

## Local Activities for Older People in Burnham

The following activities are enjoyed by many older people. Some groups operate a waiting list and some do not meet during August or around Bank Holidays so it is advisable to phone the contact person before your first visit. There are also many other sports groups, clubs and special interest groups in the Burnham area which welcome members of all ages. Details can be found in the Burnham Area Sports and Activities Directory [www.burnhamsportsandactivities.org.uk](http://www.burnhamsportsandactivities.org.uk).

\* indicates that transport may be available.

Day	Activity
Monday morning	<b>Chair based gentle exercise sessions - 9.45am - 10.30am weekly</b> Burnham Methodist Church Hall, Eastfield Road, Burnham, SL1 7NZ Cost £2 per session. Contact Marisa at Burnham Health Promotion Trust - 01628 661441
Monday morning	<b>Burnham Fifty and Beyond (B-FAB) - 10.30am - 12noon</b> <b>3<sup>rd</sup> Monday of month</b> Burnham Methodist Church Hall, Eastfield Road, Burnham, SL1 7NZ Varied programme of speakers and activities for people of 50 and over. Contact Linda Richards – 01628 605661
Monday morning	<b>Memory Mondays - 10.30am - 12noon weekly</b> May's Chocolate House, 75 High Street, Burnham, SL1 7JX Social mornings can help people keep their memories alive. People experiencing memory loss and their relatives or carers are very welcome. Just drop in or for more information contact Igan Hayati in the shop - 01628 669582 or contact Shirley at Burnham Health Promotion Trust – 01628 661441
Monday afternoon	<b>Monday Club * - 1.00pm - 3.00 pm weekly</b> Burnham Methodist Church Hall, Eastfield Road, Burnham, SL1 7NZ Social get together with Bingo, raffle and a cup of tea. Occasional trips. Contact Pauline Bell - 07899 913789
Monday afternoon	<b>South Bucks and East Berkshire Probus Club – meet at 12 noon for lunch at 1pm on 2<sup>nd</sup> Monday of month</b> The Grovefield House Hotel, Taplow Common Road, Burnham, SL1 8LR. Club for gentlemen who enjoy meeting for a convivial lunch, often with a speaker. Occasional outings and other events. More information from Richard Mills, Secretary - 01753 645675
Tuesday morning	<b>Library Singing Group – 10.45am – 12 noon</b> <b>1<sup>st</sup> and 3<sup>rd</sup> Tuesday of month</b> Burnham Library, Windsor Lane, Burnham, SL1 7HR Friendly singing group particularly for people with memory loss and their relatives and/or carers. Free. More information from Marion Machen - 01628 602581 or from Shirley at Burnham Health Promotion Trust – 01628 661441
Tuesday morning	<b>Movers and Shakers* 10.30am – 1.30pm weekly</b> United Reformed Church Hall, Stomp Road, Burnham, SL1 7LR Gentle Exercise, creative activities and lunch for people of 55 and over Contact Marisa at Burnham Health Promotion Trust - 01628 661441
Tuesday morning	<b>Exercise in the Park – 10.30am – 11.30am weekly</b> Burnham Park, Windsor Lane, Burnham, SL1 7HR Join a friendly group at the Outdoor Gym in Park and learn how to use the gym equipment safely and effectively. Free. Contact – Shirley at Burnham Health Promotion Trust - 01628 661441

<b>Tuesday afternoon</b>	<b>Taplow and Hitcham Women's Institute* - 2.30 pm</b> 1 <sup>st</sup> Tuesday of month W. I. Hall, Institute Road, Taplow, SL6 0NS Plus varied programme of activities throughout the week including Art, Badminton, Bowls, Croquet, Country Dancing, Scrabble, Table Tennis Contact - Mrs Nadine Wilkinson, President - 01628 624429
<b>Tuesday afternoon</b>	<b>Burnham Afternoon Townswomen's Guild - 2.15 pm</b> 2 <sup>nd</sup> Tuesday of month – Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR - Also activities at other times and venues - including Bridge Gardening, Scrabble, lunches. Contact - Secretary - 01628 665129
<b>Tuesday afternoon</b>	<b>"Simply Walk" - 2pm 3<sup>rd</sup> Tuesday of the month</b> Dorney, Eton, Burnham area. Up to one and a half hours free health walk. Phone for details of starting point Contact - Shirley at Burnham Health Promotion Trust - 01628 661441
<b>Wednesday morning</b>	<b>Simply Walk – 10am 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of month</b> Meet at front entrance to Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR. Gentle introductory half hour free health walk. Contact - Shirley at Burnham Health Promotion Trust - 01628 661441
<b>Wednesday morning</b>	<b>The Meeting Place - 9.30 – 11am weekly</b> Burnham Methodist Church, Eastfield Road, Burnham, SL1 7NZ Informal drop in for people of all ages with refreshments and activities. Run by “The Well @ Lent Rise”. Contact – Mrs Hilary Evans – 01628 602120 or email <a href="mailto:info@thewellatlenrise.org">info@thewellatlenrise.org</a>
<b>Wednesday morning</b>	<b>Walking Football – 10 -11am weekly</b> Burnham Park, Windsor Lane, Burnham, SL1 7HR Contact - Leon Popplewell – 01895 837334
<b>Wednesday afternoon</b>	<b>Scrabble Club – 2pm – 4pm weekly</b> Burnham Library, Windsor Lane, Burnham, SL1 7HR An informal scrabble club - just turn up on the day - no need to book Contact – Burnham Library Manager – 0845 230 3232
<b>Thursday morning</b>	<b>Cameo Club - 10.30am - 1pm weekly</b> Burnham Methodist Church, Eastfield Road, Burnham, SL1 7NZ Social get together with coffee and lunch. Contact – <i>to be advised</i>
<b>Thursday morning</b>	<b>Nordic Wellbeing Walks - 10 to 11am weekly</b> Meet by Cafe, Lord Mayor’s Drive, Burnham Beeches, SL2 3LB £4 per session Booking essential. Contact - Stephen Tel. 07868 654984
<b>Thursday morning/afternoon</b>	<b>Tai Chi 11.30am -12.30pm and 1 – 2pm</b> United Reformed Church, Burnham, SL1 7LR. £3 per session Contact Shirley at Burnham Health Promotion Trust – 01628 661441
<b>Thursday lunchtime</b>	<b>Pub Lunch Club - 1<sup>st</sup> Thursday of month - <i>Not currently running</i></b>
<b>Thursday afternoon</b>	<b>Dance through Time – 2.15 - 3.15pm</b> United Reformed Church, Burnham, SL1 7LR. £5 per session Gentle exercise based on dance routines. Everyone welcome. Contact – Donna Ward - 01753 674945
<b>Thursday afternoon</b>	<b>Tea Dance – 2.30 – 4.30pm (term time)</b> Burnham Park Hall, Windsor Lane, Burnham, SL1 7HR. £5 per session to include tea or coffee. Contact - Lisa at Burnham Health Promotion Trust - 01628 661441
<b>Thursday evening</b>	<b>Friendship Club - 8pm 3<sup>rd</sup> Thursday of month</b> United Reformed Church, Burnham, SL1 7LR Everyone welcome. Speakers, coffee evenings etc. Contact – Mr and Mrs Beard – 01628 665608

Day	Activity
Friday morning	<b>Supermarket Shopping Trip* 9.00 – 11.30 am approx. weekly</b> Minibus collects passengers from home and takes them to Asda in Cippenham. Contact Nadine Picton, Minibus Co-ordinator 07468 840185
Friday morning	<b>"Simply Walk" - 10am weekly</b> meet at Cornerstone, St Peter's Church, Burnham, SL1 7HX. Free health walk open to all - 45 minutes to 1 hour. Contact - Shirley at Burnham Health Promotion Trust - 01628 661441
Friday morning	<b>Friday Lunch Club - from 11.30 am weekly</b> Cornerstone , St Peter's Church , Burnham, SL1 7HX Informal club that meets for soup and sandwich lunch and a chat Contact - c/o Cornerstone - 01628 664338
Friday afternoon	<b>Alzheimers / Dementia Support Group and Memory Book – weekly 2pm - 4pm</b> Methodist Church, Eastfield Road, Burnham, SL1 7NZ Support group for anyone with a diagnosis of Alzheimers or Dementia and their carers. Runs alongside "Memory Book" - an informal group, open to all, which meets to share memories of family history, the local area etc. Both groups run by "The Well @ Lent Rise". Contact – <i>to be advised</i>
Saturday morning	<b>Stay Steady, Stay Strong – 11.30am – 12.30pm weekly</b> Burnham Library, Windsor Lane, Burnham, SL1 7HR Strength and balance exercise class. £4.50 per session Contact – Lucie – 07951 294178
Saturday morning	<b>Sew, Knit and Natter – 10.30am - 12.30pm weekly</b> Burnham Library, Windsor Lane, Burnham, SL1 7HR Informal get together for sewing, knitting and craft activities Contact – Burnham Library Manager – 0845 230 3232
Saturday morning	<b>"Simply Walk" – 10 to 11am</b> - one hour health walk in Dorney or Eton area. Contact- Shirley at Burnham Health Promotion Trust 01628 661441
Sunday morning	<b>Local Church Services</b> – details can be found in Round and About community magazine
Sunday afternoon	<b>"Simply Walk" - 2.30pm - 3rd Sunday of month</b> meet at seating area by café at Victory Cross, Lord Mayor's Drive, Burnham Beeches, SL2 3PS. Free health walk open to all - walks are approx. one hour. Car park charge of £3 per day. Contact -Shirley at Burnham Health Promotion Trust - 01628 661441
Sunday afternoon	<b>Contact the Elderly * – once a month</b> Tea parties in Burnham area for people aged 75 or over who have little or no social support. Contact - Anne Dyer (Local organiser) 01753 644404
Sunday evening	<b>Local Church Services</b> – details can be found in Round and About community magazine

**For more information about local clubs and activities, forthcoming events and places to visit contact:** Burnham Village Information Point, Burnham Library, Windsor Lane, Burnham, SL1 7HR Tel. 01628 605975 [vip@burnhamcommunityassociation.org.uk](mailto:vip@burnhamcommunityassociation.org.uk)

This information sheet has been compiled by Burnham Health Promotion Trust – Sept 2018  
Every effort has been made to ensure this information is up to date but if you are aware of any inaccuracies or omissions please contact us: Tel. 01628 661441 Email [info@bhpt.org.uk](mailto:info@bhpt.org.uk)