

My Community Map for seniors

Birch Hill / Hanworth

Tai chi

Get Active



Mondays, 9.30am to 10.30am (after class social 10.30am to 11.30am)

Gentle exercise to improve balance, coordination, and muscle strength.
Class followed by social meet-up.

Birch Hill Community Centre, Leppington, RG12 7WW

Email: public.health@bracknell-forest.gov.uk



Free

Bus route: 171

Cross Your Art

Get Creative



Thursdays, 2pm to 3pm

Draw and chat in a friendly, welcoming art group.
Bring your own sketch pad/notebook and pencil case.

Birch Hill Library, Leppington, RG12 7WW

Email Rozzie: crossyourartgifts@gmail.com



Free (donation for tea and coffee)

Bus routes: 171

The Friendship Group

Get Connected



Thursdays, 2pm to 4pm

Everyone is welcome to attend (all ages). Enjoy tea, coffee and cake and various games or quizzes; or just pop in for a chat.

Birch Hill Community Centre, Leppington, RG12 7WW

Email Janet Cochrane: janetcochrane@bracknelltowncouncil.gov.uk



Free

Bus routes: 171

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Bracknell Area Deaf and Hard-of-Hearing Support Group (BADHOGS)

Get Help



Fourth Monday of every month, 1.45pm to 3.45pm

A supportive group for anyone living in Bracknell Forest or the neighbouring areas who are deaf or hard of hearing.

Birch Hill Community Centre, Leppington, RG12 7WW

Call Nigel King **07947 675959** or email: badhogsbracknell@gmail.com



Free

Bus routes: 171

Canasta, rummikub and backgammon club (u3a)

Get Learning



First and third Wednesday of every month, 2pm to 4pm

Play canasta, rummikub or backgammon. New members are welcome! We can teach you any of the games if you haven't played before.

Birch Hill Community Centre, Leppington, RG12 7WW

Call **0784 305 2616**

or email: canastarummikubbackgammon@bracknellu3a.org.uk



Small charge

Bus routes: 171

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.