My Community Map for seniors

Ascot

Seated exercise | Get Active



Thursdays, 1.30pm to 2.45pm



Join Alzheimer's Dementia Support for seated exercises. They are simple and fun to do. Refreshments are included and served at the start of the session.

King Edwards Hall, Chapel of St Mary and St John, King Edwards Road, Ascot, SL5 8PD

Call Terrie Hall **07516 165647** or email: **terrie.hall@alzheimersdementiasupport.co.uk** to register as a member.

Low cost or free

Bus routes: 24, 25, 26, 27, 703, C5, L8

Ascot Shed | Get Creative



Every day, 10am to 5.30pm



A community workshop space for local residents. Learn and practise skills, share expertise and socialise with others.

Surrey House, Course Road, Ascot, SL5 7HQ

Email: **info@ascotshed.org**

Free

Bus routes: 01, 24, 26, 27, 703

The Ark Trust | Get Connected



Call or email for information on activities.



Range of activities including: upcycling, craft groups, Tovertafel 'magic table', knitting, drama, Friday night project and Radio Marmalade.

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

Call Andrea McCombie **01344 266899** or email: **info@theark.org.uk**

Free or low cost

Bus routes: 24, 25, 26, 27, 703, C5, L8

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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Ascot

Bracknell, Wokingham, Ascot and districts Samaritans | Get Help

See below for centre open times.

We offer a safe place for people to talk. Our centre is open Monday and Tuesday, 10.15am to 9.30pm; Wednesday to Friday and Sunday, 7.15pm to 9.30pm; and Saturday, 4.15pm to 9.30pm.

Hope Cottage, 2, Mount Pleasant, Bracknell, RG12 9AD

Freephone **116 123** or email **jo@samaritans.org**

Free

Bus routes: 702, 703

Ascot Horticultural Society (AHS) | Get Learning



Every second Wednesday of the month, 7.45pm for 8pm start

We are for everyone who enjoys gardening, nature and the environment - no matter the size of your garden or growing space. New members always welcome.

King Edward's Hall, King Edward's Road, North Ascot, SL5 8PD

Visit: **www.ascothorticulturalsociety.co.uk/contact-us**

Members – £1, visitors – £3

Bus routes: 01, 24, 26, 27, 703

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.