# My Community Map for seniors

## Whitegrove

### Flexercise | Get Active

**Tuesdays, 2pm to 3pm**



Fun and friendly, low impact, exercise to music and something for everyone!

**Charlotte Pratt Memorial Hall, Chavey Down Road, Winkfield Row, RG42 7PA**

Call Christine Underhill **07900 900616**
or email: **christineunderhill@fl-exercise.uk**

**£7 per session**

### Bracknell Sewing Bees with Julie | Get Creative

**Tuesdays, Tuesdays 7.45pm to 10.15pm**



A friendly craft group where you can learn dressmaking skills, bag making, create soft furnishings and more.

**Whitegrove Community Centre, 7 County Lane, Warfield, RG42 3JP**

Email: **bracknellsewingbees@gmail.com**

**£10**

**Bus route:** 53, 157, 158

### The Parks Women's Institute | Get Connected

**Third Thursday of each month, 2pm**



The WI offers women the chance to learn and build new skills, take part in physically and mentally stimulating activities and campaign on issues important to them and their communities.

**Community Hall, Warfield Park, RG42 3RH**

Call WI Berkshire Federation: **0118 933 3448**

**£48 per year membership**

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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### Bracknell and District Parkinson's Branch | Get Help



**Second Monday of every month, 7.30pm**



If you are living with Parkinson's, or someone close to you is, we would love to welcome you to our branch.

**Edmond's Court, Sandy Lane, RG12 2HP**

Call Will Hague **01276 850286** or email: **secretary@bracknellparkinsons.org**

**Free**

### Whitegrove Library book club | Get Learning



**Second Friday of every month, 11am to 12 noon**



Join the Whitegrove book club. Drop in, no need to book.

**Whitegrove Library, County Lane, Newell Green, RG42 3JP**

Call **01344 424211**

**Free** **Bus routes:** 53, 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.