My Community Map for seniors

Jennett's Park

Tai chi | Get Active



Mondays, 4pm to 5pm



Tai chi is a gentle exercise with benefits for both body and mind.
Regular tai chi can help improve your balance and sleep quality.

Jennett's Park Community Centre, 1 Tawny Owl Square, RG12 8EB

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

Free – no booking required **Bus route:** 108

Nimble Fingers craft group | Get Creative



Wednesdays, 2pm to 4pm



Weekly meet ups. Enjoy crochet, embroidery, flower arranging, card making and more!

Great Hollands Community Centre, The Square, RG12 8UX

Call Margarette **07931 947 526**
or email: **mardlem@virginmedia.com**

£4 per session. First session free. **Bus routes:** 4 Lion, 171, 172, 194, 412, x94

Tea and talk | Get Connected



Wednesdays, 1pm to 3pm



Join the tea and talk group, every Wednesday.
No booking required.

Jennett's Park Community Centre, 1 Tawny Owl Square, RG12 8EB

Call Nick **07777 644857** or email: **nick@nicroworth.com**

First session free **Bus route:** 108

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

Jennett's Park

Andy's Man Club | Get Help

Mondays, 7pm to 9pm (except bank holidays)

You will be greeted with a warm smile and a cup of tea.
There is no pressure to talk, you can just listen.

The Rowans Family Hub, Pond Moor Road, RG12 7JZ

Email: **info@andysmanclub.co.uk**



Free **Bus routes:** 108, 171

Jennett's Park roleplaying club | Get Learning

First and third Friday of every month, 7.45pm to 10pm

We need more game masters! ALIEN, Bladerunner, CHILL, Stargate, Doctor Who, Pathfinder, World of Darkness - you name it, you can play it!

Jennett's Park Community Centre, 1 Tawny Owl Square, RG12 8EB

Email Jeff Taylor: **aeonworx@hotmail.com**



Free **Bus route:** 108

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.