Wokingham HWBB Community Engagement

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4th April
The #WokinghamHWBB will share news & information on the 2nd Monday of each month throughout 2018. On April 9th it's our first online event for people to share news, info, advice & events, following the theme of #ActiveApril 🏃 ! #Woky @WokinghamHWBB #ThursdayThoughts

5th April
Want to get involved with the #WokinghamHWBB ? Send a message to @WokinghamHWBB to get in touch with our co-ordinators, who will advise you on how you can get involved in sharing great news & messages on the 2nd Monday of each month! #Woky

6th April
In 3 days time we'll be having our first #WokinghamHWBB ! Follow @WokinghamHWBB to stay updated on ways to get involved in #ActiveApril 🏃 ! #FridayFeeling #Woky

9th April
Today's the day! It's our first #WokinghamHWBB event! Be sure to follow this account to learn about what's going on in #Woky during #ActiveApril 🏃 !

Want to get involved with a walking event next month? On May 13th 2018 the @WokinghamWalk is being held, starting from Howard Palmer Gardens, to raise money for the Ollie Young Foundation. A great way to #KeepActive! https://buff.ly/2HZ3X2o #WokinghamHWBB #ActiveApril 🏃 #Woky

Did you know that every week there are 18 volunteer led walks across Wokingham Borough? These walks can help improve your health by walking briskly. Find out how you can join in on the @healthywalks website: https://buff.ly/2FXZn7R #WokinghamHWBB #Woky #ActiveApril 🏃
Over 60? Want to rekindle a love of cycling or just get out and about in the fresh air with like-minded people? SHINE over 60’s rides start on 18th April! Visit the @MJWokingham website to find out more: https://buff.ly/2Gk8uiU #WokinghamHWBB #Woky #ActiveApril

Interested in #Woky’s countryside, parks & conservation? Every Wednesday, conservation #volunteers assist with many practical tasks, improving the local environment while keeping active. Find out how to join in: https://buff.ly/2q9qoL3 #WokinghamHWBB #ActiveApril

The Green Gym is a way to get physically active, benefitting your health, wellbeing, community & local environment. There is one in Reading with its next activity being held on April 28th: https://buff.ly/2pw3vC4 @TCVGreenGym #ecotherapy #WokinghamHWBB #Woky #ActiveApril

Looking for an activity that’s a bit quieter & less active? @WBC_Libraries have various book groups which meet in different places throughout the month. Visit the @WokinghamBC website for more information & how to join: https://buff.ly/2pBHfXl #WokinghamHWBB #ActiveApril #Woky

Looking for a relaxing activity? The @havenwellbeing Hub run various therapies & classes such as Yoga, Pilates, Meditation & more, a great place to find something calming for you to do locally: https://buff.ly/2pyL3ZI #WokinghamHWBB #Woky #ActiveApril

In the May bank holiday, @WokinghamActive Kids are running a sport camps during at Loddon Valley Leisure Centre. Children aged 5 to 12 can attend. Find out more & how to apply here: https://buff.ly/2HZ4QIp #WokinghamHWBB #Woky #ActiveApril

Every Tuesday evening, Kokopelli Yoga run #yoga sessions for people with #additionalneeds at Finchampstead Baptist Centre. If you or someone you know might be interested in joining in with these sessions, click here: https://buff.ly/2pyruPW #WokinghamHWBB #Woky #ActiveApril
Interested in swimming? Why not try Open Water Swimming at @WokinghamDAC? Plunge into the open water for an invigorating swim on Wednesday evening. 🏊️‍♂️ https://buff.ly/2G7aGH3 #WokinghamHWBB #Woky #ActiveApril 🕶

Yoga sessions in #Woky starting today at 3-4pm, running every Monday until 30th April at the Earley Crescent Resource Centre. This is a 4 week trial by @sportinmind & if its successful they'll look to extend the session & run weekly from June! #WokinghamHWBB #ActiveApril 🏃

Still stuck for things to do or ways to have an #ActiveApril 🏃? @GetBerksActive have an Activity Finder which shows organisations & events that occur all across Berkshire. Check it out to find your perfect way to #GetActive: https://buff.ly/2qbOnJn #WokinghamHWBB

Need to reduce your stress levels? Want to learn techniques to relax & increase your happiness? @PranicUK run #Relaxation & #StressRelief Sessions at St Sebastian's Memorial Hall on the 1st & 3rd Thursday of every month. Next session is 19th April. #WokinghamHWBB #ActiveApril 🏃

10th April
Thank you to everyone who shared things yesterday as part of #ActiveApril 🏃! Be sure to keep sharing appropriate things going on in #Wokingham using the hashtag #WokinghamHWBB! Next month we're showcasing #MayEvents on May 14th. #SaveTheDate

13th
What did you think of the #WokinghamHWBB on Monday? Let us know your thoughts by sending us a message through Facebook or Twitter & we'll try and make improvements so that #MayEvents on May 14th will be even better! #FridayFeeling #Woky
16th
Be sure to let all your friends & family know about the #WokinghamHWBB! It's a great place for locals to learn about & share news, events & info from all across #Wokingham! Why not aim to tell three people about #MayEvents this week? #MondayMotivation

19th
Do you like the idea of our #WokinghamHWBB but don't use Twitter enough to keep up to date? Be sure to like our Facebook page too for another way to stay in the know: https://buff.ly/2vb4WuF #ThursdayThoughts #Woky

24th
Want to know more about the #WokinghamHWBB and why it's important? This article from @TheKingsFund explains what #HWBB's are and why they're relevant: https://buff.ly/2pzIGXn #Woky #TuesdayThoughts

27th
Our aim is to help keep local people happy & healthy! If your friends or family are looking for local events or services in #Wokingham, why not tell them about #WokinghamHWBB? We'll be sharing #MayEvents on May 14th, so be sure to follow us on Twitter & Facebook! #FridayFeeling

30th
If you have any #Wokingham events that are occurring over the next few months, then be sure to let us know! Send us a direct message or use the hashtag #WokinghamHWBB to get involved, & help spread the word in #Woky about #MayEvents on May 14th! #MondayMotivation
If you’re looking for new fun things to do in #Wokingham over the next few months & into summer, you should be following the #WokinghamHWBB! This month we’ll be showcasing #MayEvents on May 14th, so be sure to get involved in sharing local news & activities! #WednesdayWisdom

This Thursday, we’re having a #CommunitySafety event. Come along to find out about prevent strategy, domestic abuse & violence against women & girls, substance misuse services & county line dealing. #MayEvents #WokinghamHWBB #Wokingham

Only 1 week to go until #MayEvents! We hope you’re all having fun & staying safe in the sunshine, especially those of you at the Wokingham May Fayre! Be sure to keep sharing our pages & events over the next week, ready for Monday 14th May! #WokinghamHWBB #MondayMotivation

May is #WokinghamCulturalMonth 2018, with events occurring regularly to celebrate arts & culture in #Wokingham. Check out the calendar of upcoming #MayEvents: https://buff.ly/2riAU3T #WokinghamHWBB @LoveWokingham #WednesdayWisdom

Have you been following #WokinghamHWBB? In just 3 days time we’ll be having our second Health & Wellbeing Board online event, where people can share news & info on keeping healthy in #Woky. This month's #MayEvents! Follow @WokinghamHWBB to get involved! #SaturdayMotivation
12th
Tomorrow is the @WokinghamWalk, which is raising money for @OllieYoungOYF, which supports paediatric brain tumour research. You can register on the day between 9am & 10:30am for this great #Woky event:
https://www.wokinghamwalk.co.uk/#WokinghamHWBB #MayEvents

📅 1 retweet 2 likes

14th May
#TodayistheDay!! 🎉 Follow the hashtags #WokinghamHWBB & #MayEvents to find out all about what's going on across #Wokingham over the next few months! We'll try and share as many of your posts as possible too so make sure you get involved! #MondayMotivation

📅 2 retweets

#WokinghamBikeathon is a not for profit organisation run by volunteers & supported by local businesses, charities and organisations. This year it's on Sunday 24th June at Cantley Park. Sign up now: https://buff.ly/2ryetXH
@Wokinghambike #WokinghamHWBB #MayEvents

📅 1 retweet

Want to learn more about hedgehogs & how you can help protect the local wildlife? @HappyHedgehog3 in Yateley are attending many upcoming events to showcase their work, with the next one being The Surrey Heath Show this Saturday: https://buff.ly/2KOvs0E #WokinghamHWBB #MayEvents

📅 3 retweets 5 likes 1 reply

The @SainsburySinger are a #MusicalTheatre group in #rdguk. Their next show, Anything Goes, will be at @TheHexagon Theatre, in #Reading, 16th-19th May 2018. Visit their website for more info or if interested in joining in: sainsburysingers.org.uk #WokinghamHWBB #MayEvents

📅 3 retweets 5 likes 1 reply
Want to take part in an event that'll raise money for a local charity? @Daisys_Dream have loads of events going on throughout the year that you can attend to help raise money: https://buff.ly/2rz5OmG All funds go towards supporting bereaved children. #MayEvents #WokinghamHWBB

There's also lots of events going on to raise money & awareness for @WokinghamLVS, who want to celebrate the work the organisation & its volunteers have been doing to help lonely people in #Wokingham for 20 years: https://buff.ly/2bxAWyU #WokinghamHWBB #MayEvents

June 30th is the @samaritans #Run at Easthampstead Park Community School, Bracknell. Help support the work they do across #Bracknell, #Wokingham, #Ascot & other local areas by signing up: https://buff.ly/2jLz0VI #WokinghamHWBB #MayEvents @bracknellsamst1 @ReadingSams

The Loddon Valley @RamblersGB run various walks to keep local people active & happy. Find out how you can join in with their next walk or other events on their website: http://www.lvra.org.uk #WokinghamHWBB #MayEvents

The @alexanderdevine Children's Hospice Service are building a hospice service for the children of Berkshire and beyond. They've got many events coming up to raise awareness of their organisation: alexanderdevine.org #WokinghamHWBB #MayEvents

Bring the kids along for a fun packed few hours at @wadedaycentre’s Summer Fair on June 30th! There will be a variety of stalls, raffles, tombolas & toys. Refreshments are also available plus free parking at Masonic Centre. https://buff.ly/2KPaAXr #WokinghamHWBB #MayEvents

Coming up on May 26th, there's a #Wokingham #FunDay, a free event for the children of #Woky at Langborough Recreation Ground. Come along for face painting, magic shows, petting zoo, fairground rides, candyfloss & lots of fun! #WokinghamHWBB #MayEvents
On June 2nd, #ArtFest is coming to the Broad Street in #Wokingham. This is a unique & free festival of art, showcasing many wonderful artists' work. Paintings, limited-edition prints, ceramics, demonstrations & much more! #WokinghamHWBB #MayEvents @ArtFestWoky

After #ArtFest, the #Wokingham International Street Concert will return for its 5th year in the Town Centre at 6pm. There's an international lineup of original & cover artists performing rock, pop, motown, ballads, & jazz. Come & dance the evening away! #WokinghamHWBB #MayEvents

The @TwyfordBeerFest is a #Charity Beer Festival raising funds for the Men's Cancer Charity @OrchidCancer - https://buff.ly/2qol72r 70 Beers and 10 great bands over 2 days of fun! #WokinghamHWBB #MayEvents

Every other year #Crowthorne hosts one of the biggest village #carnivals. From July 7th, a week-long programme of events culminates with a carnival procession & fete on the recreation field in the centre of town. www.crowthornecarnival.org #WokinghamHWBB #MayEvents

If you're looking for a more local festival, the #WokinghamFestival is occurring on August 24th-26th at Cantley Event Field. Advanced Booking for 2018 tickets opened 10th May. Get your #EarlyBird ticket now: https://buff.ly/2ru6ScK @wokinghamfest #WokinghamHWBB #MayEvents

Interested in something a bit different? @Understandingdm are having a barn dance this Saturday to raise money. What a great excuse to get your dancing shoes on! 🕺 Contact @shirleypearceot for details. #WokinghamHWBB #MayEvents

#WokinghamHWBB #MayEvents
Do you want to learn more about Dementia & how to lessen it's impact? @Understandingdm are having free presentations across May. Contact @shirleypearceot for details & to book. #WokinghamHWBB #MayEvents

Next week is DementiaActionWeek. There're many things going on locally including Dementia suitable showing of 'Still Alice' at @southhillpark on Weds & a talk from @alzheimerssoc about @DementiaFriends at @Involve BF's Activity Cafe on Thurs. #WokinghamHWBB #MayEvents

This week is MentalHealthAwarenessWeek, when Mental Health & Well-being is the main topic of discussion. If you need to know more about mentalhealth at work, @involve_WB are now offering workshops for local organisations to support staff. #WokinghamHWBB#MayEvents #MHAW2018

15th
#ThankYou to everyone who took part in sharing things yesterday! We’ll still be tring to share as many things from people as possible so continue to use the hashtags to share! #WokinghamHWBB #MayEvents
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