



**Resident Reception is to act as a one-stop shop for people to get help and information directly on a range of subjects, as well as being helped to find support elsewhere if needed.**

**Sessions will be held 10am to 1pm at:**

**Woodley Library  
On 1st Thurs of Month  
Starting 3rd October**

**Wokingham Without  
On 2nd Thurs of Month  
Starting Date & Venue TBC**

**Swallowfield Parish Hall  
On 3rd Thurs of Month  
Starting 19th September**

**At Arborfield Green Centre  
On 4th Thursday of Month  
Starting 26th September**

## Organisations taking part include:

### Citizen's Advice Wokingham

A local charity that offers free, confidential and impartial advice and information to anyone living or working in Wokingham Borough. Advice areas include benefits, debt, energy, housing and employment.

[citizensadvicewokingham.org.uk](http://citizensadvicewokingham.org.uk)

### First Days Children's Charity

Supports families suffering from financial hardship, offering emotional, practical and peer support and coaching to families who are struggling to thrive.

[firstdays.net](http://firstdays.net)

### The Cowshed

A compassionate charity providing free quality clothing and essential items to individuals of all backgrounds facing personal crises. It supports those affected by issues such as domestic abuse, emergency rehousing, health-related poverty, homelessness and more, ensuring everyone has access to basic necessities.

[thecowshed.org](http://thecowshed.org)

### Involve Community Services

An infrastructure charity supporting the third sector and local community. Runs a Community Navigation scheme which is an information giving and signposting service that helps to connect residents to services and interest groups.

[involve.community](http://involve.community)

### Community Wellness Outreach Wokingham

Encourages residents to get a free health check, aimed at helping them to better understand their current health and access advice and information on how they can improve their health and wellbeing.

[wokingham.gov.uk](http://wokingham.gov.uk)

The council's Adult Social Care team and Community Engagement teams will also be present. The Adult Social Care services support people aged 18 and over living in Wokingham Borough who need extra help due to care and support needs, illness, disability or frailty.