My Community Map for seniors

Crowthorne

Sport in Mind tai chi | Get Active

Fridays, 12 noon to 1pm

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



Winter: Morgan Centre, Wellington Road, RG45 7LD
Summer: South Hill Park, Ringmead RG12 7PA

Call Claire **0300 102 1400** or email: **info@sportinmind.org**

Free **Bus routes:** 125, 194

Crowthorne musical players | Get Creative

Monday and Thursdays, 8pm

A friendly society who besides the serious business of performing, also have social events like race nights and quiz evenings.



Crowthorne Parish Hall, Heath Hill Road, RG45 7BW

Email Tasha: **cmpsecretary@outlook.com**

£15 per year (basic subscription) **Bus routes:** 125, 194

Scrabble at Crowthorne Library | Get Connected

Friday, 2pm to 4pm

Come and join us for a game of scrabble.
If you would like tea or coffee, bring your own mug.



Crowthorne Library, 165 High Street, RG45 7AT

Call **01344 776431**

£1 **Bus routes:** 125, 194

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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Crowthorne

Carers' support drop-in | Get Help

First Thursday of every month, 10am to 11am

Care for a cuppa? This is an opportunity to have a break and chat to someone over a hot drink. This session is supported by Signal.

Crowthorne Library, 165 High Street, Crowthorne, RG45 7AT

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

Free **Bus routes:** 125, 194

Chess for fun | Get Learning

Mondays, 11am to 1pm

Open to new and experienced players (adults only).
Just drop-in, no need to book.

The COATS Centre (front lounge), Pinewood Avenue, RG45 6RQ

Email Dave Manning: **beazleymanning@gmail.com**

Free **Bus routes:** 125, 194

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.