My Community Map for seniors

Bracknell town centre

Over 50s swim session | Get Active

Tuesdays, 2.30pm to 3.30pm

All sessions are pay-as-you-go and can be booked online or via reception.

Bracknell Leisure Centre, Bagshot Road, RG12 9SE

Call Sharon Hatherley **01344 454203**
or email: **bracknellwellbeing@everyoneactive.com**



£5.55 pay-as-you-go

Bus routes: 4, 171, 172, 194

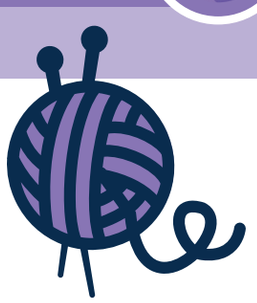
Knit and natter | Get Creative

Mondays, 10am to 12 noon

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

Bracknell Library, The Avenue, Bracknell, RG12 1AT

Call Bracknell Library **01344 423149**
or email: **bracknell.library@bracknell-forest.gov.uk**



Free

Bus routes: 4, 171, 172, 194

Kerith Revive Café | Get Connected

Tuesdays, 12.45pm to 3pm

Our friendly and welcoming community café provides space to meet new people or come along with friends. Use our free Wi-Fi, bring a board game or crafting activity and get creative!

K2 Building, Church Road, Bracknell, RG12 1EH

Call **01344 862699** or email: **info@kerith.church**



Free tea and coffee

Bus routes: 4, 171, 172, 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

My Community Map for seniors

Bracknell town centre

Bracknell and District Citizens Advice | Get Help

Various (see times below)

Community Hub, Time Square, BFC, Market Street,
Every Tuesday, 1pm to 3pm

Bracknell Library (lower ground floor, Town Centre)
Every Thursday, 10am to 12 noon

Call **0808 278 7914** or visit: **www.caeb.org.uk**



Free

Bus routes: 4, 171, 172, 194

Waterstones - non-fiction book club | Get Learning

Once a month - Wednesday evening, 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** to find out more.



Free

Bus routes: 4, 171, 172, 194

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.