

My Community Map for seniors

Wildridings

Body Conditioning for all

Get Active



Wednesdays, 11am to 12 noon

Body conditioning is a holistic approach to fitness that targets strength, endurance, flexibility, and overall physical wellbeing.

**St Michael's Parish Centre, Crowthorne Road,
Easthampstead, RG12 7ER**

Call Zee 07825 931472 or email: move.with.zee.bee@gmail.com



£7 per session

Bus routes: 4, 194, 412, x94

Knit and natter

Get Creative



Tuesdays, 1pm to 3pm

A chance to chat, enjoy refreshments and maybe even knit or crochet!
Friendly group - new members welcome.

Forget-me-knot, 9 Wildridings Square, Bracknell, RG12 7SJ

Call 01344 427370



Donation for tea and coffee

Bus route: 108

Community café

Get Connected



Mondays and Wednesdays, 1pm to 2.30pm

Come and join us in the café to catch up with others in a comfortable and welcoming space.

Bracknell Leisure Centre, Bagshot Road, Bracknell, RG12 9SE

Email: bracknellwellbeing@everyoneactive.com



Free

Bus routes: 4, 194

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Carers drop-in

Get Help



Tuesdays, 10am to 12 noon

This is a weekly drop-in for carers. Pop in for information about local support and services for carers.

Forget-me-knot, 9 Wildridings Square, Bracknell, RG12 7SJ

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



Free

Bus routes: 108

Bracknell Open Learning Centre

Get Learning



Details on the community learning web pages

We offer a range of arts and crafts, wellbeing, and employability courses for adults.

Bracknell Open Learning Centre, Rectory Lane, RG12 7GR

Call Bracknell Community Learning Centre: **01344 354220**

www.bracknell-forest.gov.uk/schools-and-learning/community-learning



Free to £24 (dependent on course)

Bus routes: 156, 171, X94

Social prescribing service

Monday to Friday, 9am to 5pm

Social prescribing can support you to connect to your community. This non-medical service is designed to put people in touch with services, groups and activities in the local community to help improve wellbeing.

Time Square, Market Street, Bracknell, RG12 1JD

Call **01344 352000** or email: social.prescription@bracknell-forest.gov.uk

Free



Can't find what you are looking for? Request a call back from one of our friendly social prescribers on **01344 325000**. Alternatively view the **Community Map**, visit: bfcommunitymap.commonplace.is or scan the QR code.