Stay connected



Bracknell Forest is full of opportunities to discover new places and meet friendly faces.

You can enjoy a friendly chat over coffee, get creative, or stretch your legs on a walk. There's plenty going on every day of the week, to make sure you feel good and maintain your health and wellbeing.

Bus routes, addresses, times and contact details are included, so it's easy to plan your week.

All these activities and many more can be found on the Bracknell Forest Community Map. If you would like help accessing this you can drop in to your local library for some assistance.

Activities offer a selection of free or low-cost activities for anyone aged 18+.







Information correct at time of printing - May 2026

Bracknell Forest Public Health

Bracknell Forest Council

Monday

Activity	Time and frequency	Cost
Sandhurst health walks (Steps to fitness)	9.15am for 9.30am start, daily (Mon - Fri)	Buy own refreshments
Sandhurst Community Hall, Yorktown Road, GU47 9BJ		Sandhurst Library: **194**
Run by a dedicated group of volunteers who offer walks for all ages and abilities. To keep it sociable there is an opportunity for a cup of tea or coffee and a chat in the cafe after each walk. Visit: **sandhursthealthwalks.weebly.com/our-walks**		

Happiness Hub drop-in	9.30am – 11.30am, every first Monday	Buy own refreshments
Potting Shed Community Café, Oaktree Garden Centre, Warfield, RG42 6LH		
Pop in for a chat. Find out about mental health and wellbeing advice and support in your area. Information at: **bit.ly/BFCMentalHealth.**		

Social get together (Priestwood dementia drop-in)	10.30am – 12 noon, weekly	Buy own refreshments
The Admiral Cunningham, Bracknell, RG42 1TU		Priestwood shops: **150**
A chance for people with dementia and their family members to build relationships in a friendly and welcoming environment. The dementia advisory service will be on hand for any information or advice. If you are coming along for the first time, let us know in advance so we can introduce you when you arrive. Call **01189 046900** or email: **dementia.adviser@bracknell-forest.gov.uk**		

Chess for fun	11am – 1pm, weekly	Free
COATS front lounge, Crowthorne, RG45 6RQ		Crowthorne High Street: **194**
Come and play a game of chess. Beginners and professionals welcome. Over 18s only. Email: **beazleymanning@gmail.com**		

Community café	11am – 2pm, weekly (excl. bank holidays)	Free drinks
Owlsmoor Community Centre, GU47 0TF		Yeovil Road shops: **194**
Come along and say hello to the Vineyard team. Have a friendly chat over a fresh coffee and cake, and find out about activities and support in your area. Help can be given to access a food parcel, and Citizens Advice where appropriate. Call **01344 780087.**		

Exercise to music	12 noon – 1pm, weekly (excl. bank holidays)	Free
Bullbrook Community Centre, Bay Road, RG12 2NL		Mainprize Road: **157, 158**
Come and join Sport in Mind for some music, fun and exercise to improve your mental health and wellbeing. For more information and to book, email: **info@sportinmind.org** or call **0300 102 1400.**		

Monday

Activity	Time and frequency	Cost
BAD HOGS monthly meet-up	1.45pm – 3.30pm, every fourth Monday	Small fee
Birch Hill Community Centre, RG12 7WW		Birch Hill Shopping Centre: **171, 172**
Bracknell Area Deaf and Hard-of-Hearing Support Group is for residents of Bracknell Forest and neighbouring areas, who are deaf or hard-of-hearing. Come along for some social discourse, informative discussion, support and refreshments. Email: **badhogsbracknell@gmail.com**		

Tai chi	Weekly	
9.30am – 10.30am	Birch Hill Community Centre, Leppington, RG12 7WW	Birch Hill Shopping Centre: **171, 172**
2.30pm – 3.30pm	KL Dance Steps, 48a Braccan Walk, RG12 1DF	Bracknell bus station: **all routes**
4pm – 5pm	Jennett's Park Community Centre, RG12 8EB	Jennett's Park Primary School: **108**
7pm – 8pm	Langley Hall, The Ring, RG12 1HD	The Ring, Parish Church: **53, 156, 157, 703, X94**
Gentle exercises to improve balance, coordination, and muscle strength. Beginners welcome. Visit: **health.bracknell-forest.gov.uk/get-active/new-classes/**		

Andy's Man Club	7pm – 9pm, weekly (excl. bank holidays)	Free
The Rowans Centre, Pond Moor Road, RG12 7JZ		Swancote Green: **108, 171, 172** (bus stop is approx 400m away)
Great Hollands Community Centre, Bracknell RG12 8UX		Great Hollands Square: **Lion 4, 171/172,194, X94**
Mental health support group for men. You will be greeted with a warm smile and a cup of tea. Drop-in.		






Tuesday

Activity	Time and frequency	Cost
Green and Active with various partners	Various times, Monday - Sunday	Free
Locations vary and tend to be at parks or in the countryside.		Various routes
Involve Green and Active, Bracknell Forest Parks and Countryside and environmental groups. Come along and get involved in various outdoor gardening and conservation activities, to create healthier, greener and more wildlife-rich spaces. Visit: **www.involve.community/green-active/** for more information. To book, call **01344 304404** or email: **green.active@involve.community**		

CommuniTea coffee morning	10am – 11.30am, weekly	Small donation
Bullbrook Community Centre, Bay Road, RG12 2NL		Mainprize Road: **157, 158**
Happy and friendly atmosphere. Group meets weekly, ending with a short prayer. Free refreshments. Donations welcome.		

Warm welcome	11am – 12.30pm, weekly	£1
The Ark, Trax, Mill Ride, Ascot, SL5 8LX		Fernbank Corner: **Flight Line 703**
Join the 'warm welcome' social group for over 55s. We offer a warm, friendly and inclusive place with access to light refreshments and snacks. You can use it as somewhere to socialise and take part in activities. You can also receive information on how to reduce bills, access financial support and stay healthy and well. Call **01344 266899** or email: **info@theark.org.uk.** Closed July to August for summer break.		

Happiness Hub drop-in	10.30am – 12.30pm, every third Tuesday	Free
Sandhurst Library, The Broadway, Sandhurst GU47 9BL		Sandhurst Library: **194**
Pop in for a chat. Find out about mental health and wellbeing advice and support in your area. Information at: **bit.ly/BFCMentalHealth.**		

Strength and balance	11.30am – 12.30pm, weekly	Free
Jennett's Park Community Centre, Sparrowhawk Way, RG12 8EB		Jennett's Park Primary School: **108**
Come and take part in gentle physical activity. Please bring a yoga mat as it includes time on floor. Visit: **health.bracknell-forest.gov.uk/get-active/new-classes**		

Buckler's Forest community walk for wellbeing	10.30am, weekly (depending on extreme weather alerts)	Free
Meet at Buckler's Park Community Hub, Goodwood Crescent, RG45 6NB		Brookers Row: **194**
Join a peer led walk around Bucklers Forest; take in the re-wilded former Transport Research Laboratory site. Nature and evidence of the old test roads sit side by side, with a mix of forest trails and heathland tracks. Please be aware it can be sunny, or windy on the exposed heath. Wheelchairs, strollers or buggies are welcome on this walk, paths may be muddy after rain. No dogs.		

Tuesday

Activity	Time and frequency	Cost
Happiness Hub drop-in (Supported by Stepping Stones)	11am – 1pm, every second Tuesday	Buy your own refreshments
The Foxes' Den Café, Benetfield Road, RG42 4EW		Binfield Crossroads: **150, 151***
Pop in for a chat. Find out about mental health and wellbeing advice and support in your area. Information at: **bit.ly/BFCMentalHealth.**		

Revive Café	12.45pm – 3pm, weekly	Low cost food
The Kerith Centre, Bracknell, RG12 1EH		Bus station: **All routes**
Come along for a chat and join in with an activity. Find ways to connect with Citizens Advice. Reasonably priced hot food. Free hot drink. Call **01344 862699.**		

Bracknell Foresters neuro walking football	1.30pm – 2.30pm astro pitch, 2.30pm – 3.30pm social, weekly	£5.55 a session. Buy your own refreshments
Bracknell Leisure Centre, RG12 9SE		Harcourt Road: **194 Lion 4, X94**
Come and join us for fun physical and social activity at our welcoming walking football for people with neurological conditions, followed by a warm drink in the café sharing mutual support.		

The Drop-In	2pm – 4pm, weekly	Free
St Pauls Church, The Square, Harmans Water, RG12 9LP		Harmans Water shops: **156, X94**
Tea, coffee, soft drinks and homemade cakes. All ages welcome		

Binfield community walk for wellbeing	2.30pm, weekly	Buy your own refreshments
Meet at The Foxes' Den Café on Benetfield Road, RG42 4EW.		Binfield Crossroads: **150, 151***
Join a peer led 3 mile walk which takes in Pope's Meadow and the ancient woodland at Farley Copse. Most of the walk is on either pavement or gravel/woodland tracks and is suitable for wheelchairs, strollers or buggies, but in the winter paths may be muddy. No dogs.		

Tai chi	2pm – 3pm, weekly	Free
Jennett's Park Community Centre, Sparrowhawk Way, RG12 8EB		Jennett's Park Primary School: **108**
Gentle exercises to improve balance, coordination, and muscle strength. Beginners welcome.		

Football	7.30pm – 9pm, weekly (excl. bank holidays)	Free
The Muga, The Ranelagh School, Bracknell, RG12 9DA		Horse and Groom: **194, 4 Lion, 171, X94**
Join Jason for an evening football session, please register in advance on the website. For more information, email: **info@sportinmind.org** or call **0300 1021400.**		

Wednesday

Activity	Time and frequency	Cost
Heritage parks gardening group	10am – 12 noon, weekly	Free, refreshments provided
South Hill Park, Rear Terrace, Ringmead, RG12 7PA 	Birch Hill shopping centre: **171/172** Haversham Drive: **Lion 4, 194**	
Love gardening? Do your have skills to share? New to gardening and would like to learn more? Bring gardening gloves if you have some. Call Bracknell Forest Parks and Countryside **01344 354441.**		

Women's woodland walks	10am – 11.30am, weekly	Buy your own refreshments
Great Hollands Pavilion, South Road, RG40 3EE 	Crematorium: **194**	
Join us for an easy paced walk through the woods getting fresh air and chance to chat with other women. Book in advance due to limited spaces. Not suitable for buggies, walking frames due to uneven terrain and incline. For any questions, call Kelly **07414 493206.**		

Community lunch or coffee morning	11am – 1pm, weekly	Small donation
Ascot Life Centre, New Road, Ascot, SL5 8PX 	Royal Hunt: **703**	
Join us for a free lunch or hot drinks and a chat. Meet new people and socialise. Call **01344 882941.**		

Weekly brew	12.30pm – 3pm, weekly	Free
New Priestwood Community Centre, RG42 1TU 	Priestwood Shops: **150**	
Join us for a free cuppa, cake and make new friends. Join in with a game, or just have a chat.		

The Foxes' Den adult crafternooners	1pm – 3pm, weekly	Buy your own refreshments
The Foxes' Den Café, Benetfield Road, RG42 4EW 	Binfield Crossroads: **150, 151***	
Bring a craft project you're working on and enjoy spending time with other crafters. Buy your own refreshments		

Knit and natter	2pm – 3.30pm, weekly	50p
St George's Church, 109 Owlsmoor Road, Owlsmoor, GU47 0SS 	Yeovil Road Shops: **194**	
A chance to chat, enjoy refreshments and maybe even knit or crochet.		

Happiness Hub drop-in	5.30pm – 7.30pm, last Wednesday of the month	Buy your own refreshments
Starbucks, The Village Hotel, Bracknell, RG12 0QJ 	Sainsbury's: **171/172**	
Pop in for a chat. Find out about mental health and wellbeing advice and support in your area. Information at: **bit.ly/BFCMentalHealth.**		

Thursday

Activity	Time and frequency	Cost
Age UK - tai chi	9.30am – 10.30am, weekly	£7
New Priestwood Community Centre, RG42 1TU		Priestwood shops: **150**
Gentle exercises to improve balance, coordination, and muscle strength. Beginners welcome.		

C4 coffee morning	9.30am – 11.30am, weekly	Donation
St Andrews Church, Priestwood Court Road, RG42 1TU		Priestwood shops: **150**
Coffee, cake, chat and craft. Meet new people for a drink and homemade cakes. All ages welcome. Call church office **01344 886900.**		

Happiness Hub drop-in	10am – 12 noon, every first Thursday	Buy your own refreshments
Brew Coffee Bar, Easthampstead Works, RG12 1BH		Police station: **53, 158**
Pop in for a chat. Find out about mental health and wellbeing advice and support in your area. Visit: **bit.ly/BFCMentalHealth**		

C3 coffee morning	10am – 12 noon, weekly (term time only)	Donation
Brownlow Hall, Warfield, RG42 6AB		Plough and Harrow: **53**
Coffee, cake and chat. Meet new people for a drink and homemade cakes. All ages welcome. Call church office **01344 886900.**		

Heritage parks gardening group	10am – 12 noon, weekly	Donation
Lily Hill Park, North Car Park, Lily Hill Road, RG12 2RX		Lily Hill House: **158**
Love gardening? Do your have skills to share? New to gardening and would like to learn more? Bring gardening gloves if you have some. Call Bracknell Forest Parks and Countryside **01344 354441.**		

Coffee morning	10am – 12 noon, every first and third Thursday	Donation
Easthampstead Baptist Church, South Hill Road, RG12 7NS		Haversham Drive: **Lion 4, 194, X94**
Enjoy tea, coffee and cake in a friendly environment. Everyone is welcome. Call **01344 487744** or email: **officestaff@ebc-bracknell.org**		

Jennett's Park community walk for wellbeing	10.30am, weekly (depending on extreme weather alerts)	Buy your own refreshments
Meet at Jay's Corner Cafe, Jennett's Park, RG12 8AZ		Jennett's Park Primary School: **108**
Join a peer led circular walk of up to 2 hours, including Peacocks Meadows. This walk is suitable for wheelchairs, strollers or buggies, but in winter paths may be muddy. No dogs		

Thursday

Activity	Time and frequency	Cost
Sport in Mind yoga	11.45am – 12.45pm, weekly	Free
Owlsmoor Community Centre, Yeovil Road, Owlsmoor, GU47 0TF		Yeovil Road Shops: **194**
Gentle exercise to improve balance, coordination, and muscle strength. Call **0300 102 1400** or visit: **www.sportinmind.org**		

Soup and a sandwich	12.30pm – 2pm, every second and fourth Thursday	£2.50 donation
Easthampstead Baptist Church, South Hill Road, RG12 7NS		Haversham Drive: **Lion 4, 194, X94**
Get together to share soup and a sandwich. Enjoy a chat with others followed by an activity. **Booking required.** Call **01344 487744** or email: **officestaff@ebc-bracknell.org**		

Sport in Mind walk	2pm – 3pm, weekly	Free
South Hill Park, Arts Centre main entrance, Ringmead, Bracknell RG12 7PA		Birch Hill Shopping Centre: **171, 172**
Join Gill or Sue for a gentle walk around South Hill Park. Suitable for buggies. Visit: **www.sportinmind.org**		

Hanworth friendship group	2pm – 4pm, weekly	Free
Birch Hill Community Centre, Leppington, RG12 7WW		Birch Hill shopping centre: **171, 172**
Come along for a chat and join in with games or quizzes. Chance to connect with others. Email: **janet.cochrane@bracknell-forest.gov.uk**		

Tai chi		Weekly	Free
3pm – 4pm	Langley Hall, The Ring, RG12 1HD		The Ring, Parish Church: **53, 156, 157, 703, X94**
5.30pm – 6.30pm	Bullbrook Community Centre, RG12 2NL		Mainprize Road: **157, 158**
Gentle exercises to improve balance, coordination, and muscle strength. Beginners welcome.			





Friday

Activity	Time and frequency	Cost
Age UK - tai chi	10am – 11am, weekly	£7
Great Hollands Community Centre, Bracknell RG12 8UX		Great Hollands Square: **Lion 4, 171/172, 194, X94**
Gentle exercises to improve balance, coordination, and muscle strength. Beginners welcome.		

The Foxes' Den bereavement café	10.30am – 11.30am, weekly	Buy your own refreshments
The Foxes' Den Café, Benetfeld Road, RG42 4EW		Binfield Crossroads: **150, 151***
Friendly drop-in session for those suffering with loss. A relaxed space to meet new friends.		

Strength and balance	11am – 12 noon, weekly	Free
Crown Wood Community Centre, Opladen Way, RG12 0PE		Crown Wood shops: **171, 194 / 4 Lion**
Come and take part in gentle physical activity. Please bring a yoga mat as it includes time on floor.		

Happiness Hub drop-in	11am – 1pm, every third Friday	Free
Crowthorne Fire Station, High Street, RG45 7AP		Iron Duke: **194**
Pop in for a chat. Find out about mental health and wellbeing advice and support in your area. Visit: **bit.ly/BFCMentalHealth**		

Community group - Age Concern	11am, weekly – alternating venues	£2
St Paul's Church, The Square, Harmans Water, RG12 9LP		Harmans Water shops: **156, X94**
Bullbrook Community Centre, Bay Road, RG12 2NL		Mainprize Road: **157, 158**
A warm and welcoming environment where neighbours become friends, and isolation becomes a thing of the past. Call **01344 422048** or email: **info@ageconcernbracknell.org.uk**		

Shopmobility - bingo	1pm –start, weekly	£1.50 for 4 games
11 Princess Square, Bracknell, RG12 1LS		Bus station: **All routes**
Come and play bingo. Great prizes to be won with refreshments available. Call **01344 861316**		

Craft and chat	2.30pm – 4pm, weekly	£1
Great Hollands Library, RG12 8UX		Great Hollands Square: **Lion 4, 171/172, 194, X94**
Bring a craft project you're working on and enjoy spending time with other crafters. Call **01344 424095.**		

Friday

Activity	Time and frequency	Cost
Chair yoga	1.30pm – 2.30pm, weekly	Free
Morgan Centre, Wellington Road, RG45 7LD		Iron Duke: **194**
Gentle exercises to improve balance, coordination, and muscle strength.		

Cake and company	2pm – 4pm, weekly	Free
Great Hollands Community Centre, RG12 8UX		Great Hollands Square: **Lion 4, 171/172, 194, X94**
Join us for a coffee, tea and cake. Join in with games and activities or just come for a chat. No charge.		

Tai chi	4.30pm – 5.30pm, weekly	Free
Hanworth Community Centre, Hanworth Road, RG12 7YY		Babbage Way/ Cannie Man: **Lion 4, 171/172,194, X94**
Gentle exercises to improve balance, coordination, and muscle strength. Beginners welcome.		

Saturday

Activity	Time and frequency	Cost
Whisker walk	10am, weekly	Free
Starts and ends at Great Hollands Library, RG12 8UX		Great Hollands Square: **Lion 4, 171/172, 194, X94**
Bring your dog, or just walk with others.		

Short and easy walk	10.30am, weekly	Free
Meet in main car park at South Hill Park, RG12 7PA		Birch Hill shopping centre: **171/172** Haversham Drive: **Lion 4, 194**
A supervised walk carried out on two levels: three miles at normal pace; and two miles at slower pace, for people with heart and health conditions. No need to book. Call **07443 499207.**		

Sunday

Activity	Time and frequency	Cost
Sandhurst health walks	10am, weekly (paused during winter months)	Free
Meet at Sandhurst Memorial car park, GU47 9BJ		Sandhurst Library: **194**
Whether you're just getting started or looking to push yourself a little more on the weekend, we've got a walk to suit you. No need to book, just turn up and enjoy the journey with friendly faces. Approximately 1.5 hrs. Visit: **sandhursthealthwalks.weebly.com/our-walks**		

Additional resources



Bracknell Forest U3A

Bracknell Forest U3A is a group of people who are no longer in full time employment. The group comes together to learn, laugh and live, to develop new interests, share hobbies and skills and make new friends. Regular activities take place during the day Monday to Friday, so are aimed at the retired and those working part time prior to retirement.
Call **07748 192042** or visit: **www.bracknellu3a.org.uk** for further information.



Welcome Spaces

The Welcome Spaces encourages community connection and friendship across Bracknell Forest. We select local activities for people to attend with no need to book. We aim for these sessions to be welcoming and easy to access. Call **01344 304404** or visit: **involve.community/welcomespaces/** for further information. Sign up to the monthly newsletter.



Community centres

There are fourteen community centres with a variety of activities taking place at each one. Take the opportunity to visit your local one to see what's on. Visit: **www.bracknell-forest.gov.uk/leisure-and-events/community-centre-directory** for further information.



Community learning

A variety of courses open to everyone over 19 years old. You can book a course online or call **01344 354220** during office hours. Visit: **www.bracknell-forest.gov.uk/schools-and-learning/community-learning** for further information.



Leisure facilities

We are proud to offer a wide range of leisure facilities that allow visitors to be fit and healthy, have fun, celebrate and relax. Visit: **www.bracknell-forest.gov.uk/leisure-and-events/leisure-facilities** for further information.
Bracknell Leisure Centre: 01344 454203
Coral Reef Waterworld: 01344 862525
Downshire Golf Complex: 01344 302030



Libraries

There are nine libraries across Bracknell Forest with different events taking place at each one. Pop in to your local library to find out what they have on offer.
Visit: **www.bracknell-forest.gov.uk/libraries/library-events** for further information.



Parks and countryside

With over 30 different parks to visit across Bracknell Forest, there are opportuties to find nature and open spaces near your doorstep. Visit: **www.bracknell-forest.gov.uk/parks-and-countryside/outdoor-activities** for further information.



Signal Carers Service

Free information, support and advice for anyone who provides help and support for someone else. Call **01344 266088.**



Age UK Berkshire

Age UK Berkshire offers lots of services for older people and their carers.
Call **0118 959 4242**.







Bracknell Forest has something for everyone.

Check out the community map for activities near you!

Over the past year, the social prescribers have visited all the activities listed and can say with confidence that every group offers a warm, welcoming atmosphere. Many residents joined us, here's what some have said:

> Fun to spend time with friendly people, and learn a new skill

> Talking with others really helps me to feel so much better

> Great to spend time with others, and great support too

Activity providers

- **Age Concern Bracknell Forest:** call **01344 422048** or email: **info@ageconcernbracknell.org**
- **Dementia Advisory Service:** call **01189 046900** or email: **dementia.adviser@bracknell-forest.gov.uk**
- **Sport in Mind:** call **0300 1021 400,** email: **info@sportinmind.org** or visit: **www.sportinmind.org**

Free exercise classes

Yoga, tai chi, chair yoga, and strength and balance.

Visit: **health.bracknell-forest.gov.uk/get-active/new-classes** or scan the QR code to find the nearest class to you.

My Journey

A one stop destination for travel information in Bracknell Forest.

Visit: **https://myjourney.bracknell-forest.gov.uk** or scan the QR code for details.

Helplines

If you need it, reach out for help:

- **Samaritans:** call **116 123** (24 hours)
- **Silver Line helpline (Age UK):** call **0800 4 70 80 90** (24 hours)
- **Cruse Bereavement: 0808 808 1677** (Mon, Wed-Fri 9.30am-5pm, Tues 1pm-8pm)
- **Citizens Advice East Berkshire** Call **0808 278 7914** (Mon-Fri 10am-4pm)
- **The Columbia Centre, Market Street,** (Tues and Thurs 10am-12 noon)