My Community Map for seniors

Birch Hill / Hanworth

Tai chi | Get Active

Mondays, 9.30am to 10.30am



Gentle exercise to improve balance, coordination, and muscle strength.

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: **janetcrochrane@bracknelltowncouncil.gov.uk**

Free **Bus routes: 171**

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

My Community Map for seniors

Birch Hill / Hanworth

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**



Small charge **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

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.