My Community Map for seniors

Owlsmoor

Sport in Mind - yoga | Get Active

Thursdays, 11.45am to 12.45pm



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

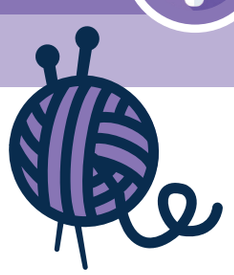
Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF

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

Free **Bus routes:** 194, X94

Knit and natter | Get Creative

Wednesdays, 2pm to 3.30pm



A chance to chat, enjoy refreshments and maybe even knit or crochet! Friendly group - new members welcome.

St George's Church, 109 Owlsmoor Road, Owlsmoor, GU47 0SS

Call Catherine **07712 332443** or email: **vicar@stgeorgeowlsmoor.org.uk**

50p donation (to cover refreshments costs) **Bus routes:** 194, X94 (5 minute walk)

Ladies golden circle | Get Connected

First Tuesday of every month, 2pm to 4pm



Different speakers each month covering a range of topics from Marie Curie nurses to the 'Rhymes of our Times'.

Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF

Call Linda Bathwell **01252 870214**

Small charge **Bus routes:** 194, X94

Browse Bracknell Forest Council's public health portal for guidance, advice and support for health and wellness.
Visit: **health.bracknell-forest.gov.uk/activities-events/**

Bracknell Forest Public Health

Bracknell Forest Council

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Owlsmoor

Owlsmoor Community Café | Get Help

Mondays, 11am to 2pm (except bank holidays)

A safe, friendly space where you can connect with others over a free hot drink and a cake. You can collect a pre-booked Foodbank parcel from here after 12.30pm.

Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF

Email: **info@crowthorne.foodbank.org.uk**



Free **Bus routes:** 194, X94

Brain gym | Get Learning

First Thursday of the month, 10.30am to 11.30am

If you like any type of word or number puzzle, then this group is for you! Booking needed.

Sandhurst Library, The Broadway, Sandhurst, GU47 9AB

Call **01252 870161** or email: **sandhurst.library@bracknell-forest.gov.uk**



£1 **Bus routes:** 125, 194, 598

Social prescribing service

Patients who wish to access social prescribing support should contact their GP surgery directly, or they can self-refer using the social prescribing email address for their surgery listed below:

Bracknell PCN covering surgeries: Waterfield, Binfield, Easthampstead and Great Hollands.
Email: **bpcsocialprescriber.bandd@nhs.net**

The Health Triangle PCN covering surgeries: Ringmead, Crown Wood, Evergreen
Email: **frimleyicb.healthtriangle.socialprescriber@nhs.net**

Forest Health Group covering surgeries: Mount Lane, Bagshot Road, County Lane
Email: **frimleyicb.spteam.braccanhealthpcn@nhs.net**

Can't find what you are looking for? View the **Community Map** at: **bfcommunitymap.commonplace.is** or scan the QR code. Alternatively, email: **public.health@bracknell-forest.gov.uk**

All information is correct at time of printing.