My Community Map for seniors

Bullbrook

Tai chi | Get Active

Thursdays, 5.30pm to 6.30pm



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

Bullbrook Community Centre, Bay Road, Bracknell, RG12 2NL

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

Free **Bus routes:** 53, 157, 158

Vocalese | Get Creative

Wednesdays, 7.45pm to 9.30pm (term time only)



A friendly and fun community choir, open to everyone aged 16 and over. No auditions.

Holly Spring Primary School, Lily Hill Road, RG12 2SW

Call Richard **07973 284280**

£20 per month **Bus routes:** 53, 157, 158

Bullbrook communi-tea coffee morning | Get Connected

Tuesdays, 10am to 11.30am



Local coffee morning where everyone is welcome. This is a general social group made up of a mix of local residents.

Bullbrook Community Centre, Bay Road, Bracknell, RG12 2NL

Call **07967 122130** or email: **info@bracknellcommnunitychurch.org.uk**

Free **Bus routes:** 53, 157, 158

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

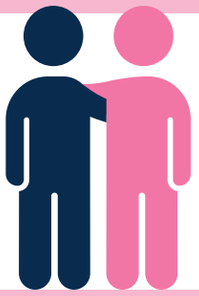
Bracknell Forest Council

My Community Map for seniors

Bullbrook

Stepping Stones Recovery College | Get Help

Dates and times vary each term, please visit website for more information.



The college provides learning opportunities through workshops and courses for anyone experiencing challenges to their mental, physical and emotional wellbeing.

The Court House, Broadway, Bracknell, RG12 1AE

Call **01344 300333**, email: **reception@steppingstonesrecovery.co.uk** or visit: **www.steppingstonesrecovery.co.uk**

Free **Bus routes:** 702, 703

Waterstones - non-fiction book club | Get Learning

Once a month - Wednesday evening, 6pm to 7pm



Join our lively non-fiction book club. All welcome, free to attend.

Waterstones, The Lexicon, 46 Braccan Walk, Bracknell, RG12 1HA

Call **01344 488124** or email: **bracknell@waterstones.com** to find out more.

Free **Bus routes:** 157, 158

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.