enjoyment and confidence.

Contact Hazel Reynolds directly too on 01908 614124 or email hazel_reynolds@hotmail.co.uk

Physiotherapist

Carla Smith MCSP HCPC Chartered and State Registered Physiotherapist with 20 years experience. Acupuncture a special interest. All musculoskeletal conditions treated. Tel: 07703 135355 Email: smithcarla@me.com

Osteopath

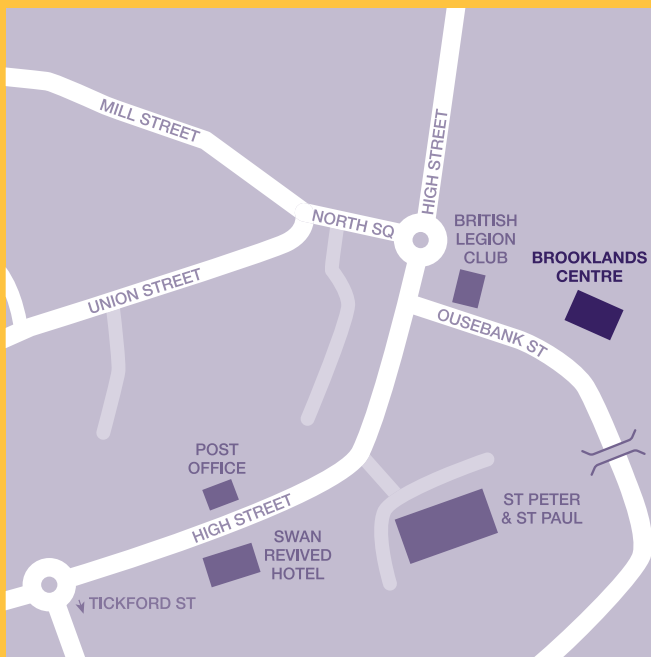
Andy Graves BOst. Registered Osteopath of Tactus Osteopathy offers friendly advice and gentle treatment for a wide range of physical conditions in the welcoming environment of the Brooklands Centre. Therapy at Hand for young and old. Call 07736 180054

Contact Details

Brooklands Centre
Ousebank Street
Newport Pagnell
MK16 8AN
Email: brooklands.centre@btinternet.com

www.thebrooklandscentre.co.uk
01908 614749

The Brooklands Centre is a registered charity No: 1122577



The Trustees aim is to develop the Brooklands Centre to provide facilities to serve the changing needs of the senior age group of Newport Pagnell in the years to come.

The Centre is grateful for the support given by the residents of the town, especially to all past or current volunteers. Without them it would not be possible to operate the centre.

For further information please contact the Centre Manager.

The Brooklands Centre

Newport Pagnell's hidden gem



A Centre in the Community for the over 55's



What's happening when

- Monday** Day Club 9.30-15.30
Friends Group - meet monthly 10.30-12.00
- Tuesday** Pop In for coffee, light lunches or a chat 9.30-12.30

Tai Chi: Beginners 9.00-10.00
Advanced 10.00-11.00

Computer Classes 9.30-12.00
Day Club 9.30-15.30
Tuesday Bingo Group 13.30-15.30
- Wednesday** Day Club 10.00-15.30

Art Class 13.30-15.30
- Thursday** Seated Exercise Class and Light Lunch 9.30-13.15

Gardening Club - monthly 10.30-11.45
- Friday** Book Club 10.00-11.00 (4th Friday of the month)

Art Class 14.00-16.00
- Saturday** Lunch Club 10.45-14.30 Monthly dates as advertised, booking required.

Toenail cutting service in conjunction with Age UK Milton Keynes available every 6 weeks on Monday, Tuesday and Wednesday.

The Centre is available to hire for meetings and private functions. For further information, please contact the Centre Manager.

Volunteers

Opportunities for Volunteering - The Trustees are always open to meet with potential new volunteers to assist in facilitating the groups. We have a large range of possibilities ranging from drivers and escorts to cooks, kitchen helpers and those who could assist with the activities. Please contact the Centre Manager if more information required.

The Brooklands Centre has been providing Care in the Community for Older People since 1959.



Since the opening of our new Centre in 2010 we can now offer an extended range of services:

Food

Day Clubs: Monday, Tuesday and Wednesdays. Referrals necessary from Doctor/Health Visitor/Carers/Family. Transport available if required. Members normally stay for most of the day where a freshly cooked midday dinner is served and a variety of activities throughout the day are facilitated by our volunteers.

Tuesday mornings the Centre is open for morning coffee, teas and light lunches served on the 1st Floor.

Monthly Saturday Lunch Club - restaurant style - booking essential - transport available.

Cream Teas open to all once a month during the summer.

Purpose built premises with a lift to the 1st Floor enables several groups to meet at the same time.



Transport available to some activities for people living in Newport Pagnell.

Fun

Individual computer tuition available on Tuesday mornings. Use our computers or bring your laptop/tablet to use.

The Tai Chi Class held on the Ground Floor open to 55+ age group. Beginners and Intermediate Classes.

Thursday mornings a Seated Exercise Session lasting 45 minutes (approx.) led by our resident Osteopath. Members are welcome to stay for a light lunch. Transport available.

Book Club is a small group who aim to read the chosen book for the month; then meet to discuss.

The Art Club is very popular; members free to use their preferred medium.

Friends

An ever popular Bingo Group meet on a Tuesday afternoon; transport available.

Gardening Club an informal meeting with a variety of knowledgeable speakers, demonstrations and trips out.

Friends Group who meet to arrange theatre/film visits, meals out etc.

Day Trips and Holidays as advertised.