My Community Map for seniors

Harmans Water

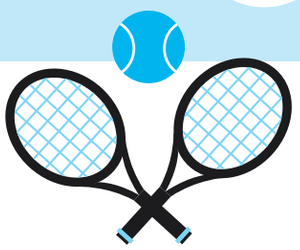
The Parks tennis club | Get Active

Open daily from 8am until dusk

Enjoy tennis at The Parks. There are two tennis courts which are open 8am until dusk. Adult membership only.

The Parks Tennis Club, 8-10 Nicholson Park, The Parks, RG12 9QN

Book online: **clubspark.lta.org.uk/theparks**



Adult annual membership £67.65

Bus routes: 156, 172, X94

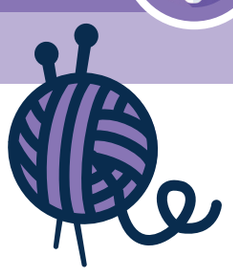
Knit and natter | Get Creative

Mondays, 10am to 12 noon

Knit and natter is a great way to find new friends, share tips and enjoy some company.

Bracknell Library, The Avenue, Bracknell, RG12 1AT

Call: **01344 423149** or email: **bracknell.library@bracknell-forest.gov.uk**



Free

Bus routes: 4, 171, 172, 194

Harmans Water Community Group (Age Concern) | Get Connected

Alternate Fridays, 11am to 1pm

Harmans Water community group is a great place to make friends over a cuppa. We have many things to enjoy including entertainment and crafts.

St Paul's Church, The Square, Ralphs Ride, RG12 9LP

Call **01344 422048**, email: **info@ageconcernbracknell.org.uk** or visit: **www.ageconcernbracknell.org.uk/community-groups**



£2

Bus routes: 156, 172, X94

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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Andy's Man Club | Get Help

Mondays, 7pm to 9pm (except bank holidays)

You will be greeted with a warm smile and a cup of tea.
There is no pressure to talk, you can just listen.

The Rowans Family Hub, Pond Moor Road, RG12 7JZ

Email: **info@andysmanclub.co.uk**



Free

Bus routes: 108, 171

SHARE | Get Learning

Fridays, 1pm to 2.30pm

SHARE is a food sharing charity. They distribute surplus fresh food stock that would otherwise go to waste. No referral is needed, but a contribution of £1 is requested.

St Andrews Church, Priestwood Court Road, RG42 1TU

Call **01344 886900** or email: **admin@warfield.org.uk**



£1 donation

Bus routes: 156, 171, X94

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.