

# WHAT'S GOING ON in and around GREAT HOLLANDS



Bracknell Forest  
Health Improvement  
Programme

## Carers Support Group

2nd Wednesday of the  
month 10am - 12noon  
The Look In Cafe  
Great Hollands Square

Friendly group of carers offering  
listening ears, warmth and  
support.

Laura 0797 2609 621  
BFcarers@gmail.com

## K-Beatz

Tuesday, Wednesday  
or Thursday evenings  
Great Hollands  
Primary School



Martial arts fitness class for all  
abilities.

01344 440 328  
Gillian@k-beatz.co.uk

## Fit for All

Fridays 12 noon - 1pm  
Great Hollands  
Community Centre

Get fit in a supported and  
beginner friendly environment.  
First session free.  
Refreshments included.

07719 413355



## Great Hollands Bowls Club

Great Hollands  
Recreation Ground

Social to county level indoor  
and outdoor bowls. Weekly get  
together and social activities.

01344 455921  
dave.ghbc@btinternet.com



## Age UK Tai Chi

Tuesdays  
11 - 12.30pm  
Great Hollands  
Community Centre

Over 50s gentle exercises to  
improve balance, coordination  
and muscle strength.

Refreshments included.  
First session free.

0118 959 4242



To find a  
friendly group or  
activity near you,  
ask a  
**social prescriber**  
to call you back on  
**01344 352000**



Carol

Steph

400+ events  
and activities on  
the community  
map

Search online for



Warm Welcome Bracknell Forest