



My Community Map



North Bracknell

Find activities
to help you
to be **healthy**
and **well**.



bfcommunitymap.commonplace.is



Bracknell Forest Public Health



Bracknell
Forest
Council





Jealotts Hill Community Landshare

Flexible days and times within office hours

You can volunteer and experience the joy of horticulture, outdoor life and eating healthily. Opportunities for all ages including those with health conditions and disabilities.

- **Wellers Lane (junction of Penfurzen Lane), RG42 6BQ.**
- Call **07766 421344** or email: **jealottshilllandshare@gmail.com**



Free

Bus route: None

Walk for Wellbeing

Tuesday 2pm

This walk is about three miles long. Most of the walk is on either pavement, gravel, or woodland tracks. Suitable for wheelchairs, strollers or buggies. No dogs please.

- **Meet outside Foxes' Den Café, Benetfield Road, RG42 4EW.**
- Call Mark Lyford **07920 182154** or email: **mark.lyford@sustrans.org.uk**



Free

Bus route: 150, 151, 151A

Charters short mat bowls

Tuesday 7pm to 9pm

A small, friendly short mat bowls club. Always looking for new members from total beginners to existing bowlers.

- **Carnation Hall, Chavey Down Road, Winkfield Row, Bracknell, RG42 7PA.**
- Call Penny or Jackie **07789 444107** or **07751 420041**



Annual membership £30 plus £4 per evening

Bus route: 57, 158, X94

Warfield Environment Group

Various (mainly weekends). Please contact to find out about next event.

Regular environment themed events including bat walks, hedge planting, flower planting, litter picks and newt surveys.

- **C/O Warfield Parish Council, Warfield, Bracknell, RG42 3JP.**
- Call Claire Wallen **01344 302708**
or email: **warfieldenvironmentgroup@hotmail.com**



Free

Use My Journey to find bus route

Animal Rangers

Magic Mondays: 10am to 12 noon

Calming environment surrounded by animals. Get involved in feeding, cleaning, exercising and grooming animals like goats, horses, sheep. Also try reptile handling and small animal handling.

- **Animal Rangers, Heroes Farm, Bartletts Lane, Holyport, SL6 2JD.**
- Call **01628 783107** or email: **dawndingwall@btinternet.com**



£15 per session (Adults only)

Bus route: 53



Radio Marmalade

Various times.

An internet radio station run by Ark members. They are an inclusive internet radio station with a diverse range of programmes.

- **Trax, Fernbank Road, Ascot, SL5 8JW.**
- Call **01344 266899** or email: **studio@radiomarmalade.org.uk**



Supported lessons are £15 each, afterwards it is £5 per timeslot.

Bus route: 24, 25, 26, 27, 703, L8

Adult crafternooners

Wednesday and Thursday 1pm to 3pm

Free adult craft drop in session. Bring your own crafts.

- **Foxes' Den Café, Benetfield Road, RG42 4EW.**
- Call Claire **01344 305500** or email: **claire@foxesden.co.uk**



Free

Bus route: 150, 151, 151A

Warfield Community Choir

Tuesday 10.30am to 11.30am (term time only)

Everyone who enjoys singing is welcome to join!

- **Newell Green, Warfield, RG42 6AB.**
- Call Emily Blyth **07743862651** or email: **emily@emilyblythmusic.co.uk**



£5 per session. Email to book.

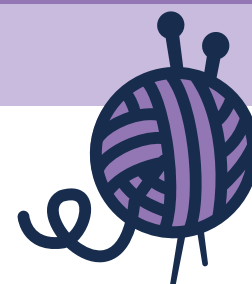
Bus route: 53, 158

Knit and natter

First Monday of the month at 2pm and third Saturday of the month at 1.30pm

Knit and natter is a great way to enjoy the company of new friends and share tips.

- **Binfield Library, Benetfield Road, Binfield, RG42 4JZ.**
- Call Binfield Library **01344 306663**



Free

Bus route: 150, 151, 151A

Community Choir

Monday 8pm to 9.30pm

Come and join the community choir at the Foxes' Den.

- **Foxes' Den Café, Benetfield Road, RG42 4EW.**
- Email: **binfieldcommunitychoir@gmail.com**



£5 per session

Bus route: 150, 151, 151A



Knit and natter

**First Monday of the month at 2pm
and third Saturday of the month at 1.30pm**

Knit and natter is a great way to enjoy the company of new friends and share tips.

- **Binfield Library, Benetfeld Road, Binfield, RG42 4JZ.**
- Call Binfield Library **01344 306663**



Free

Bus route: 150, 151, 151A

Happiness Hub drop-in

Second Tuesday of every month, 11am to 1pm

Join the Happiness Hub team to make happiness a habit. Relax with a cup of tea or coffee, make new friends and find out what's going on in your area.

- **Foxes' Den Café, Benetfeld Road, RG42 4EW.**
- Email: **bfcn@bracknell-forest.gov.uk**



Pay for own refreshments

Bus route: 150, 151, 151A

Friends in Need (Bracknell - East Berkshire)

Activities run from Monday to Saturday

Supportive community group where people help each other to cope with issues like depression, anxiety, loneliness and isolation.

- **Various venues around Bracknell Forest.**
You will need to become a member to take part in activities.
- Call Ansa Khan **07496 874882** or email: **ansa.khan@bucksmind.org.uk**



Free (unless stated on the timetable).

Bus route: Venues change

The Ark Trust

Call or email for more information on activities

Range of activities including: upcycling, crafts, tovertafel 'magic table' sessions, knitting, drama, Friday night project and much more.

- **The Ark Trust, Trax, Mill Ride, Ascot, SL5 8JW.**
- Call Andrea McCombie **01344 266899** or email: **info@theark.org.uk**



Cost varies for each activity.

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

Project 73

Call or email for more information on activities

A social group setting for unsupported adults (18+) with higher functioning autism. Activities and peer support to help develop self-advocacy skills and opportunities to make friends. Run by people with an ASD diagnosis.

- **The Ark Trust, Trax, Mill Ride, Ascot, SL5 8JW.**
- Call Kate Inglis **07802 654996 / 01344 266899**
or email: **project73@theark.org.uk** Facebook @project73group



£2 plus cost of activity

Bus route: Venues change



Bereavement coffee group

Friday 10.30am. No need to book.

Come along and have a coffee with others who have suffered bereavement.

- **Foxes' Den Café, Benetfield Road, RG42 4EW.**
- Call The Foxes' Den **01344 305500**



Free

Bus route: 150, 151, 151A

Bracknell LETS

First Wednesday of the month from 7pm

LETS is a timebank system that gives people the opportunity to exchange goods and services with minimal use of money.

- **Foxes' Den Café, Benetfield Road, RG42 4EW.**
- Call Gill Hudson **01344 442914** or email: office@bracknell-lets.co.uk



Exchange of time

Bus route: 150, 151, 151A

Promise Inclusion - family liaison team

Contact for more information.

Promise Inclusion is a self-funded local charity supporting local people with learning disabilities and autism spectrum conditions, their parents and their families.

- **Waterford House, Erfstadt Court, Wokingham, RG40 2YF.**
- Call **0300 7778539** or email: admin@promiseinclusion.org



Free

Bus route: X4 Lion, 151

Share Bracknell

Friday 1pm to 3pm

Receive food nearing the end of shelf life, or surplus, from supermarkets. No referral needed.

- **St Andrews Church, Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU**
- Call Juliet Date **01344 886900**



Free

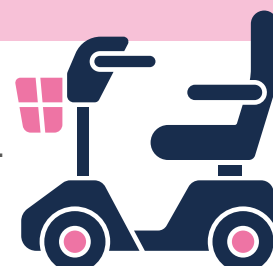
Bus route: 150, 157

Shopmobility

Tuesday to Saturday 10am to 4pm

Shopmobility assists people with mobility impairments to get around the town centre, by the hiring out of mobility scooters and wheelchairs. We can 'meet and greet' vehicles, taxis and public transport with the scooter.

- **Bracknell Shopmobility, 11, Princess Square, Bracknell, RG12 1LS**
- Call **01344 861316** or email: bracknellshopmobility@utdsl.com



£4 per time

Bus route: Any bus route to town centre.

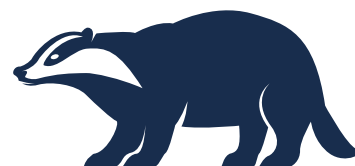


Binfield Badger Group

Two meetings a year

A friendly local group working to improve the welfare and protection of badgers.

- Farley Wood Centre, Turnpike Road, RG42 1FW.
- Email: badgers@berksbadgers.org.uk



£6 per year

Bus route: 150, 151, 151A

Warfield Board Gamers

Wednesday 7pm to 11pm

Board and card gaming group.

- Bracknell Methodist Church Hall, Shepherds Lane, Bracknell, RG42 2DD.
- Call Anthony Crossley 07552 020164 or email: premetheus@talk21.com



£3 per session

Bus route: 299

Ascot Locomotive Club

First Sunday of the month (April to October)

A friendly club of miniature railway lovers.

- Winkfield Road, Ascot, SL5 7LJ.
- Email: ascotloco@hotmail.com



£4 per person

Bus route: X94, 703

Promise Inclusion

Contact for more details.

The Gateway Award is a life skills programme for anyone aged 18+ with a mild to moderate learning disability and/or autism. There is no upper age limit.

- Waterford House, Ertstadt Court, Denmark Street, Wokingham, RG40 2YF.
- Call 0300 777 8539 or email: admin@promiseinclusion.org



£3 per session

Bus route: Lion 4

Bracknell Open Learning Centre

Courses run at various days and times

The Open Learning centre have courses for enjoyment, employment and keeping in shape.

- Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR
- Call 01344 354220 or email: community.learning@bracknell-forest.gov.uk for course information



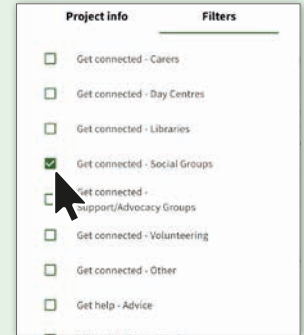
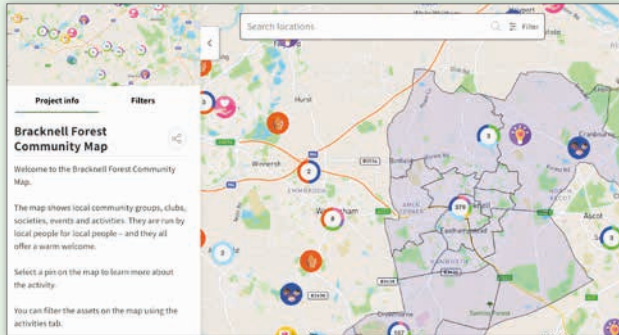
Cost varies

Bus route: 171,108,172,194, Lion 4

My Community Map

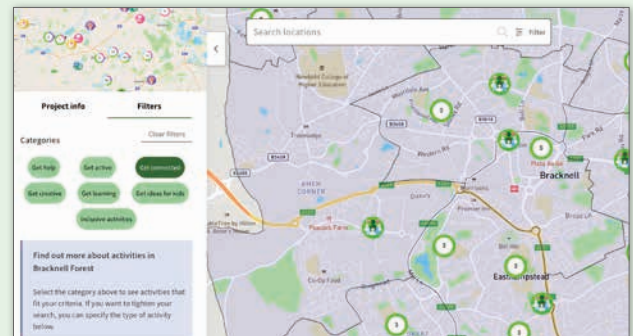
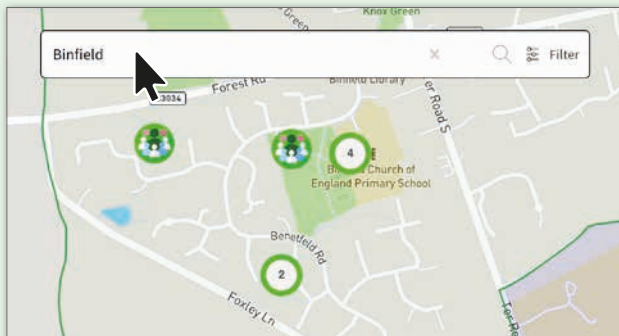
Find out what is happening in your area.

There is a wide range of local activities, groups and societies across the borough that can help to support your health and wellbeing. To search for inclusive activities specifically for those with learning disabilities, use the **'inclusive activities'** filter.



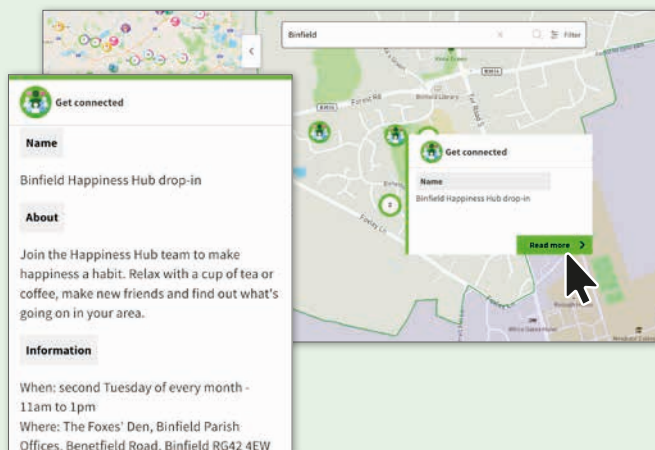
Visit health.bracknell-forest.gov.uk and click on 'My Community Map'.

Filter your search by selecting a category (see options below) or type of activity.



You can also search by area or postcode.

See the results on the map.



Click on a symbol to find out more about the activity, including cost and how to book.

Can't find what you are looking for?
Request a call back from one of our friendly social prescribers on **01344 325 000**.