

My Community Map for seniors

Owlsmoor

Sport in Mind - yoga

Get Active



Thursdays, 11.45am to 12.45pm

Sport in Mind is charity that uses sport and physical activity to improve the lives of people experiencing mental health problems. Join the weekly yoga session for all abilities.

Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF

Call Claire **0118 947 9762** or email: info@sportinmind.org



Free

Bus routes: 194, X94

Knit and natter

Get Creative

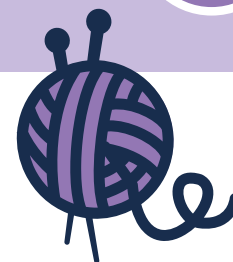


Wednesdays, 2pm to 3.30pm

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

St George's Church, 109 Owlsmoor Road, Owlsmoor, GU47 0SS

Call Catherine **07712 332443** or email: vicar@stgeorgeowlsmoor.org.uk



50p donation (to cover refreshments costs) **Bus routes: 194, X94** (5 minute walk)

Ladies golden circle

Get Connected



First Tuesday of every month, 2pm to 4pm

Different speakers each month covering a range of topics from Marie Curie nurses to the 'Rhymes of our Times'.

Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF

Call Linda Bathwell **01252 870214**



Small charge

Bus routes: 194, X94

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Sandhurst Citizens Advice drop-in

Get Help



Tuesdays, 9.30am to 11.30am

Get advice from our drop-in advice service on a range of topics.
No need to book.

**The council offices, Sandhurst Memorial Park,
Yorktown Road, GU47 9BJ**

Call freephone advice line **0808 278 7914** (Monday to Friday 9am to 5pm)



Free

Bus routes: 125, 194, 598

Brain gym

Get Learning



First Thursday of the month, 10.30am to 11.30am

If you like any type of word or number puzzle, then this group
is for you! Booking needed.

Sandhurst Library, The Broadway, Sandhurst, GU47 9AB

Call **01344 488124** or email: bracknell@waterstones.com



£1

Bus routes: 125, 194, 598

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.