My Community Map for seniors

Priestwood

Tai Chi - Age UK | Get Active



Thurdays, 9.30am to 10.30am



Focuses on slow and gentle movement, which supports balance and posture, and is also known for its effects on mental wellbeing, helping you to relax and de-stress.

New Priestwood Community Centre, Priestwood Court Road, RG42 1TU

Email: **info@ageukberkshire.org**

£7

Bus route: 150

Watercolours art group U3A | Get Creative



Every other Wednesday, 1.30pm



A friendly gathering of beginners and novices in the art of watercolour. No tutors and no testing of your ability - members practise their own techniques and develop their own style.

Bracknell Methodist Church, Shepherds Lane, Bracknell, RG42 2DD

Call membership secretary **07748 192042**

£11 - annual membership to U3A

Dementia social get-togethers | Get Connected



Mondays, 11am to 12.30pm



This event is an opportunity for people with dementia and their family members to build relationships in a friendly and welcoming environment.

The Admiral Cunningham, Priestwood Court Road, Bracknell, RG42 1TU

Call **01344 823220** or email: **dementia.adviser@bracknell-forest.gov.uk**

Buy your own refreshments

Bus route: 150

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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Priestwood

Signal 4 Carers | Get Help

Monday to Friday, 9am to 5pm

We provide free information, guidance, networking and advice to unpaid (non-professional) carers who care for a Bracknell Forest resident.

The Ark Trust CIO, Trax Mill Ride, Ascot, SL5 8JW

Call **01344 266088** or email: **info@signal4carers.org.uk**

Free

Berkshire family history society | Get Learning

Every third Friday of the month, 2.15pm to 4.30pm*

Family history is the story of your life! Regular get-togethers for researchers of all ages and all experiences. *Excluding July, August and December.

Priestwood Community Centre, 19 Priestwood Court Road, RG42 1TU

Call Sandra Barkwith **0118 9344803** or email: **bracknell@berksfhs.org.uk**

£5 or non-members

Bus route: 150

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.