My Community Map for seniors

Forest Park / Crown Wood

Strength and balance session | Get Active

Fridays, 11am to 12 noon



Improve your strength and balance at the new free weekly classes. These classes will help you improve strength. posture, flexibility and joint mobility. As the sessions involve some time on the floor, please bring your own mat.

Crown Wood Community Centre Opladen Way, RG12 0PE

Email: **public.health@bracknell-fores.gov.uk**

Free **Bus route: 172**

Cross your Art | Get Creative

Thursdays, 2pm to 3pm



Draw and chat in a friendly, welcoming art group.
Bring your own sketch pad/notebook and pencil case.

Birch Hill Library, Leppington, RG12 7WW

Email Rozzie: **crossyourartgifts@gmail.com**

Free (donation for tea and coffee) **Bus routes: 156, 171, X94**

Fun 'n Friendship | Get Connected

Wednesdays, 10.30am to 12 noon



A welcoming space where you can meet people, play board games, make jigsaws, make crafts or just sit and chat. Tea and coffee, and biscuits are provided. Hosted by Vitality Church Bracknell.

Forest Park Community Centre, Horndean Road, RG12 0XQ

Email: **fpc_church@btinternet.com**

Free **Bus route: 156**

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

My Community Map for seniors

Forest Park / Crown Wood

Bracknell Shopmobility | Get Help

Tuesday to Saturday, 10am to 4pm

Bracknell Shopmobility is a charity based in The Lexicon aiming to help people with mobility impairments, whether temporary or permanent. They hire out mobility scooters and wheelchairs (powered and manual).

Shopmobility, 11 Princess Square, Bracknell, RG12 1LS

Call **01344 861316** or email: **info@bracknellshopmobility.org**



Dependant on service **Bus routes: 172, 156**

Forest Park bowls group | Get Learning

Tuesdays and Thursdays, 2pm to 4.30pm

Come along and learn how to play short mat bowls.
We are a friendly group and everyone is welcome!

Forest Park Community Centre, Horndean Road, RG12 0XQ

Email George: **thepines39@btinternet.com**



£3 per session **Bus route: 156**

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.