

My Community Map for seniors

Crowthorne

Sport in Mind tai chi

Get Active



Fridays, 12 noon to 1pm

Sport in Mind is charity that uses sport and physical activity to improve the lives of people experiencing mental health problems. Join the weekly indoor tai chi session for all abilities.

Morgan Centre, Wellington Road, RG45 7LD

Call Claire **0118 947 9762** or email: info@sportinmind.org



Free

Bus routes: 125, 194

Crowthorne musical players

Get Creative



Monday and Thursdays, 8pm

A friendly society who besides the serious business of performing, also have social events like race nights and quiz evenings.

Crowthorne Parish Hall, Heath Hill Road, RG45 7BW

Email Tasha: cmpsecretary@outlook.com



£15 per year (basic subscription)

Bus routes: 125, 194

Scrabble at Crowthorne Library

Get Connected



Friday, 2pm to 3.30pm

Come and join us for a game of scrabble.
If you would like tea or coffee, bring your own mug.

Crowthorne Library, 165 High Street, RG45 7AT

Call **01344 776431**



£1

Bus routes: 125, 194

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**Bracknell and District
Citizens Advice (Outreach)**

Get Help



Every third Wednesday of the month (term-time only), 10am to 12 noon

Walk in advice on a first-come-first-served basis.
Note: they are only able to see three clients per session.

Crowthorne Baptist Church, 144 High Street, RG45 7AT

Call **0808 278 7914** (Monday to Friday, 9am to 5pm)



Free

Bus routes: 125, 194

Chess for fun

Get Learning

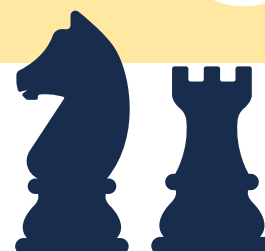


Mondays, 11am to 1pm

Open to new and experienced players (adults only).
Just drop-in, no need to book.

The COATS Centre (front lounge), Pinewood Avenue, RG45 6RQ

Email Dave Manning: beazleymanning@btinternet.com



Free

Bus routes: 125, 194

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.