



STEPPING
STONES[™]

Bracknell Recovery College

A Recovery College for
Hope, Inspiration & Growth

**COURSES & WORKSHOPS
2025 SUMMER TERM**



WHAT OUR STUDENTS SAY....

"The course made me look at myself, identify problems and think about changing my mindset and then my behaviour. I can now recognise my strengths."

"I feel more empowered, more motivated to deal with long term issues"

"It has been great to meet people and to learn so much"

"Confidence in myself has improved and hope for recovery has heightened considerably"

"Reignited the hope and knowledge that things will get better."

"It has given me a more open mindset to the different parts of recovery and how different things can help or hinder it."

"It has helped me to remember change is possible."

"... life changing meeting new people, information was very informative, will miss everyone."

"Has helped me recognise my self worth again, with a lot of lightbulb moments and have used the techniques on a daily basis"





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How we can help you feel less anxious about coming to Stepping Stones.

We really care about making it as easy as possible for you to attend our courses and workshops. But we are aware that coming to the Recovery College, especially for the first time, can sometimes feel overwhelming. We have a wonderful group of student supporters who can help you with this. For example, we can arrange to meet you before your course and show you around the college.

On the day of your first workshop, we can also meet you outside and walk in together. And there is always a supporter in the workshop to look out for you. If there's anything else at all that we can do to help you feel safer, more comfortable and confident about attending, please let us know!

We are so looking forward to welcoming you to Stepping Stones.

Written by Cat
Stepping Stones Student

"Thank you very much to all the Stepping Stones staff for all that they do for the community. Looking forward to seeing you all next term"



ABOUT



WELCOME TO STEPPING STONES RECOVERY COLLEGE

We are an independent charity and here to help anyone experiencing challenges to their emotional, physical or mental health. We believe that recovery and great wellbeing is possible for everyone and we provide a safe and supportive environment where you can relax, enjoy learning and build social connections.

Our free courses and workshops are open to anyone 18+ living, working, or studying in Bracknell Forest.

We can now also offer a new programme of courses specifically for Young Adults aged 16-25. Visit www.youngadults.co.uk for more details.

One of our very talented students has created a new information hub which offers over 200 resources and an easy-to-use search tool that will help you find the support that best meets your needs. Explore it at www.ichooseme.uk.

Whatever you do at Stepping Stones, we all learn together as equals, and hope that your time with us will be just the beginning of a really exciting and fulfilling journey of self discovery, renewed purpose and greater happiness.

Most of our courses and workshops are held at the old Court House in Bracknell Town centre which is close to both the bus and train stations and with plenty of public car parks.



HOW WE WORK

Stepping Stones is a very special place for anyone facing challenges to their mental, physical, or emotional wellbeing. Our free courses and workshops are designed to help you understand more about what you may be experiencing, rediscover your skills, strengths and creativity, and ultimately, build a more fulfilling life.

People come to Stepping Stones for many different reasons and you do not need to tell us about your own. However, some students have told us that it helps them to feel less lonely and more socially connected. Others have learnt a great deal more about a diagnosed condition and how to manage this, either for themselves or to support others. Some students just enjoy feeling less anxious and find singing, crafting, art and movement really helps with this. Whatever your reason for joining, we're here to support and inspire you!

You decide for yourself whether to register and choose the workshops you'd like to attend. If you would like any help with this, please contact our office to make an appointment as we're always happy to help.

How to Register

Just choose which of the following ways you want to register with us:

www.steppingstonesrecovery.co.uk



By visiting us in person at:
The Court House, Broadway,
Bracknell, RG12 1AE

By calling us on: 01344 300333

College News

Sign up via our website to receive our regular newsletter straight to your inbox.

Follow us on social media

-  SteppingStonesBracknell
-  [steppingstones.recoverycollege](https://www.instagram.com/steppingstones.recoverycollege)
-  Stepping Stones Recovery College



CAN I REPEAT A COURSE AND WHAT HAPPENS IF IT IS FULL?

We really want everyone at Stepping Stones to be able to attend all the courses they need to support their personal recovery and wellbeing. Our online booking system enables you to book yourself onto most courses. However, we have a growing number of students and a limited number of places to offer everyone. So, if you would like to repeat a course or attend one that is already full, you can now add yourself to a 'Waiting List' which you will find on our website menu. Once places become available, we will then contact you and let you know that you can go ahead and book yourself onto the course.

We will always remind you of your upcoming courses by email or text and we also very much appreciate you letting us know if you cannot attend a session or course, so we can offer your place to someone else.

PATHWAYS

Where do I start?

There are several learning pathways and we hope this will make it easy for you to choose the courses that most interest you and best support your own recovery.

You can of course mix and match courses and workshops from different pathways and do as few or as many as you wish.

However, we would ask that you are please realistic about the number of courses you will actually be able to attend so that we can offer places to as many students as possible.





1. THE FOUNDATIONS OF RECOVERY

This pathway is the perfect starting place for anyone who wants to begin their recovery journey at Stepping Stones. It provides great preparation and a sound foundation for the journey ahead. Please book onto an Introductory session to find out more.



2. EXPLORING AND BETTER UNDERSTANDING CONDITIONS

In this pathway many common conditions and challenges are explained, so you can better understand how they might affect you or the person you are supporting. Courses also provide lots of practical ways that you can support yourself and others through these experiences.



3. NURTURING POSITIVE HEALTH AND WELLBEING

We explore how many aspects of our wellbeing are affected by our mental, physical and emotional health and why these are connected. We offer lots of practical ideas for how you can do small things to better support your recovery.



4. HAVING FUN DISCOVERING OUR INNER CREATIVITY

Recovery can be a wonderful journey of self-discovery and a great opportunity to nurture our inner creativity. These courses and workshops are lots of fun, very relaxing and create a great sense of calm, happiness and wellbeing.



5. DEVELOPING MORE EFFECTIVE LIFE SKILLS

Dealing with money can really affect our mental health and wellbeing, often making us feel anxious and overwhelmed. We are now offering a series of one to one sessions for you to book with Alison who has a great deal of experience in this area and will offer you lots of signposting to free resources.



6. ONLINE COURSES & WORKSHOPS

We can offer some of our courses and workshops online in response to any demand from students or businesses. So if you would like us to run a course for a small group please email:

reception@steppingstonesrecovery.co.uk
or if you are a business, please email:
cathy@steppingstonesrecovery.co.uk

COURSES & WORKSHOPS

AT STEPPING STONES, WE WOULD LIKE TO INSPIRE YOU WITH AN EXCITING JOURNEY OF SELF-DISCOVERY.



"I'm finding Stepping Stones a safe environment where staff are respectful, caring and loving. It is a comfort for me due to a very traumatic childhood which has left me with many scars"



PATHWAY 1

The Foundations of Recovery

This pathway is the perfect starting place for anyone beginning their recovery journey at Stepping Stones.

Within this course, we look at how the concept of recovery is a deeply personal journey, unique and different for everyone. Essentially, it's all about gaining a deeper understanding of yourself and discovering the simple joy of being authentically who you are. We explore attitudes, behaviours, motivation and thought patterns, sorting out what might help and what could get in the way of our recovery. We work together as a small group to cultivate a positive, growth-oriented mindset. One that empowers you to clarify your life goals and start to overcome any obstacles to achieving them.

All students booked this term will need to attend an Introduction to Foundations session before attending the course. The Introductory sessions are from 10:30am to 11:30am OR 12:00pm to 1:00pm on:

Friday April 25th 2025

Tuesday June 3rd 2025

Please contact the office if you want to book this course but are unable to attend either of the Introductory sessions.

This **7-part course** runs twice this term.
All sessions run from **10:30am to 1pm.**

7 Part
Course

Monday	28th April	(Part 1)	Thursday	5th June	(Part 1)
Friday	2nd May	(Part 2)	Tuesday	10th June	(Part 2)
Friday	9th May	(Part 3)	Thursday	12th June	(Part 3)
Monday	12th May	(Part 4)	Tuesday	17th June	(Part 4)
Friday	16th May	(Part 5)	Thursday	19th June	(Part 5)
Monday	19th May	(Part 6)	Tuesday	24th June	(Part 6)
Friday	23rd May	(Part 7)	Thursday	26th June	(Part 7)



PATHWAY 2

Exploring and Better Understanding

We all know how to maintain our physical health, but when it comes to nurturing our mental and emotional wellbeing, we're often not so focused.

However sometimes, simply understanding the reasons behind how we feel can be immensely helpful. And it's so reassuring to have a few simple strategies to hand for when we do feel challenged. So in this pathway, we offer a wide range of courses and workshops that will help you to better understand many different conditions and challenges that can affect our wellbeing. And we will also provide lots of practical ways that you can support yourself and others through these experiences.

ADULT ADHD

(2 - Part Course)

2pm - 4pm

Friday 16th May (Part 1)

Friday 23rd May (Part 2)

ADVERSE CHILDHOOD EXPERIENCES

10:30am - 12:30pm

Monday 2nd June

ANGER

2pm - 4pm

Monday 16th June

LIVING WITH BEREAVEMENT AND LOSS

(2 - Part Course)

2pm - 4pm

Monday 2nd June (Part 1)

Monday 9th June (Part 2)

BODY IMAGE

(2 - Part Course)

10:30am - 12:30pm

Thursday 1st May

Thursday 8th May

CONTROLLING RELATIONSHIPS

(2 - Part Course)

10:30am - 12:30pm

Monday 23rd June (Part 1)

Monday 30th June (Part 2)

"It has allowed me to reflect on my losses in life and normalised feelings that I had repressed in the past"

EMOTIONAL BOUNDARIES

(2 - Part Course)

10:30am - 12:30pm

Monday 7th July

Thursday 10th July

New

INNER STRENGTHS AND SELF BELIEF

2pm - 4pm

Friday 2nd May

EMOTIONS AND THE LANGUAGE OF EMOTIONS

2pm - 4pm

Monday 7th July

LOW MOOD & DEPRESSION

(2 - Part Course)

10:30am - 12:30pm

Monday 9th June (Part 1)

Monday 16th June (Part 2)

FORGIVENESS

10:30am - 12:30pm

Friday 4th July

HOW TO MOVE BEYOND LABELS

10:30am - 12:30pm

Friday 11th July

"I would recommend this to anyone to better understand themselves and others in managing depression"

B E L I E V E I N Y O U R S E L F





TAKE
CARE OF
YOURSELF

New

OCD

2pm - 4pm

Friday 9th May

SELF DOUBT AND MENTAL HEALTH

2pm - 4pm

Friday 11th July

PANIC

2pm - 4pm

Monday 30th June

STRESS & ANXIETY

(2 - Part Course)

2pm - 4pm

Monday 12th May (Part 1)

Monday 19th May (Part 2)

PTSD

2pm - 4pm

Monday 23rd June

WAYS TO LIVE BETTER WITH TRAUMA

(2 - Part Course)

10:30am - 12:30pm

Tuesday 1st July (Part 1)

Thursday 3rd July (Part 2)

"It has given me additional confidence and made me consider my condition in a different way."



PATHWAY 3. Nurturing Positive Health & Wellbeing

Having a sense of real wellbeing includes our ability to cope with the challenges of daily life, thinking clearly, expressing our emotions, solving problems, and building healthy social connections with those around us. So, it's not surprising that our mental, physical and emotional wellbeing are all inter-connected and within this pathway, we provide lots of courses and workshops designed to support many areas of your wellbeing. Our aim is not only to provide you with knowledge but also perhaps some new ideas and practical skills that you can use in your everyday life.

Multi-part courses

Before you book any of these, please ensure you can attend all the dates included as they are usually very popular and will have Waiting Lists.

EXPLORING THE HEALING POWER OF NATURE (4 - Part Course)

Deepen your connection to the natural world through mindfulness practices and relaxing, nature-inspired art and craft sessions.

Session dates and times are:

10:30am - 12:30pm

Wednesday 30th April (Part 1)

Wednesday 7th May (Part 2)

Wednesday 14th May (Part 3)

Wednesday 21st May (Part 4)

"It's helped me understand the importance of nature and its everyday support of us, seeing things I had not noticed before."



BUILDING CONFIDENCE & MANAGING RELATIONSHIPS

(3 - Part Course)

This course can help you to understand yourself better and make wise choices about how to manage your relationships more effectively.

All sessions are from 2pm - 4pm

Friday 13th June (Part 1)

Friday 20th June (Part 2)

Friday 27th June (Part 3)

FINDING OUR PURPOSE IN LIFE

(2 - Part Course)

If you feel stuck, uncertain about your direction, or are looking to align your actions with your values, this course will help you uncover your true purpose and create a roadmap for your journey.

10:30am to 12:30pm

Wednesday 4th June (Part 1)

Wednesday 11th June (Part 2)

DESIGN YOUR OWN RECOVERY VISION BOARD

(3 -Part Course)

At Bracknell Library, Ground Floor



Join us to create a powerful visual representation of your personal recovery hopes and goals. In this self-reflective workshop, you will have space to deeply consider what is important to you and what you want to achieve in life.

10:30am - 12:30pm

Thursdays June 12th, 19th, 26th



FOOD & MOOD

(4 - Part Course)

This course will help you to have a better understanding of your own body, how it responds to different foods and how this can affect your moods.

**All sessions are from
10:30am to 12:45pm**

Tuesday 29th April (Part 1)

Tuesday 6th May (Part 2)

Tuesday 13th May (Part 3)

Tuesday 20th May (Part 4)

*"I have learnt that I can
improve my depression just
by eating healthily and that I
can stop other problems
arising"*

MINDFUL JOURNALING

(2 - Part Course)

Explore how journaling can support your wellbeing and build greater emotional awareness and resilience

10:30am - 12:30pm

Thursday 15th May (Part 1)

Thursday 22nd May (Part 2)

MINDFUL COMMUNICATION

(2 - Part Course)

This is for anyone looking to foster deeper connections through empathy, active listening, and thoughtful speaking. If you often find it challenging to express yourself or feel misunderstood, this course will help you improve your communication skills.

10:30am - 12:30pm

Friday 6th June (Part 1)

Friday 13th June (Part 2)

HEALTHY MIND HEALTHY TECHNOLOGY: Exploring the Impact of Digital Use on your Wellbeing

(2 - Part Course)

Take home some practical tips and a personalised plan to help you take time away from digital devices so that your focus is sharper and you feel less stressed,

10:30am - 12:30pm

Wednesday July 2nd (Part 1)

Wednesday July 9th (Part 2)

INTRODUCTION TO MINDFULNESS

(2 - Part Course)

This 2-part introductory course is perfect for anyone looking to develop greater self-awareness, reduce stress, and cultivate a more present, peaceful way of living.

10:30am - 12:30pm

Friday 20th June (Part 1)

Friday 27th June (Part 2)



JIGSAW OF SELF DISCOVERY

(2 - Part Course)

Uncover your unique preferences and understand the reasons behind your behaviours and decisions. This fun course will help you to understand yourself and others better!

10:30am - 12:30pm

Wednesday 18th June (Part 1)

Wednesday 25th June (Part 2)

EASY MINDFUL YOGA

This is an introduction to yoga that is perfect for any Stepping Stones students who have not tried yoga before or who may have some previous experience but looking for a gentle session. We will focus on simple poses and breathing techniques to help calm the mind and improve flexibility.

Every week from 10 am to 11am at Bracknell Library, Ground Floor

Friday 2nd May until Friday 23rd May

Friday 6th June until Friday 11th July



EASY SEATED YOGA

This course is designed for any Stepping Stones student who would like to enjoy the benefits of yoga in a seated position or with the support of a chair. It is perfect for those with mobility issues or anyone who finds standing or getting up from the floor challenging, but it is also great for anyone looking for a gentle approach to yoga.

**Every week from 11:15am to 12:15pm at Bracknell Library,
Ground Floor**

Friday 2nd May until Friday 23rd May

Friday 6th June until Friday 11th July

"It's helped with my energy levels and I feel more able to do things"

GARDENING AT JEALOTT'S HILL

Every Monday and Wednesday from 10am to 2pm

We are delighted to now be cultivating four gardening plots, two raised beds and three tables in the polytunnel at the beautiful six acre, Jealott's Hill Community Land share.

The group from Stepping Stones attends most weeks of the year and twice a week in the summer. The group is led by three gardening leads from the college who will show you around and generally guide the sessions. Free refreshments are provided.

We plant whatever we like - flowers, vegetable, herbs anything we choose. We also have space in the large polytunnels to propagate. Helping with the planning, planting and cultivation can provide many social, health and wellbeing benefits, alongside the possibility of harvesting some wonderful produce, which we always share.

We may be able to help with transport if needed.

Please note that, as we can only have a limited number of students on the site at any one time, gardening needs to be booked through the office.

Please call us on: **01344 300333**





"The camaraderie of the group grows with the sessions and sense of belonging this was very important to me alongside the topics to work through"

Single workshops

New

MAKING FRIENDS AS AN ADULT

This supportive workshop is for anyone who feels it's challenging to build or deepen friendships as an adult and would like to explore ways to create meaningful connections. Whether you're feeling isolated, starting fresh in a new place, or simply want to expand your social circle, this session offers a welcoming space to start.

2pm - 4pm

Friday 6th June

FINDING JOY IN BEING ALONE

Whether you are looking to enhance your personal well-being or simply seeking to enjoy your own company more, this workshop will help you to find joy in solitude while fostering meaningful relationships.

10:30am - 12:30pm

Tuesday 8th July

HARNESSING THE POWER OF POSITIVITY

Perfect for anyone looking to cultivate a more optimistic mindset, break free from negativity, and tap into the transformative power of positive thinking.

2pm - 4pm

Friday 4th July

THE ROAD TO SELF ACCEPTANCE

Self-Acceptance is the willingness to experience ourselves as we are. Explore the practice of self acceptance as a way of supporting your mental wellbeing and encouraging personal growth.

2pm - 4pm

Monday 28th April



PATHWAY 4. Having fun Discovering Your Inner Creativity

Recovery can be a wonderful journey of self-discovery and a great opportunity to re-discover the sheer joy of simple things – like singing together or exploring different ways to express ourselves creatively.

So, whether or not you already have any of these skills, these courses are lots of fun and can give everyone a great sense of happiness, calm and wellbeing.

If you have already completed any of these courses and wish to repeat them, please indicate your interest by adding yourself to the Waiting List which can be found on our website. This will give us time to offer places to students who have not yet completed the course and we will let you know when you can go ahead and book.

10 Part
Course

SINGING FOR FUN & WELLBEING 1:30pm - 3pm

Every week starting on Wednesday 30th April until Wednesday 9th July*

**Except during the Half Term week of 26th May*

Taster
sessions

TASTER SINGING FOR FUN AND WELLBEING 3:30pm - 4:30pm

Fun, one hour sessions for you to try out some singing. Individually booked sessions every week starting on Wednesday 30th April until Wednesday 9th July*

**Except during the Half Term week of 26th May*

8 Part
Course

MOVEMENT FOR WELLBEING at SOUTH HILL PARK 2pm - 3pm

An any ability class for fun, fitness and mental wellbeing.
Every week starting on Monday 28th April until Monday 30th June*

**Except: Mondays 5th May and 26th May*

RELAXING CRAFTING

This course is perfect for anyone looking to relax, unwind, and nurture their creativity. Whether you are experienced or just curious about trying something new, we offer a peaceful, welcoming space to explore your creativity. All materials are provided, so you can simply show up and enjoy the experience.

4 Part Course

2pm - 4pm

Tuesday 29th April
Tuesday 6th May
Tuesday 13th May
Tuesday 20th May

6 Part Course

2pm - 4pm

Tuesday 3rd June
Tuesday 10th June
Tuesday 17th June
Tuesday 24th June
Tuesday 1st July
Tuesday 8th July



"It's great to be able to clear my brain fog and have something to show at the end"

GUITAR LESSONS FOR BEGINNERS

10 Part Course

10 part course running on Wednesday, Thursday and Friday afternoons

- Starting on Wednesday 30th April at: 2pm - 3pm OR 3pm - 4pm
- Starting on Thursday 1st May at: 2pm - 3pm OR 3pm - 4pm
- Starting on Friday 2nd May at: 2pm - 3pm OR 3pm - 4pm

Please book all guitar lessons through the office: 01344 300333 and you will be asked to attend an initial introductory session with Ian, our guitar facilitator.

"Fantastic fun. Ian is great. Learnt lots and thank you for the lessons"



New

CREATIVE PUBLISHING: ARTIST BOOKS AND ZINE MAKING

This is an exciting new creative course! A zine is a small, homemade booklet or magazine. It can be created to share ideas, art, stories, or interests. On this course we will discuss zine making and look at examples. Zines and artist books are such a personal way to tell stories or express ideas.

You'll have a lot of freedom to experiment with different mediums like drawing, photography, printmaking and collage.

4 Part Course

3:30pm - 4:30pm

Thursday 1st May
Thursday 8th May
Thursday 15th May
Thursday 22nd May

6 Part Course

3:30pm - 4:30pm

Thursday 5th June
Thursday 12th June
Thursday 19th June
Thursday 26th June
Thursday 3rd July
Thursday 10th July

"Brilliant, especially Lisa Marie and the supporters. They are professional, caring and full of energy and heart"

TRADITIONAL DRAWING, PAINTING & PRINTING

4 Part Course

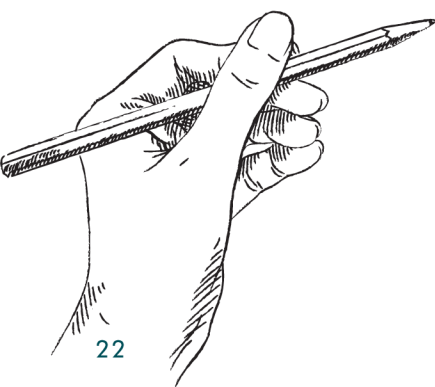
1:30pm - 3pm

Thursday 1st May
Thursday 8th May
Thursday 15th May
Thursday 22nd May

6 Part Course

1:30pm - 3pm

Thursday 5th June
Thursday 12th June
Thursday 19th June
Thursday 26th June
Thursday 3rd July
Thursday 10th July



Weekly at
Easthamstead
Works

SOCIAL, BOARD GAMES AND BOOK CLUB FOR STUDENTS

Join us for some story and poetry readings, some restful colouring or have a lively game of Scrabble!

This is YOUR time and you can mix it up and do a bit of everything.

All sessions are from 2pm to 4pm at Easthamstead House.

Please book these sessions on the website or through the office.

The first session is on Monday April 28th and then weekly until Monday May 19th. Then from Monday June 2nd weekly until Monday July 7th

Please note there will no sessions on Monday 5th and 26th May as these are Bank Holidays





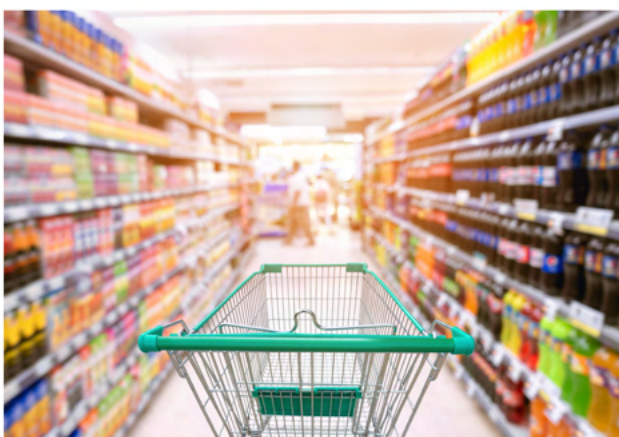
PATHWAY 5 Developing More Effective Life Skills

Dealing with money can make anyone feel anxious and this most certainly affects our wellbeing.

Stepping Stones is now able to offer one to one sessions for students to meet with Alison, who has previously facilitated the 'Reducing Stress and Anxiety About Money' course and has lots of experience supporting and signposting on this subject.

It's all about helping you to feel more in control, less anxious about money and generally happier.

These new one to one sessions will enable Alison to work with you and help you to better understand your values and relationship with money, develop some positive strategies and, where relevant, signpost you to other organisations that offer free help and advice.



We are not able to give personal advice on specific money matters but we will be able to provide you with information about independent and free organisations and websites that can offer this service. So please be assured that there is no need for you to disclose anything about your own personal circumstances.

The college also has a range of resources for you to take away with you and these will help you to build the skills and confidence to manage your money in a way that works best for your individual needs.

As we are an independent charity and have no formal links to any government or council services, everything that we discuss is completely confidential and is never disclosed to any third party.

*"It has given me enthusiasm to engage in courses
Even just by attending these sessions alone, hugely positive."*

DATES AND TIMES OF ONE TO ONE SESSIONS

Tuesday 6th May at : 10am, 11am and 12pm

Tuesday 24th June at: 10am, 11am and 12pm

These can be booked online on the Stepping Stones website or by calling the office on 01344 300333

If you have any questions about the sessions, please email Alison alison@steppingstonesrecovery.co.uk or call the office:
01344 300333

The Young Adults programme has been developed by a team of young adults from within the Bracknell Forest community, together with students from Stepping Stones Recovery College in Bracknell.



Building Young Adults Wellbeing & Life Skills

Discover our new range of completely FREE courses and workshops, co-created with young adults to boost wellbeing, mental health and life skills.

Explore a wide range of topics, from self-awareness and understanding emotions and relationships, to mastering practical skills like food prep, cooking, and managing your home and money.

**EXPLORE
DISCOVER
THRIVE**

If you're a young adult aged 16 to 25, who lives, works or studies in the Borough of Bracknell Forest, you are eligible for these free courses.

Visit our Website



youngadults.co.uk



Finding the
right **SUPPORT**
for you

i choose **ME**™

Our new mental health and wellbeing information hub.

Visit our Website



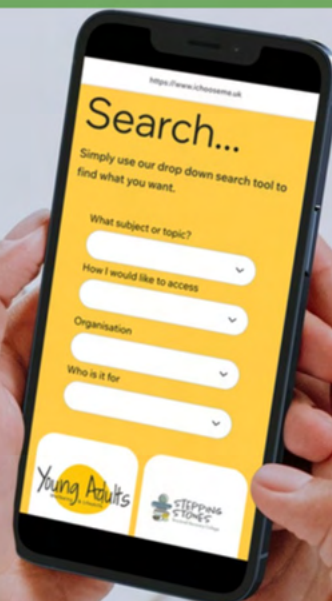
ichooseme.uk

Explore a selection of the many resources available to support mental health and wellbeing, in both the Bracknell area and nationally. The easy search tool lets you tailor your selection to those that best meet your needs.

We hope this will enable you to quickly identify the most relevant support available for you or someone you are caring for.



Over 200
resources to
explore!



APRIL/MAY 2025

MONDAY 28TH	TUESDAY 29TH	WEDNESDAY 30TH	THURSDAY 1ST	FRIDAY 2ND
<p>10:30am - 1pm Foundations of Recovery (1 of 7)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm The Road to Self Acceptance</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (1 of 8) South Hill Park</p>	<p>10:30am - 12:45pm Food and Mood (1 of 4)</p> <p>2pm - 4pm Relaxing Crafting (1 of 4)</p>	<p>10:30am - 12:30pm Exploring the Healing Power of Nature (1 of 4)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (1 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30 pm Exploring and Better Understanding Body Image (1 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 4)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (1 of 4)</p>	<p>10:30am - 1pm Foundations of Recovery (2 of 7)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15 am - 12:15pm Easy Seated Yoga Bracknell Library (1 of 4)</p> <p>2pm - 4pm Exploring and Better Understanding our Inner Strengths and Self Belief</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10)</p>

MAY 2025

MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH
<p>BANK HOLIDAY</p>	<p>10:30am - 12:45pm Food and Mood (2 of 4)</p> <p>10am, 11am or 12pm One to One Sessions for Better Money Management</p> <p>2pm - 4pm Relaxing Crafting (2 of 4)</p>	<p>10:30am - 12:30pm Exploring the Healing Power of Nature (2 of 4)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (2 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30 pm Exploring and Better Understanding Body Image (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 4)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (2 of 4)</p>	<p>10:30am - 1pm Foundations of Recovery (3 of 7)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (2 of 4)</p> <p>2pm - 4pm Exploring and Better Understanding OCD</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10)</p>

MAY 2025

MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
<p>10:30am - 1pm Foundations of Recovery (4 of 7)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Exploring and Better Understanding Stress and Anxiety (1 of 2)</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (2 of 8) South Hill Park</p>	<p>10:30am - 12:45pm Food and Mood (3 of 4)</p> <p>2pm - 4pm Relaxing Crafting (3 of 4)</p>	<p>10:30am - 12:30pm Exploring the Healing Power of Nature (3 of 4)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (3 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Mindful Journaling (1 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 4)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (3 of 4)</p>	<p>10:30am - 1pm Foundations of Recovery (5 of 7)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (3 of 4)</p> <p>2pm - 4pm Exploring and Better Understanding Adult ADHD (1 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10)</p>

MAY 2025

MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
<p>10:30am - 1pm Foundations of Recovery (6 of 7)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Exploring and Better Understanding Stress and Anxiety (2 of 2)</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (3 of 8) South Hill Park</p>	<p>10:30am - 12:45pm Food and Mood (4 of 4)</p> <p>2pm - 4pm Relaxing Crafting (4 of 4)</p>	<p>10:30am - 12:30pm Exploring the Healing Power of Nature (4 of 4)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (4 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Mindful Journaling (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 4)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (4 of 4)</p>	<p>10:30am - 1pm Foundations of Recovery (7 of 7)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (4 of 4)</p> <p>2pm - 4pm Exploring and Better Understanding Adult ADHD (2 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10)</p>
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM

JUNE 2025

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
<p>10:30am - 12:30pm Exploring and Better Understanding Adverse Childhood Experiences</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Living with Bereavement and Loss (1 of 2)</p> <p>2pm - 4pm Social, Board Games and Book Club for Students</p> <p>Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (4 of 8) South Hill Park</p>	<p>10:30am - 11.30am OR 12pm - 1pm Introduction to Foundations of Recovery</p> <p>2pm - 4pm Relaxing Crafting (1 of 6)</p>	<p>10:30am - 12:30pm Finding Our Purpose in Life (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (5 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (1 of 7)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (1 of 6)</p>	<p>10:30am - 12:30pm Mindful Communication (1 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (1 of 6)</p> <p>2pm - 4 pm Making Friends as an Adult</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10)</p>

JUNE 2025

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
<p>10:30am - 12.30pm Exploring and Better Understanding Low Mood and Depression (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Living with Bereavement and Loss (2 of 2)</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (5 of 8) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (2 of 7)</p> <p>2pm - 4pm Relaxing Crafting (2 of 6)</p>	<p>10:30am - 12:30pm Finding Our Purpose in Life (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (6 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (3 of 7)</p> <p>10:30am - 12:30pm Design your own Recovery Vision Board (1 of 3) Bracknell Library</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (2 of 6)</p>	<p>10:30am - 12:30pm Mindful Communication (2 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (2 of 6)</p> <p>2pm - 4pm Building Confidence and Managing Relationships (1 of 3)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10)</p>

JUNE 2025

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
<p>10:30am - 12.30pm Exploring and Better Understanding Low Mood and Depression (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Exploring and Better Understanding Anger</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (6 of 8) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (4 of 7)</p> <p>2pm - 4pm Relaxing Crafting (3 of 6)</p>	<p>10:30am - 12:30 pm Jigsaw of Self Discovery (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (7 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (5 of 7)</p> <p>10:30am - 12:30pm Design your own Recovery Vision Board (2 of 3) Bracknell Library</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (3 of 6)</p>	<p>10:30am - 12:30pm Introduction to Mindfulness (1 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (3 of 6)</p> <p>2pm - 4pm Building Confidence and Managing Relationships (2 of 3)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10)</p>

JUNE 2025

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
<p>10:30am - 12:30pm Exploring and Understanding Controlling Relationships (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Exploring and Better Understanding PTSD</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (7 of 8) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (6 of 7)</p> <p>10am, 11am or 12pm One to One Sessions for Better Money Management</p> <p>2pm - 4pm Relaxing Crafting (4 of 6)</p>	<p>10:30am - 12:30 pm Jigsaw of Self Discovery (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (8 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (7 of 7)</p> <p>10:30am - 12:30pm Design your own Recovery Vision Board (3 of 3) Bracknell Library</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (4 of 6)</p>	<p>10:30am - 12:30pm Introduction to Mindfulness (2 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (4 of 6)</p> <p>2pm - 4pm Building Confidence and Managing Relationships (3 of 3)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10)</p>

JUNE / JULY 2025

MONDAY 30TH	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
<p>10:30am - 12:30pm Exploring and Better Understanding Controlling Relationships (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Exploring and Better Understanding Panic</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (8 of 8) South Hill Park</p>	<p>10:30am - 12:30pm Exploring and Understanding Trauma (1 of 2)</p> <p>2pm - 4pm Relaxing Crafting (5 of 6)</p>	<p>10:30am - 12:30pm Healthy Mind, Healthy Technology (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (9 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Exploring and Better Understanding Trauma (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (5 of 6)</p>	<p>10:30am - 12:30pm Exploring and Understanding Forgiveness</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (5 of 6)</p> <p>2pm - 4pm Harnessing the Power of Positivity</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10)</p>

JULY 2025

MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH
<p>10:30am - 12:30pm Exploring and Better Understanding Emotional Boundaries (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>2pm - 4pm Exploring and Better Understanding the Language of Emotions</p> <p>2pm - 4pm Social, Board Games and Book Club for Students Easthampstead Works</p>	<p>10:30am - 12:30pm Finding Joy in Being Alone</p> <p>2pm - 4pm Relaxing Crafting (6 of 6)</p>	<p>10:30am - 12:30pm Healthy Mind, Healthy Technology (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (10 of 10)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Exploring and Understanding Emotional Boundaries (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (6 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10)</p> <p>3:30pm - 4:30pm Make an Artist book and Zine (6 of 6)</p>	<p>10:30am - 12:30pm Exploring and Understanding How to Move Beyond Labels</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:15am - 12:15pm Easy Seated Yoga Bracknell Library (6 of 6)</p> <p>2pm - 4pm Exploring and Better Understanding Self Doubt and Mental Health</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10)</p>

SUPPORT IN THE COMMUNITY

We work with many services and voluntary groups in the Bracknell Forest area. Here is some information about them that you might find useful.

If you can't find what you're looking for here, please visit our new mental health and wellbeing information hub, ichooseme.uk.



BRACKNELL FOREST COUNCIL PUBLIC HEALTH

Helping you to be healthy and well.

Bracknell Forest Council Public Health provide a range of free services for those living, working, or studying in Bracknell Forest that can improve your health and wellbeing. Whether you are looking to get more active, lose weight, connect with your community, or stop smoking, support is available. To find out more about what is available to you, visit: health.bracknell-forest.gov.uk



CITIZENS ADVICE EAST BERKSHIRE

Citizens Advice East Berkshire (CAEB) supports anyone living or working in Bracknell Forest, Maidenhead and Windsor, and Slough by providing free, independent, impartial, and confidential advice and support.

Our clients face issues including benefits, work, debt and money, consumer's rights, relationships, housing, and discrimination. We offer specialist help on benefits, debt & tax, and help with disability benefit applications and benefit appeals. Our work can improve people's financial situation and improve health; reducing stress and increasing people's confidence to deal with their own problems. We can take referrals from Mental Health Services in Bracknell Forest, Maidenhead and Windsor, and Slough. website - www.caeb.org.uk

BRACKNELL FOREST COMMUNITY NETWORK



The Bracknell Forest Community Network (BFCN) works collaboratively with partners in the mental health and wider health and care systems. We support individuals (18 years +) living with a range of mental health conditions to remain socially included, helping them to better understand their mental health.

Recovery Facilitators work with individuals to develop their confidence, life skills and resilience by extending the pathways of mental health and wellbeing support and removing barriers to access so they can live as independently as possible. We can support individuals and their carers to access and attend appointments around education, volunteering, employment and social activities.

For more information about our referral criteria and referral form please contact us on: Telephone: : 01344 351715
Email: BFCN@bracknell-forest.gov.uk



NEW HOPE *Drug and alcohol service*

Addiction is common and wherever you are and whatever your problem is, there are people who can help you. New Hope provides a friendly, free and confidential service to anybody who is seeking help with a drug and/or alcohol addiction. We run a 10-week rolling recovery day programme.

Other services available include: acupuncture, alcohol support group, ATR group, breaking free online, family and friends support group, growing hope, Indian head massage, needle and syringe service, prescribing clinics, reducing offender behaviour group, recovery steps, substance support group.

New Hope: Units 16/17 Market Street, Bracknell
new.hope@bracknell-forest.gov.uk or call 01344 312360

HEALTH WATCH BRACKNELL FOREST

Healthwatch Bracknell Forest is your health and social care champion. If you use any NHS services for example GPs, hospitals, district nurses, pharmacies etc, also care homes and adult social care, we want to hear about your experiences. As an independent statutory body, we have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. It is important that you share your experiences – whether good or bad. Your feedback is helping to improve people's lives. So, if you need information or advice or are ready to tell your story – we're here to listen. Please contact us:

info@healthwatchbracknellforest.co.uk

Tel: 0300 0120184 between the hours of 09:00 – 17:00 Monday to Friday

www.healthwatchbracknellforest.co.uk



NHS, BERKSHIRE HEALTHCARE

The Wellbeing Service

Changes to life circumstances, such as housing and finances, can have a significant impact on both your mental and physical health. Our wellbeing service aims to reduce the impact these challenges can have on your quality of life by providing support for practical, situational, and social challenges.

We can guide you to the right support for concerns, such as; Housing issues, Money worries (inc. debt and benefits), Drug and alcohol misuse, Loneliness & social isolation, General wellness and healthy living. We offer one-to-one sessions over the phone, online support, as well as supported signposting to local services and advice. We also offer 1- hour virtual stand-alone wellbeing workshops that explore helpful tips and information on: Resilience- Motivation - Housing - Cost of Living

Email: TTEastWellbeingService@berkshire.nhs.uk

Phone: 0300 365 2000 (option 2)

Friends in need

Friends in Need is a valuable, free service for anyone experiencing a mental health problem. Our aim is to promote community resilience by reducing isolation through peer support.

We are a friendly and welcoming peer-to-peer social support community for people to help each other. Our uplifting, fun and free-of-charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting.

Come and feel supported whilst having a chat and a cuppa with others who understand how you might be feeling. We offer a monthly timetable of both face-to-face and online social activities and to find out more please visit: www.bucksmind.org.uk/services/peer-support/groups/friends-in-need/

Young Adult Friends in Need: Open to all people aged between 17 to 25 years old with mental health support needs, offering a timetable shaped by and tailored to younger members.



INVOLVE COMMUNITY SERVICES VOLUNTEER CENTRE

Why not contact Involve Community Services to register as a volunteer? It will give you a sense of fulfilment and can enhance your CV. When you register, we will discuss your individual skills and interests and find an opportunity to suit you. To find out more information, please call the Volunteer Services Manager on 01344 304404 or email: Fiona.swan@involve.community



Bracknell and Wokingham College is part of Activate Learning and provides a wide range of education and training opportunities for the local community, ranging from study programmes and apprenticeships to leisure courses and university-level qualifications.

Telephone: 0800 612 6008 Email: enquiries@activatelearning.ac.uk
www.bracknell.activatelearning.ac.uk

WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a simple method of linking people with non-medical sources of support within the local community, to help improve their health and wellbeing. There are two ways you can access these services: you can self-refer or ask your GP to refer you to a Social Prescriber.



NHS SOCIAL PRESCRIBING

You can also be referred by your GP Practice. Once referred, a Link Worker will contact the patient and invite them to come in to discuss their needs and then link them to opportunities within the local community. We offer a free 1 to 1 confidential service and if you think you might benefit from this service, please contact your GP. We cover the Bracknell and District GP Practices as well as Ascot GP practices.

Do you have non-medical challenges that are affecting your wellbeing, which cannot be fixed by medicine? For example, do you have financial stresses? Mental health challenges? Would you like to lose weight? Are you a carer who needs support? If so, then please ask your GP to refer you to a Social Prescriber and we can discuss options that will help you get back on track.



BRACCAN HEALTH

Self Referral

My name is Rehana Maqsood and I'm a Social Prescriber for Braccan Health PCN working at The Forest Health Group and Gainsborough practices.

I help support our clinicians by giving patients time and focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing. Some of the areas I can support in: Learning new skills, weight management, making new friends, financial worries and much more. Contact your GP practice and ask for a social prescriber to make contact or alternatively you can self-refer via: baccg.spteam.braccanhealthpcn@nhs.net



SOUTH HILL PARK, ARTS CENTRE

Berkshire's Centre for the Arts, Business and Community

Housing two theatres, a dance studio, creative spaces and a cinema within the grounds of an 18th century mansion house in Bracknell, South Hill Park hosts over 300 shows, events and films each year, alongside a busy programme of over 250 courses and workshops.

South Hill Park, Ringmead, Bracknell RG12 7PA

Telephone: 01344 484123

Email: enquiries@southhillpark.org.uk

www.southhillpark.org.uk

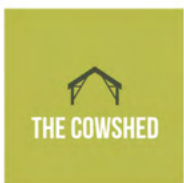


CREATE HOPE

Create Hope is a Christian charity offering emotional support to children, young people and families through creative therapy and therapeutic training to equip them for a good life. We work with people of all faith and non-faith backgrounds. We support families affected by traumatic life events such as domestic abuse, family separation, bereavement, chaotic family life, addiction, low self-esteem etc. by delivering different creative and systemic based therapy through 1-1 and group sessions. We provide accredited CPD and diploma level training to parents/carers, schools, churches, counsellors and other professionals.

To make a referral please visit our website www.createhope.co.uk or call 01344 566295.

Email – catherine@createhope.co.uk



THE COWSHED

The Cowshed is a compassionate and community-driven charity dedicated to providing support to individuals of all backgrounds during times of personal crisis. Our mission is simple yet impactful: to offer good quality, cleaned, and ironed clothes and other essential items free of charge to those in need. We firmly believe that everyone deserves access to basic necessities, regardless of their circumstances.

Tel: 0118 934 5120

Email: info@thecowshed.org



THE HAPPINESS HUB

The Happiness Hub is a collaboration of support services offering mental health and wellbeing to individuals aged 18 years and over who live in Bracknell Forest and the surrounding areas.

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. www.bracknell-forest.gov.uk > search "Happiness hub"

Binfield

When: second Tuesday of every month - 11am to 1pm

Where: The Foxes' Den, Binfield Parish Offices, Benetfield Road, Binfield RG42 4EW

Bracknell

When: first Thursday of every month - 10am to 1pm

Where: Brew Coffee Bar, Town Square, Bracknell, RG12 1BH

Crowthorne

When: third Friday of every month - 11am to 1pm

Where: Crowthorne Fire Station, High Street, Crowthorne, RG45 7AP

Sandhurst

When: third Tuesday of every month from 10:30am to 12:20pm

Where: Sandhurst Library, The Broadway, Sandhurst, GU47 9BL

Sunninghill

When: first Tuesday of every month from 10am to midday

Where: Sun Café 17-19 High Street, Sunninghill, SL5 9NG



CAREER SEEKERS *The Bracknell Forest Skills Hub*

The Bracknell Forest Skills Hub is here to help you find the right career path, whether you're just starting out, switching jobs, returning to work or seeking part-time opportunities. With expert advice, career options, skills matching, and top-quality training, you'll gain the confidence and experience needed to succeed. With our employer connections and ongoing support, you'll have access to job opportunities, interviews, and career growth every step of the way.

For more information, please check out our website, where you can also book a call or meeting with one of our consultants.

www.bracknellforestskillshub.com/career-seekers



PILGRIM HEARTS

Pilgrim hearts is a homeless charity working with those most vulnerable in our community, working in partnership with New Hope rough sleeper team and other statutory services to link people with support services needed including housing, Food banks, benefits advice and supporting local people in financial crisis. Weekly drop-in sessions, offering a warm space, hot meal and refreshments are on:

- Tuesdays - 11am – 2pm at St Andrews Church, Priestwood Court, Priestwood Avenue, Bracknell. RG42 1TU
- Thursdays - 11am – 2pm at the Methodist Church, Shepherds Lane, Bracknell. RG42 2DD

For more information, please call 01344 307030

Free advice line 0800 121 4021.

Website pilgrimhearts.org.uk or enquiries@pilgrim.hearts@gmail.com



ANDY'S MAN CLUB

Andy's Man Club is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about any issues or problems that they may have faced or are currently facing. A key principle is that everything that is said in the sessions, stays within the club. Sessions are open to anyone aged 18 years or more and held at: The Rowans Centre, Pond Moor Rd, Bracknell, RG12 7JZ/
[what3words:blaze.keys.chemistry](https://www.what3words.com/blaze.keys.chemistry)

7-9pm every Monday evening except Bank Holidays and you are welcome to simply turn up on the night. You don't need to let us know in advance.

email - info@andysmanclub.co.uk, website - andysmanclub.co.uk



SPORT IN MIND

Having a positive sense of wellbeing includes looking after both our mental and physical health. And there's lots of scientific evidence to show that being physically active and moving around can really help our mental wellbeing.

For our latest timetable, please visit the website -www.sportinmind.org.

Email: info@sportinmind.org

Tel 0118 9479762



reception@steppingstonesrecovery.co.uk

www.steppingstonesrecovery.co.uk

The Court House, Broadway, Bracknell, RG12 1AE

Phone: 01344 300333

Instagram: SteppingStones.RecoveryCollege

Facebook: SteppingStonesBracknell

LinkedIn: SteppingStonesRecoveryCollege



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