

My Community Map for seniors

Winkfield

Charters short mat bowls

Get Active

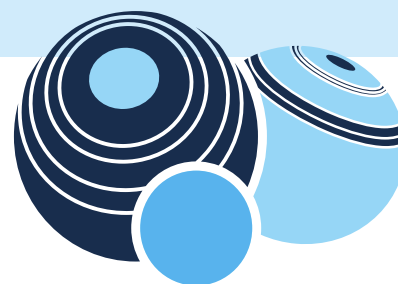


Tuesdays, 7pm to 9pm

A small, friendly short mat bowls club. Beginners and experienced bowlers welcome.

Carnation Hall, Chavey Down Road, Winkfield Row, Bracknell, RG42 7PA

Call Penny **07789 444107** or Jackie **07751 420041**



Annual membership £30 plus £4 per evening

Bus route: 299

Handicraft club U3A

Get Creative



Second and fourth Monday of the month, 2pm

Join us for a chat while enjoying crafts, including knitting and crochet. Everyone welcome.

Oaktree Nursery and Garden Centre, Brockhill, Bracknell Road, RG42 6LH

Email Ann Barnes: handicraft@bracknellu3a.org.uk



£11 - annual membership to U3A

Bus route: 299

Friends in Need (Bracknell - East Berkshire)

Get Connected



Activities run Monday to Saturday (see timetable on their website)

A welcoming and supportive community to help those who may be feeling depressed, isolated or lonely. Join in on fun activities and meet others.

Jealott's Hill Community Landshare, Wellers Lane, Warfield, RG42 6BQ

Email: ansa.khan@bucksmind.org.uk or visit:
www.bucksmind.org.uk/friends-in-need/



Free or low cost

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Alzheimers Dementia Support

Get Help



Activities in Ascot, Windsor and Maidenhead

Alzheimers Dementia Support offers practical guidance and services designed to help people in the local community whose lives are affected by dementia.

38 Queen Street, Maidenhead, Berkshire, SL6 1HZ

Call Terrie Hall **07516 165647** or visit: www.adscharity.com/services



Free

Snooker U3A Bracknell Forest

Get Learning

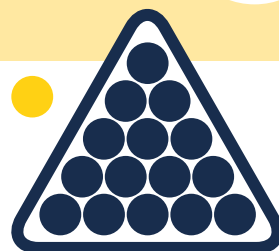


Fridays, 10.15am

We are a friendly group and welcome everyone who would like to have a chat and a few games of friendly snooker.

Lavender Park Golf Centre, Swinley Road, Ascot, SL5 8BD

Email: snooker@bracknellu3a.org.uk to join the group



Low cost

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.