

My Community Map for seniors

Warfield

Pilates with Linda

Get Active

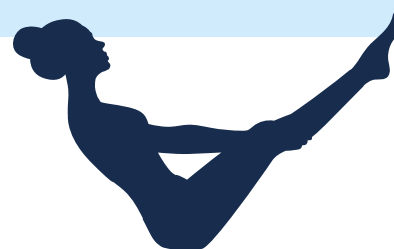


Wednesdays, 9.15am

Mat based Pilates class.
Class suitable for beginners and intermediate level.

The Brownlow Memorial Hall, Warfield, RG42 6AB

Call Linda **07989 506 485**



Free trial for first class

Bus route: No bus route to the hall

Brownlow Hall community choir

Get Creative



Tuesdays, 10.30am (term time only)

Everyone who enjoys singing is welcome to join Brownlow community choir.

Newell Green, Warfield, RG42 6AB

Call Emily Blyth **07743 862651** or email: emily@emilyblythmusic.co.uk



£5 per session. Email to book.

Bus route: 53

The Parks Women's Institute

Get Connected



Third Thursday of each month, 11am to 12 noon

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 **0118 933 3448**



£48 per year membership

Bus route: 299

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Signal 4 Carers

Get Help



Monday to Friday, 9am to 5pm

We provide free information, guidance, networking and advice to unpaid (non-professional) carers who care for a Bracknell Forest resident.

20-21 Market Street, Bracknell, RG12 1JD

Call **01344 266088** or email: info@signal4carers.org.uk



Free

Bus routes: 53, 157, 158, 299

Bracknell Sewing Bees

Get Learning



Tuesdays, 7.45pm to 10.15pm

A group where you can be taught how to dressmake, create soft furnishings, bag making and more.

Whitegrove Community Centre, 7 County Lane, Warfield, RG42 3JP

Call Julie **07872 949 334**



£10 per session

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.