



My Community Map



Central Bracknell

Find activities
to help you
to be **healthy**
and **well**.



bfcommunitymap.commonplace.is




Bracknell Forest Public Health


Bracknell
Forest
Council



Back to netball

Tuesday 8pm to 9pm

Back to Netball provides a gentle re-introduction to the sport. Run by passionate and enthusiastic coaches, sessions cover the basics of the game. For all ages and abilities.

- **Bracknell Leisure Centre, Bagshot Road, Bracknell, RG12 9SE.**
- Email: debbie.spindlow@englandnetball.co.uk



£6 per session

Bus route: 4 Lion, 194, 412, x94

All Abilities Martial Art

Thursday 8pm to 9pm

All Abilities Martial Art is a small club specialising in Aiki-Jujitsu for self defence.

- **New Priestwood Community Centre, Priestwood Court Road, Bracknell RG42 1TU**
- Call Martin **07865 257724**
or email: allabilitiesmartialart@outlook.com



£25 per month plus annual membership

Bus route: 150

Fit for All – strength and balance

Friday 11am to 12 noon

Get fit in a supported and beginner friendly environment, all classes are free. After the class there is a social meet-up with social prescribers.

- **Crown Wood Community Centre, Opladen Way, Bracknell, RG12 0PE.**
- Email: public.health@bracknell-forest.gov.uk



Free

Bus route: 170

Tai chi

Tuesday 10.30am to 11.30am

Gentle exercises to improve balance, coordination, and muscle strength.

- **Bracknell Library, 2 Town Square, Bracknell RG12 1AT.**
- Call Bracknell Library **01344 423149**
or email: bracknell.library@bracknell-forest.gov.uk



£5 per session

Most buses go to the town centre

Red Diamonds

Sunday 5pm to 7pm

Provides sports facilities at Bracknell Leisure Centre for people with all disabilities and all ages, including swimming, table tennis and snooker.

- **Bracknell Leisure Centre, Bagshot Road, Bracknell, RG12 9SE.**
- Call Jenny Warrick **07989 560 572** or Ed Swindle **07926 080092**
Email: jenny.warrick1@outlook.com



£10 annual membership

Bus route: 4 Lion, 194, 412, x94

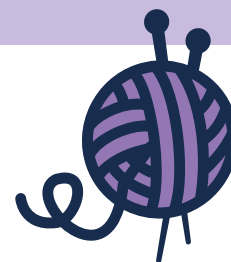


Knit and natter

Monday 10am to 12 noon

Knit and natter is a great way to enjoy the company of new friends and share tips.

- **Bracknell Library, The Avenue, Bracknell, RG12 1AT**
- Call Bracknell Library **01344 423149**
or email: **bracknell.library@bracknell-forest.gov.uk**



Free

Most buses go to the town centre

Forget-me-knot knit and natter

Tuesday 1.30pm to 3.30pm

Come and join in with some knitting projects and friendship.

- **Forget-me-knot, 9 Wildridings Square, Bracknell, RG12 7SJ**
- Call **01344 427370** for more information



Free

Bus route: 108

Colouring club for adults

Tuesday 2pm to 4pm

Join the Bracknell Library colouring group. A great way to relax and make new friends. Bring your own mug for refreshments.

- **Bracknell Library, The Avenue, Bracknell, RG12 1BH.**
- Call Bracknell Library **01344 423149**
or email: **bracknell.library@bracknell-forest.gov.uk**



50p for refreshments

Most buses go to the town centre



Happiness Hub drop-in

First Thursday of every month, 10am to 1pm

Join the Happiness Hub team to make happiness a habit. Relax with a cup of tea or coffee, make new friends and find out what's going on in your area.

- **The Brew Café, Town Square, Bracknell, RG12 1BH.**
- Email: bfcn@bracknell-forest.gov.uk



Pay for own refreshments

Most buses got to town

Promise Inclusion

Various venues across Bracknell

This social group for adults with learning disabilities and/or autism meets on a weekly basis at different venues in Bracknell Forest. Please note, there is a waiting list for new members.

- **Call or contact for more information.**
- Call **0300 777 8539** or email: admin@promiseinclusion.org



**£20 for annual membership.
£4 a week plus cost of activity.**

Bus route: Dependant on activity

Warfield Board Gamers

Wednesday 7pm to 11pm, Fridays 7.15pm to 11pm

Board games, Dungeons and Dragons and card gaming group. Under 15's must be accompanied by an adult.

- **Bracknell Methodist Church Hall, Shepherds Lane, Bracknell, RG42 2DD.**
- Call Anthony Crossley **07552 020164** or email: bracknellgaming@gmail.com



Low cost

Bus route: 172

Project 73 Plus

First Wednesday of every month, 7pm to 9pm

Project 73 Plus is the next step from Project 73 and is aimed at autistic adults aged 30 and over.

- **The Ark Trust, Trax, Mill Ride, Ascot, SL5 8JW.**
- Call Kate Inglis **07802 654996** or email: project73@theark.org.uk



£2

Bus route: 171, 172



Stepping Stones Recovery College

Dates and times vary each term, visit the website for information.

Workshops and courses for anyone experiencing challenges to their mental, physical and emotional wellbeing.

- **The Court House, Broadway, Bracknell, Berkshire, RG12 1AE.**
- Call **01344 300333** or email: reception@steppingstonesrecovery.co.uk



Free

Bus route: Most buses go to town

Shopmobility

Tuesday to Saturday 10am to 4pm

Shopmobility assists people with mobility impairments to get around the town centre, by the hiring out of mobility scooters and wheelchairs. We can 'meet and greet' vehicles, taxis and public transport with the scooter.

- **Bracknell Shopmobility, 11, Princess Square, Bracknell, RG12 1LS**
- Call **01344 861316** or email bracknellshopmobility@utdsl.com



Free advice

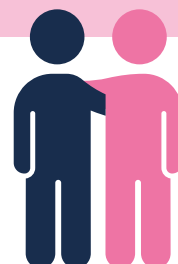
Bus route: Most buses go to town

Bracknell, Wokingham, Ascot and districts Samaritans

See below for centre open times.

We offer a safe place for people to talk. Our centre is open Monday and Tuesday, 10.15am to 9.30pm; Wednesday, Thursday and Friday, 7.15pm to 9.30pm; Saturday, 4.15pm to 9.30pm; and Sunday, 7.15pm to 9.30pm.

- **Hope Cottage, 2, Mount Pleasant, Bracknell, RG12 9AD**
- Call Jo **116 123** (free) or email: jo@samaritans.org



Free

Bus route: 3 minute walk from bus station

Job club

Pre-bookable appointments.

Job seeking help and advice in a friendly environment. Get information on free qualifications. Pre-bookable appointments.

- **Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR**
- Call Julie **01344 354220**
or email: community.learning@bracknell-forest.gov.uk



Free

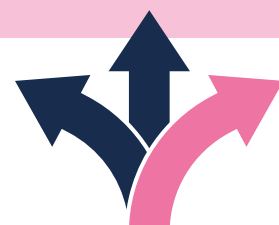
Bus route: 108, 172

Elevate Bracknell Forest

Call or email to book an appointment or get advice.

Careers guidance for 14-18 year olds (or up to 25 years old if a care leaver/has ECHP) who are 'not in employment, education or training'.

- **Time Square, Market Street, Bracknell, RG12 1JD.**
- Call **01344 352777** or email elevate@bracknell-forest.gov.uk



Free

Bus route: Most buses go to town



English language café

Monday or Thursday 10am to 12 noon

Improve your English conversation, over a cup of tea or coffee, with others, like you, who have English as their second language.

- **Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR**
- Email: community.learning@bracknell-forest.gov.uk



£1.50 per session

Bus route: 108, 172

Community learning

Check online for course details:

www.bracknell-forest.gov.uk/schools-and-learning/community-learning

Courses include a range of work skills sessions such as first aid, health and safety, computing and more. Our wellbeing programme contains a range of courses to help you to relax, restore and rejuvenate.

- **Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR**
- Call **01344 354220** or email: community.learning@bracknell-forest.gov.uk for course information.



Free to job seekers, low cost for wellbeing courses.

Bus route: 108, 172

Disability Driving Instructors

Contact for more information.

DDI help people with physical disabilities, special educational needs and those with hearing difficulties who need advice about driving or need help finding a local instructor.

- **DDI, Laburnum Cottage, Bennetts Lane, Crich, DE4 5BS**
- Call **0844 800 7355** or email: admin@disabilitydrivinginstructors.com



Price on request

Bus route: N/A

Kimel Community Café

Weekdays 8.30am to 4.30pm, weekends 9.30am to 4.00pm

Our aim is to provide supported employment for the neurodivergent community, and to provide a stepping stone training experience, to give our young people an opportunity to transition into mainstream employment.

- **Kimel Community Cafe, 120 Evendons Lane, Wokingham, RG41 4AT**
- Call **0118 979 3437** or visit: www.kimelcafe.com/



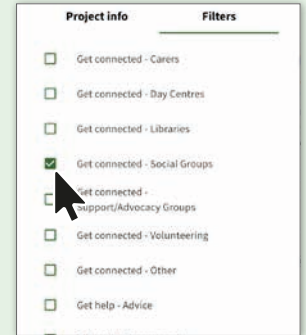
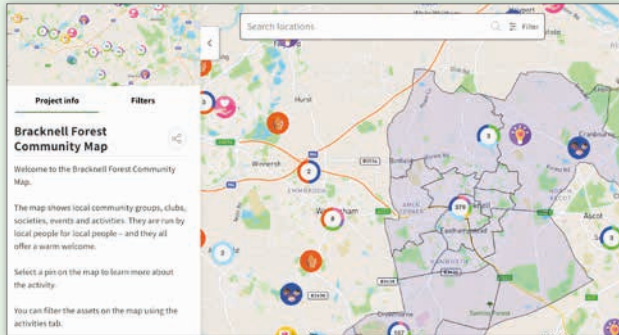
Cost of refreshments

Bus route: 151

My Community Map

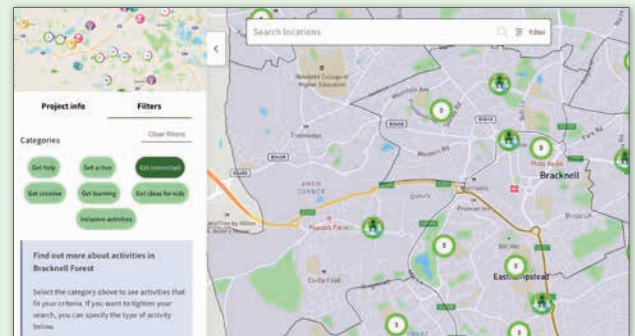
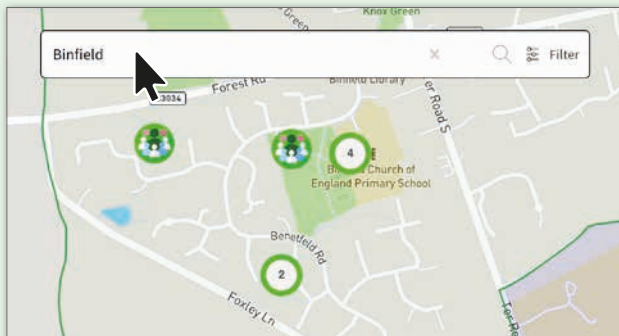
Find out what is happening in your area.

There is a wide range of local activities, groups and societies across the borough that can help to support your health and wellbeing. To search for inclusive activities specifically for those with learning disabilities, use the **'inclusive activities'** filter.



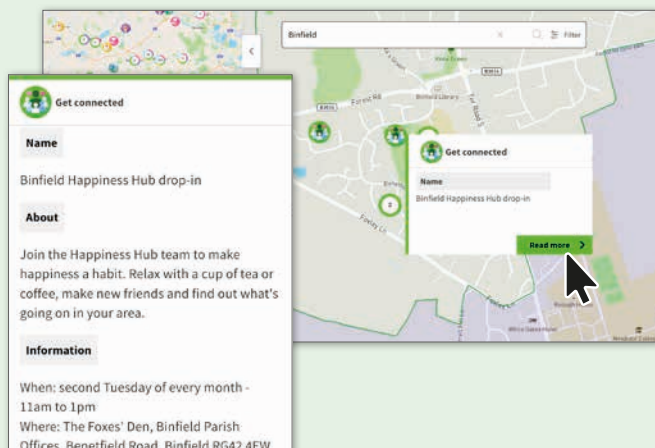
Visit health.bracknell-forest.gov.uk and click on 'My Community Map'.

Filter your search by selecting a category (see options below) or type of activity.



You can also search by area or postcode.

See the results on the map.



Click on a symbol to find out more about the activity, including cost and how to book.

Can't find what you are looking for?
Request a call back from one of our friendly social prescribers on **01344 325 000**.