



STEP INTO AUTUMN: WELLNESS, WALKS & WELCOMING PINTS

3rd October 2025

Hi Friend,

As we slip into autumn and our thoughts turn to staying warm and healthy over the colder months, this week we think about wellness, and how your local can help you to stay physically and emotionally well by connection within our community and the many activities we provide. As well as great beer of course!

COMMUNITY NEWS



THE DR KATIE SIMPSON WELLNESS HUB

Dedworth Medical Centre, Vale Road, Windsor SL4 5JL

YOU ARE INVITED
GRAND OPENING
ON SATURDAY, OCTOBER 4TH
11AM TO 3PM

Named in memory of our much-loved colleague, Dr Katie Simpson, we're delighted to announce the opening of this new space which will support opportunities for health education and wellbeing within our local community.

COME ALONG TO MEET OUR WELLBEING PARTNERS

Including: Body Manoeuvres, Caroline Sandry Pilates, Churches Together, DMC Patient Participation Group, Friends of the Swan, Get Active Berkshire, Hexagon Health, Hope in Depression, I Love Windsor CIC, Ian's Osteopathy, Kinship Charity / Carers, Library / Art Classes, Local Health Watch, Men's Matters, Thames Hospice, Tony's Seated Massage & Sound Therapy, U3A, W&E FC, Well Windsor, Wild Windsor, Windsor Cycle Club, Windsor Leisure Centre, Windsor Primary Care Network, Woody Café Poppy Project... and more.

South Meadow Surgery and Dedworth Medical Centre are establishing a **Wellness Hub in the community room at Dedworth Medical Centre**, in memory of their much-loved colleague Dr Katie Simpson. This new space will support health education, wellbeing and connection within our local community. All are welcome to attend the **grand opening TOMORROW, Saturday 4th Oct, between 11am and 3pm.**

Numerous local providers of wellbeing activities will be there to tell you all about what they do, including Friends of The Swan volunteers who will be showcasing our community events and clubs aimed at nourishing your physical or mental wellbeing. Pop in and say hi!



Our **Oktoberfest** last weekend went down a treat, with authentic Bavarian biers, wurst and costume! And of course, our fabulous **Windsor Ukulele Band** rounding up a great weekend despite the rather miserable turn in the weather on Sunday! A huge **thank you to them and to Dawn** for being Micky's volunteer kitchen porter, glass collector, table cleaner and who no-doubt wore many more hats to compliment her dirndl over the two days!



A date for your diary....on **Sat 8th Nov**, Mirella is holding her autumn **Community Walk** to fundraise for the Frontage Renovation. All are welcome to join a gentle 5K stroll along our beautiful river, from avid walkers to those wanting to move more but maybe lacking confidence: a community event designed for everyone's wellbeing. Entry is via a **donation of your choosing** on the day (suggested min £5), but if you want to raise more by asking your friends and family to sponsor you, that would be great! Meet at **10.15am for a prompt 10.30am start**.

Talking of the **Frontage Renovation Project**, next week we will have an update on how much we have raised so far and the next steps in this exciting new phase of the restoration of our Community Pub. Stay tuned!



In the meantime, did you know you can raise **FREE donations** when you shop online by using **Easyfundraising**? Many big name retailers like John Lewis, Waitrose, BT, Expedia, Argos, Just Eat, Sainsbury, Boots and many more will donate to our cause every time you shop with them! It's safe and easy to use and we have already raised nearly £3,000 this way so if you haven't already signed up, please consider registering to support us by clicking the orange button below:

Sign up to Easyfundraising

OUR REGULAR CLUBS AND EVENTS

Our regular community clubs continue this week:

Sat 4th: Windsor Cycle Hub - it's the 1st Saturday of a new month so the guided ride is a Level 1 Easy ride, suitable for beginners and families. Arrive by 10.45am latest to have your bikes checked and be ready for an 11am departure. The Bike Kitchen will also be onsite 11am-1pm for minor repairs and advice. You **MUST BE PRE-BOOK** either which you can do [here](#).



Sat 4th: The Stitch Gang, 1-3pm in the bar.

Mon 6th: Board Games Night, 7.30pm in the bar and **Book Club**, 7.30pm in the Coach House.

Tues 7th: Windsor Ukulele Band will be practicing in the Coach House from 7pm, whilst the **Warhammer** group meets in the Schoolroom at 7.30pm (charge applies).

Weds 8th Oct: Windsor Town Funrunners meet in the bar/courtyard before setting off 6.45pm for a 45min run.



Weds 8th Oct: The Swan Pub Quiz, entry sales from 7pm in the bar with quiz starting promptly at 7.45pm. If you've not already booked your table do so now on pub.manager@theswanwindsor.co.uk

Thurs 9th Oct: Chess Club, meets in the bar from 3.30pm.

Fri 10th Oct: Chatty Café will have their normal table from 12-1.30pm, drop in anytime!

Fri 10th Oct: Mirella's Conversational French is back! Suitable for all abilities, from beginners to confident French speakers, everyone is welcome! In the Coach House, 1.30-2.30pm.

Most of our community clubs and events are free; all are open to everyone and very much welcome new people to join them. In most cases you just need to turn up and introduce yourself - see more details on our website by clicking the button below:

Our Regular Events

FOOD AT THE SWAN THIS WEEK

TONIGHT! Fri 3rd: Angkana ThaiFood, serving 5.30 - 9pm.

Sat 4th: The Jackfruit Italian lunch menu 12-3pm and **Sri Lankan dinner** menu, 5.30-9pm.



Sun 5th: Social Grazin Sunday Roast, 12noon – 5pm.

Tues 7th – Weds 8th: Social Grazin Traditional Pub Grub Menu, serving 5.30-9pm both nights.

Thurs 9th: Epic Thursday Brunch Menu, 11am – 2pm. The Green Room College students take over front of house.

Thurs 9th and Fri 10th: Angkana ThaiFood, serving 5.30 - 9pm both nights.

And our Friday Feast **takeaway from Dublicious on Fri 10th** is “Bourguignon Night”. Order [here](#) by 5pm Weds 8th Oct for pick up at The Swan 6-6.30pm Fri 10th.

All menus, plus how to book a table, can be found on our website [here](#).

Our Menus

COMING SOON!



Sat 25th Oct: Our Halloween 'Freakender', with 2025 film **K-Pop Demon Hunters** showing in the Coach House Cinema for the youngsters and the fabulous **Dutty Rascals** knocking out classic soul, Motown and funk favourites to have adults dancing into the evening! Dig out your best Halloween costumes or just come as you!

Weds 5th Nov: Bonfire Night. Our annual autumn community evening for all the family, with our **firepit blazing, sparklers, plus warming alfresco food** from the kitchen and maybe even something mulled from the bar! And even though it's a school night, **Backtrack** will be live in the evening to give us a great backing track – see what I did there (Ed.)?!

More details about all our autumn events are coming soon, so keep your eyes peeled on our socials and website, speak to Micky and don't forget to e-mail pub.manager@theswanwindsor.co.uk if you want to book in advance to be assured of a table!

HISTORY SNIPPET

This weekend's History Snippet will be the story of the butchers at a pub nearby. Follow the fascinating history of the pub, and the wider story of Clewer on our dedicated Facebook page by clicking the orange button below:

[History of The Swan](#)

The temperature may be starting to fall but there's always a warm welcome at The Swan, we look forward to seeing you soon!

Warm regards,

The Friends of The Swan



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