

## Support in Bracknell Forest

Bracknell Forest has a variety of different groups for any query that you need help with.

Bracknell Forest Council has a great community map with services available:

<https://bfcommunitymap.commonplace.is/>

There is also the Bracknell Forest Support page: <https://www.bracknell-forest.gov.uk/>

Everyone Active Support: [Bracknellwellbeing@everyoneactive.com](mailto:Bracknellwellbeing@everyoneactive.com)

Please see the list below of just a few:

Company	What they do	Contact details
Happiness Hub Bracknell Forest	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. When: first Thursday of every month from 10am to 1pm Cost: pay for refreshments only	<a href="https://www.bracknell-forest.gov.uk/health-and-social-care/mental-health-and-wellbeing/happiness-hub-events">https://www.bracknell-forest.gov.uk/health-and-social-care/mental-health-and-wellbeing/happiness-hub-events</a>  Where: Cup of Rosie, Town Square, Bracknell, RG12 1BH  Phone: 01344 300333
Stepping Stones	Stepping Stones Recovery College provides learning opportunities through workshops and courses for anyone experiencing challenges to their mental, physical, and emotional wellbeing.	Email: <a href="mailto:reception@steppingstonesrecovery.co.uk">reception@steppingstonesrecovery.co.uk</a>  Web: <a href="https://www.steppingstonesrecovery.co.uk/">https://www.steppingstonesrecovery.co.uk/</a>  Address: The Court House, Broadway, Bracknell, Berkshire, RG12 1AE
PAWS Dog therapy	Animal Assisted Interventions and Animal Assisted Therapy for children, young people and adults can effectively reduce anxiety and stress, help with blood pressure, foster positive emotions, improve social interactions, and boost the quality of life to name a few. Therapy incorporates animals to provide essential wellbeing and mental health support alongside other therapeutic and educational practices. We prepare people for the future; building relationships, life skills and confidence.  Together, our trained dog handlers and therapy dogs can come to health care facilities in your local area or even schools, colleges, and community centres.	Call: 0330 229 2079  Email: <a href="mailto:info@pawswellbeing.org">info@pawswellbeing.org</a>  Website: <a href="https://www.pawswellbeing.com/">https://www.pawswellbeing.com/</a>

<p>COATS Community Meals - Crowthorne</p>	<p>The COATS Centre is run by COATS Charity to provide companionship, freshly cooked meals and activities to older people living in and around Crowthorne. Monday to Thursday from 9am to 4pm. and Friday 9am to 2:30pm (Closed on Public Holidays) If you live in the Crowthorne area, we also provide a Minibus service from your front door to the Centre for just 3 per day.</p>	<p>Email: <a href="mailto:manager@coatscrowthorne.org.uk">manager@coatscrowthorne.org.uk</a>  Web: <a href="http://www.coatscrowthorne.org.uk">http://www.coatscrowthorne.org.uk</a>  Address: The COATS Centre, Pinewood Avenue, Crowthorne, RG45 6RQ</p>
<p>Food Bank: The Trussell Trust - Bracknell food bank; Kerith Community Church, Church Road, Bracknell, RG12 1EH</p>		
<p>Share Bracknell</p>	<p>Deliver food boxes to families in Bracknell and a pop up at St Andrew's. Receive food from supermarkets and other retailers which is surplus stock or food that is nearing the end of the shelf life and would have previously ended up in the bin, therefore there is a whole range of food. There's no referral system and anyone can go whether they are in hardship or just don't like seeing food go to waste. There is also no limit as to how many times someone can attend they also be to pick what they would like and fill their bag/box up with whatever the only questions asked is how many people are in their household.</p>	<p>Web <a href="https://www.warfield.org.uk/Group/Group.aspx?ID=372604">https://www.warfield.org.uk/Group/Group.aspx?ID=372604</a>  Address: St Andrews Church, Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU</p>
<p>New Hope</p>	<p>Bracknell Forests Drug and Alcohol Action Team (DAAT) are committed to making sure that anyone who lives in Bracknell Forest with either a drink or drug problem can access help and support. The DAAT is both a commissioner and provider of services. We work closely with other agencies such as Children's Social Care, Adults Social Care, Community Mental Health Team (CMHT), Probation and Youth Offending Service (YOS) to ensure that all aspects are covered in order to provide the best care possible. Facilities Available at New Hope include:</p> <ul style="list-style-type: none"> <li>• Recovery Day Programme consists of an 8 week rolling programme which includes: Recovery Framework, Healthy Living Confidence and Self Esteem, Change, Relapse Prevention, Emotional Wellbeing, Motivation, Mindfulness</li> <li>• Acupuncture</li> <li>• Alcohol Support Group</li> <li>• Substance Support Group</li> </ul>	<p>Information Monday 8am - 8pm Tuesday 8am - 8pm Wednesday 8am - 8pm Thursday 8am - 8pm Friday 9am - 4.30pm Saturday - CLOSED Sunday - CLOSED  Phone 01344 312360</p>

	<ul style="list-style-type: none"> <li>• ATR Group</li> <li>• Family and Friends Support Group</li> <li>• Reducing Offender Behaviour Group</li> <li>• Recovery Steps</li> <li>• Breaking Free Online</li> <li>• Growing Hope</li> <li>• Needle Exchange</li> <li>• Prescribing Clinics</li> </ul>	
Dementia Support - Dementia Social get-togethers	<p>This event is an opportunity for people with dementia and their family members to build relationships in a friendly and welcoming environment.</p> <p>The dementia advisory service will be on hand for any information or advice.</p> <p>Information</p> <p>When: every Monday 11am to 12:30pm</p> <p>If you are coming along for the first time, let us know in advance so we can introduce you when you arrive.</p>	<p>Phone: 01344 823220</p> <p>Email: <a href="mailto:dementia.adviser@bracknell-forest.gov.uk">dementia.adviser@bracknell-forest.gov.uk</a></p> <p>Web: <a href="https://www.bracknell-forest.gov.uk/health-and-social-care/dementia/support-groups-and-events/face-face-groups">https://www.bracknell-forest.gov.uk/health-and-social-care/dementia/support-groups-and-events/face-face-groups</a></p> <p>Address: The Admiral Cunningham, Priestwood Court Road, Bracknell, RG42 1TU</p>
Promise Inclusion - Bracknell Carers Group Meetings	<p>This group has been running for 11 years. We alternate between a lunch held at the New Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU and a coffee morning.</p>	<p>Contact: Christine</p> <p>Phone: 0300 777 8539.</p> <p>Web: <a href="https://promiseinclusion.org/">https://promiseinclusion.org/</a></p> <p>Address: Priestwood Community Centre, Priestwood Community Centre, Priestwood Court Road, Bracknell, RG42 1TU</p>
The Parks Women's Institute - W I Berkshire Federation	<p>The WI plays a unique role in providing women with educational opportunities, the chance to build new skills, to take part in a wide variety of physically and mentally stimulating activities and to campaign on issues that matter to them and their communities.</p>	<p>Phone: 0118 933 3448</p> <p>Web: <a href="https://www.thewi.org.uk/become-a-member/structure-of-the-wi/england/berkshire/find-a-wi/the-park">https://www.thewi.org.uk/become-a-member/structure-of-the-wi/england/berkshire/find-a-wi/the-park</a></p> <p>Address: Community Hall, Warfield Park, Bracknell, RG42 3RH</p>
Who Let The Dads Out	<p>A play group for ages 0-5 for dads and father figures to bring their kids and socialise! A get-together for dads, father figures their kids usually on the last Saturday of each month (not December) from 10am-12pm. Entry 5 per adult, kids are FREE. Pre-pay via online ticket. Entry includes refreshments and breakfast for the adults with free drinks for the kids.</p>	<p>Phone: 01344 862699</p> <p>Tickets must be bought online prior - Web: <a href="http://www.kerith.church/whats-on">http://www.kerith.church/whats-on</a></p> <p>Address: The Kerith Centre, Church Road, Bracknell, RG12 1EH</p>