

My Community Map for seniors

Bullbrook

Tai chi

Get Active



Thursdays, 5.30pm to 6.30pm

Tai chi is a gentle exercise with benefits for both body and mind. Regular tai chi can help improve your balance and sleep quality.

Bullbrook Community Centre, Bay Road, Bracknell, RG12 2NL

Email: public.health@bracknell-forest.gov.uk



Free

Bus routes: 53, 157, 158

Vocalese

Get Creative



Wednesdays, 7.45pm to 9.30pm (term time only)

A friendly and fun community choir, open to everyone aged 16 and over. No auditions.

Holly Spring Primary School, Lily Hill Road, RG12 2SW

Call Richard **07967 768320**



£20 per month

Bus routes: 53, 157, 158

Bullbrook communi-tea coffee morning

Get Connected



Call or email for information on activities.

Local coffee morning where everyone is welcome. This is a general social group made up of a mix of local residents.

Bullbrook Community Centre, Bay Road, Bracknell, RG12 2NL

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



Free

Bus routes: 53, 157, 158

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Stepping Stones Recovery College

Get Help

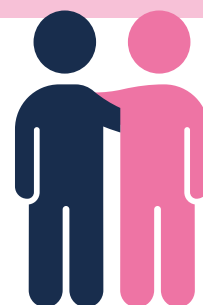


Dates and times vary each term, please visit website for more information.

The college provides learning opportunities through workshops and courses for anyone experiencing challenges to their mental, physical and emotional wellbeing.

The Court House, Broadway, Bracknell, RG12 1AE

Call **01344 300333**, email: reception@steppingstonesrecovery.co.uk
or visit: www.steppingstonesrecovery.co.uk



Free

Bus routes: 702, 703

Waterstones - non-fiction book club

Get Learning



Every third Wednesday of the month, 6pm to 7pm

Join our lively non-fiction book club. All welcome, free to attend.

Waterstones, The Lexicon, 46 Braccan Walk, Bracknell, RG12 1HA

Call **01344 488124** or email: bracknell@waterstones.com



Free

Bus routes: 157, 158

Social prescribing service

Monday to Friday, 9am to 5pm

Social prescribing can support you to connect to your community. This non-medical service is designed to put people in touch with services, groups and activities in the local community to help improve wellbeing.

Time Square, Market Street, Bracknell, RG12 1JD

Call **01344 352000** or email: social.prescription@bracknell-forest.gov.uk

Free



Can't find what you are looking for? Request a call back from one of our friendly social prescribers on **01344 325000**. Alternatively view the **Community Map**, visit: bfcommunitymap.commonplace.is or scan the QR code.