

My Community Map for seniors

Whitegrove

Flexercise

Get Active

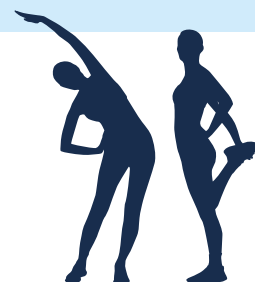


Tuesdays, 2pm to 3pm

Fun and friendly, low impact, exercise to music and something for everyone!

**Charlotte Pratt Memorial Hall, Chavey Down Road,
Winkfield Row, RG42 7PA**

Call Christine Underhill **07900 900616**
or email: christineunderhill@fl-exercise.uk



£7 per session

Bus routes: None

Knit and natter

Get Creative



Mondays, 2pm to 4pm

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

Whitegrove Library, County Lane, Newell Green, RG42 3JP

Call Whitegrove Library **01344 424 211**



Free

Bus route: 53, 157, 158, 299

The Parks Women's Institute

Get Connected



Third Thursday of each month, 2pm

The WI offers women the chance to learn and build new skills, take part in physically and mentally stimulating activities and campaign on issues important to them and their communities.

Community Hall, Warfield Park, RG42 3RH

Call WI Berkshire Federation: **0118 933 3448**



£48 per year membership

Bus route: 299

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Bracknell and District Parkinson's Branch

Get Help



Second Monday of every month, 7.30pm

If you are living with Parkinson's, or someone close to you is, we would love to welcome you to our branch.

Edmond's Court, Sandy Lane, RG12 2HP

Call Will Hague **01276 850286** or email: secretary@bracknellparkinsons.org



Free

Bus route: 299

Whitegrove Library book club

Get Learning



Second Friday of every month, 10.30am

Join the Whitegrove book club. Drop in, no need to book.

Whitegrove Library, County Lane, Newell Green, RG42 3JP

Call **01344 424211**



Free

Bus routes: 53, 157, 158, 299

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.