# My Community Map for seniors

## Wildridings

### Senior exercise sessions | Get Active

**Every Wednesday**



**Senior swim:** Wednesdays, 11.30am to 12.30pm
**Senior circuits:** Wednesdays, 12.30pm to 1.30pm

**Bracknell Leisure Centre, Bagshot Road, Bracknell, RG12 9SE**

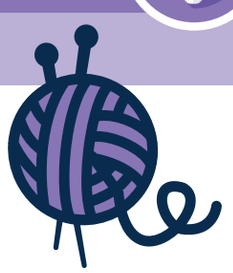
Email: **bracknellwellbeing@everyoneactive.com**

**£5.55 pay-as-you-go**

**Bus routes: 4, 194,**

### Knit and natter | Get Creative

**Tuesdays, 1.30pm to 3.30pm**



A chance to chat, enjoy refreshments and maybe even knit or crochet! Friendly group - new members welcome.

**Forget-me-knot, 9 Wildridings Square, Bracknell, RG12 7SJ**

Call **01344 427370**

**Donation for tea and coffee**

**Bus route: 108**

### Coffee mornings at EBC | Get Connected

**First and third Thursday of every month, 10am**



Come and join us in the café to catch up with others in a comfortable and welcoming space.

**Easthampstead Baptist Church, South Hill Road, Bracknell, RG12 7NS**

Call **01344 48774** or email: **officestaff@ebc-bracknell.org**

**Donations**

**Bus routes: 194**

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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## Wildridings

### Monthly councillor drop-in | Get Help

**Second Friday of every month, 1.30pm to 2.30pm**

Drop in for an opportunity to discuss local issues or ask questions regarding council activities. No appointment needed.

**Easthampstead and Wildridings Community Centre, Rectory Lane, Easthampstead, RG12 7BN**



**Free**

**Bus routes:** 108, 172

### Bracknell Open Learning Centre | Get Learning

**Details on the community learning web pages**

We offer a range of arts and crafts, wellbeing, and employability courses for adults.

**Bracknell Open Learning Centre, Rectory Lane, RG12 7GR**

Call Bracknell Community Learning Centre: **01344 354220**
**www.bracknell-forest.gov.uk/schools-and-learning/community-learning**



**Free to £24** (dependent on course)

**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.