



My Community Map



Crowthorne and Sandhurst

Find activities
to help you
to be **healthy**
and **well**.



bfcommunitymap.commonplace.is




Bracknell Forest Public Health


Bracknell
Forest
Council



Chair yoga

Friday 1.30pm to 2.30pm

Get fit in a supported and beginner friendly environment. All classes are free.

- **Morgan Centre, Wellington Rd, Crowthorne, RG45 7LD.**
- Email: public.health@bracknell-forest.gov.uk



Free

Bus route: 125, 194

Sport in Mind Tai Chi

Friday 12 noon to 1pm

Sport in Mind use sport to promote mental wellbeing and enrich the lives of people experiencing mental health problems by providing regular, inclusive sport and exercise sessions.

- **Morgan Centre, Wellington Rd, Crowthorne, RG45 7LD.**
- Call Claire **0118 947 9762**



Free

Bus route: 125, 194

Walk for Wellbeing - Buckler's Forest

Tuesday 10.30am

A 2.2 mile walk (about an hour) suitable for beginners.
Traffic free, on gravel paths with some tarmac.

- **Meet at the footpath by the car park off Old Wokingham Road, RG45 6HZ.**
- Call Mark Lyford **07920 182154** or email: mark.lyford@sustrans.org.uk



Free

Bus route: 125, 194

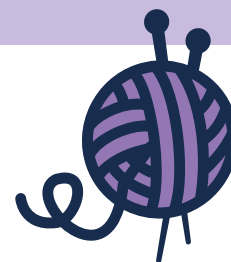


Knit and natter

Tuesday 2pm to 3.30pm

Knit and natter is a great way to find new friends, share tips and enjoy some company. Prepare your yarn and needles, have a cuppa ready and get nattering.

- **Crowthorne Library, High Street, Crowthorne, RG45 7AT**
- Call Crowthorne Library **01344 776431**



Free

Bus route: 125, 194

Monday crafternoon at Sandhurst Library

Third Monday of the month, 2pm to 4pm

Whatever your craft or hobby bring it along and enjoy an afternoon with others.

- **Sandhurst Library, The Broadway, Sandhurst, GU47 9AB.**
- Call Sandhurst Library **01252 870161**



£1

Bus route: 125, 194, 598



Crowthorne Happiness Hub drop-in

Third Friday of every month, 11am to 1pm

Join the Happiness Hub team to make happiness a habit. Relax with a cup of tea or coffee, make new friends, join in with some colouring, play a game and find out what's going on in your area.

- **Crowthorne Fire Station, High Street, Crowthorne, RG45 7AP.**
- Email: bfcn@bracknell-forest.gov.uk



Free

Bus route: 125, 194

Sandhurst Happiness Hub drop-in

Third Tuesday of every month, 10.30am to 12.20pm

Join the Happiness Hub team to make happiness a habit. Relax with a cup of tea or coffee, make new friends and find out what's going on in your area.

- **Sandhurst Library, The Broadway, Sandhurst, GU47 9BL.**
- Email: bfcn@bracknell-forest.gov.uk



Pay for refreshments only

Bus route: 125, 194, 60

The Ark Trust

Monday to Friday 9am to 5pm

The Ark works with people in Bracknell Forest with disabilities and/or long term health conditions, with carers of people with disabilities.

- **The Ark Trust, Trax, Mill Ride, Ascot, SL5 8JW.**
- Call **01344 266899** or email: info@theark.org.uk



Cost varies for each activity.

Bus route: 01, 24, 26, 27, 703

Sandhurst Stroke and Disabled Club

Contact for days and times of activities

Sandhurst Stroke and Disabled Club welcomes membership from people affected by stroke and other disabilities in Sandhurst, offering friendship and support.

- **The Methodist Church Hall, Scotland Hill, Sandhurst, GU47 8JR.**
- Call Pam Owles **01344 77569**



Free

Bus route: 125, 194, 598

Paul's Karaoke - Promise Inclusion

Second and fourth Wednesday of the month, 7.30pm to 9pm

Paul's Karaoke is an activity for people aged 16 years plus with a learning disability and/or autism.

- **The Bradbury Centre Circuit Office, Rose Street, Wokingham, RG40 1XS**
- Call **0300 777 8539** or email: admin@promiseinclusion.org



£20 annual membership, £4 a week for the activity

Bus route: 125B



Bracknell and district Citizens Advice

Third Wednesday of every month, 10am to 12 noon (term time only)

Drop in for advice and guidance on things like benefits, housing, work or financial issues.

- **Crowthorne Baptist Church, 144 High Street, Crowthorne, RG45 7AT.**
- Call **03444 111 306**



Free

Bus route: 125, 194

Crowthorne repair café

Last Saturday of every month, 10.30am to 12.30pm

Repair cafés are free 'community-centred workshops' for people to bring items in need of repair so they can work together with volunteers to repair and maintain the broken or faulty item.

- **Crowthorne Baptist Church, 144 High Street, Crowthorne, RG45 7AT.**
- Email: **crowthornerepaircafe@gmail.com**



£4 per time

Bus route: 125, 194

Crowthorne Food Bank

Monday and Thursday 12.30pm to 2pm

We provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

- **Vineyard Church Centre, 25 Wellington Business Park, Duke's Ride, Crowthorne, RG45 6LS**
- Call **01344 780087** or email: **info@crowthorne.foodbank.org.uk**



Need to be referred by agency such as Citizens Advice

Bus route: 125, 195

The Ark Community Transport

Monday to Friday, 10am to 4pm

Door to door volunteer transport service for people who live in Bracknell Forest. You do not need to register with the service.

- **The Ark Trust, Trax, Mill Ride, Ascot, SL5 8JW.**
- Call **01344 266911** or email: **community@theark.org.uk**



£3 admin charge plus 60p per mile

Bus route: 01, 24, 26, 27, 703

Sandhurst voluntary care car scheme

Bookings to be made 48 hours in advance.

Helping residents attend hospital and medical appointments and involve volunteers using their own vehicles to give lifts to people.

- **156 Yorktown Road, Sandhurst, GU47 9BJ.**
- Call **07508 503103** or email: **briandwilson29@gmail.com**



Donation to cover cost of petrol

Pick you up at home



Topics at Sandhurst Library

First Monday of every month, 2pm to 3pm

A different topic will be discussed each month ranging from history, author visits and famous people. See in branch for month's topic.

- **Sandhurst Library, The Broadway, Sandhurst, GU47 9BL.**
- Call Sandhurst Library **01252 870161**



£1

Bus route: 125, 194, 60

Scrabble

Friday 2pm to 3.30pm

Meet new people and make new friends over a fun game of Scrabble.

- **Crowthorne Library, High Street, Crowthorne, RG45 7AT**
- Call Crowthorne Library **01344 776431**



£1

Bus route: 125, 194

Sandhurst Library - brain gym

First Thursday of every month, 10.30am to 11.30am

If you like word or number puzzles, this is the group for you! Numbers will be limited so pre-booking is essential.

- **Sandhurst Library, The Broadway, Sandhurst, GU47 9BL.**
- Call Sandhurst Library **01252 870161**



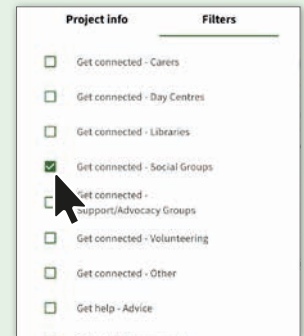
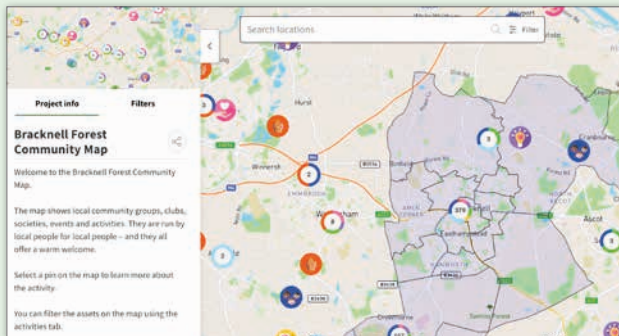
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Bus route: 125, 194, 60

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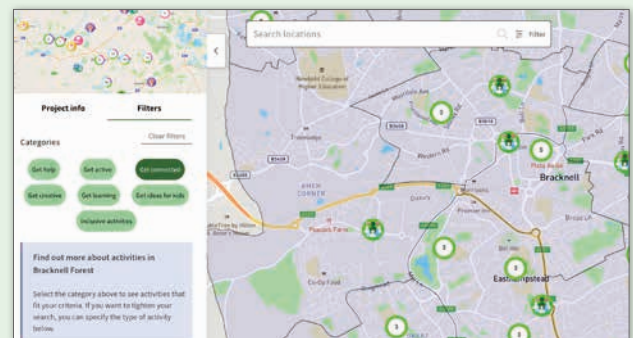
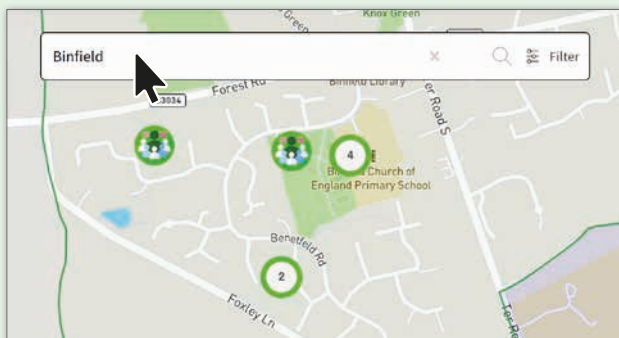
Find out what is happening in your area.

There is a wide range of local activities, groups and societies across the borough that can help to support your health and wellbeing. To search for inclusive activities specifically for those with learning disabilities, use the **'inclusive activities'** filter.



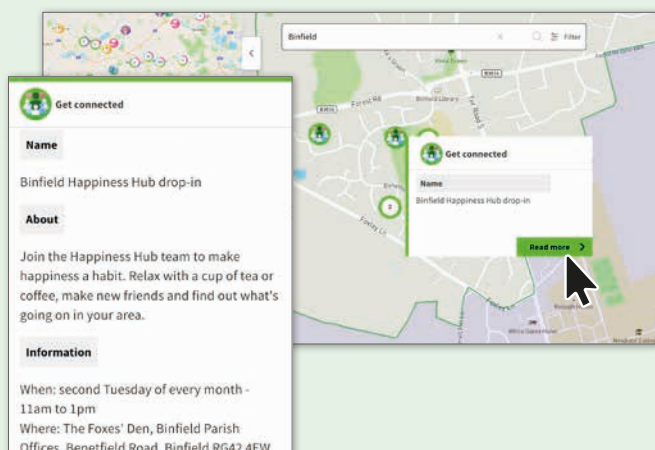
Visit health.bracknell-forest.gov.uk and click on 'My Community Map'.

Filter your search by selecting a category (see options below) or type of activity.



You can also search by area or postcode.

See the results on the map.



Click on a symbol to find out more about the activity, including cost and how to book.

Can't find what you are looking for?
Request a call back from one of our friendly social prescribers on **01344 325 000**.