

My Community Map for seniors

Binfield

Walk for Wellbeing:
Pope's Meadow and Farley Copse

Get Active



Tuesdays, 2pm

A moderate difficulty walk of 2.9 miles (about an hour) on footpaths and roadside pavements. Some road crossings with a few uphill sections. Not suitable for mobility scooters or strollers.

Meet outside **The Foxes' Den Café, Benetfield Road, RG42 4EW**

Call Mark Lyford **07920 182154** or email: mark.lyford@sustrans.org.uk



Free

Bus routes: 150, 151, 151A

Adult crafternooners

Get Creative



Thursdays, 1pm to 3pm

Adult craft drop-in session. Bring your own crafts.

The Foxes' Den Café, Benetfield Road, RG42 4EW

Call Claire **01344 305500** or email: claire@foxesden.co.uk



Free

Bus routes: 150, 151, 151A

Binfield Library quiz club

Get Connected



Second and fourth Thursday of each month. 11am to 12 noon

The quiz club is relaxed, sociable and a lot of fun. Everyone is welcome.

Binfield Library, Benetfield Road, RG42 4JZ

Call **01344 306663**



£1

Bus routes: 150, 151, 151A

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Bereavement coffee group

Get Help



Fridays, 10.30am. No need to book.

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

The Foxes' Den Café, Benetfeld Road, RG42 4EW

Call The Foxes' Den Café **01344 305500**



Free

Bus routes: 150, 151, 151A

Binfield Badger Group

Get Learning

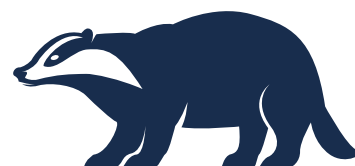


Two meetings a year. Contact the group for details.

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

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.