

My Community Map for seniors

Ascot

Seated exercise

Get Active



Thursdays, 1.30pm to 2.45pm

Join Alzheimer's Dementia Support for seated exercises. They are simple and fun to do. Refreshments are included and served at the start of the session.

**King Edwards Hall, Chapel of St Mary and St John,
King Edwards Road, Ascot, SL5 8PD**

Call Terrie Hall **07516 165647** or email:
terrie.hall@alzheimersdementiasupport.co.uk to register as a member.



Low cost or free

Bus routes: 24, 25, 26, 27, 703, C5, L8

Ascot Shed

Get Creative



Every day, 10am to 5.30pm

A community workshop space for local residents. Learn and practise skills, share expertise and socialise with others.

Surrey House, Course Road, Ascot, SL5 7HQ

Email: info@ascotshed.org



Free

Bus routes: 01, 24, 26, 27, 703

The Ark Trust

Get Connected



Call or email for information on activities.

Range of activities including: upcycling, craft groups, Tovertafel 'magic table', knitting, drama, Friday night project and Radio Marmalade.

The Ark Trust, Trax, Mill Ride, Ascot, SL5 8JW

Call Andrea McCombie **01344 266899** or email: info@theark.org.uk



Free or low cost

Bus routes: 24, 25, 26, 27, 703, C5, L8

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Ascot

**Bracknell, Wokingham,
Ascot and districts Samaritans**

Get Help



See below for centre open times.

We offer a safe place for people to talk. Our centre is open Monday and Tuesday, 10.15am to 9.30pm; Wednesday to Friday and Sunday, 7.15pm to 9.30pm; and Saturday, 4.15pm to 9.30pm.

Hope Cottage, 2, Mount Pleasant, Bracknell, RG12 9AD

Freephone **116 123** or email jo@samaritans.org



Free

Bus routes: 702, 703

**Ascot Horticultural
Society (AHS)**

Get Learning



Every second Wednesday of the month, 8pm

We promote and encourage gardening in all forms to everyone.

King Edward's Hall, King Edward's Road, North Ascot, SL5 8PD

Call Peter Cleare **01344 622086** or visit:
www.facebook.com/groups/276880418187911



Members – £1, visitors – £3

Bus routes: 01, 24, 26, 27, 703

Social prescribing service

Monday to Friday, 9am to 5pm

Social prescribing can support you to connect to your community. This non-medical service is designed to put people in touch with services, groups and activities in the local community to help improve wellbeing.

Time Square, Market Street, Bracknell, RG12 1JD

Call **01344 352000** or email: social.prescription@bracknell-forest.gov.uk

Free



Can't find what you are looking for? Request a call back from one of our friendly social prescribers on **01344 325000**. Alternatively view the **Community Map**, visit: bfcommunitymap.commonplace.is or scan the QR code.