



What Can Crowthorne Do For You?

Check Out Your Health and Wellbeing

A Guide To The Organisations, Charities and Clubs in Crowthorne and Sandhurst

Charities and Support Groups

Berkshire Age UK

ageukberkshire.org.uk
www.ageukberkshire.org.uk

Bracknell Citizens Advice (Outreach)

Meet every 3rd Wednesday of the month during term time at the Baptist Church Crowthorne RG45 7AT
10:00 AM – 12:00 PM.
Contact: 01252 879060.

Crowthorne Foodbank

The foodbank works using a voucher referral system. Referral agencies such as schools, job centres, citizens advice and local councils issue vouchers.
Contact: 01344 780087
crowthorne.foodbank.org.uk.
info@crowthorne.foodbank.org.uk

Bracknell District Epilepsy Support Group

Jessie Palmer 01344 451870 or
Jean Kite 01344 412402

Crowthorne Stroke and Disabled Club.

We meet on 4th Thursday of the month either for outings or meetings (Morgan Centre). Claire Lewis, Chairman on 01256 279204, or Roger Taylor, Secretary 01344 778400

crowthorne.stroke.club@hotmail.co.uk
www.crowthorne-stroke-club.chessck.co.uk

Sandhurst Stroke and Disabled Club

Pam 01344 775698 or Judith 01344 772623

Health & Wellbeing

Involve

Making a difference locally in Wokingham Borough. Community Wellness Outreach. Interested in having a free health check book an appointment at
cwo@wokingham.gov.uk

Bracknell Forest Social Prescription Programme

Own Your Wellbeing. Our Social Prescribers can help with things that can't be fixed by doctors and medicine alone. Everyone needs a bit of help from time to time, and this is a way of helping you cope with the things in your life that may be making you feel unhappy, worried or isolated. This service supports residents over the age of 18.

For more information call 01344 352000 or email social.prescription@bracknell-forest.gov.uk or visit <https://health.bracknell-forest.gov.uk/social-prescription>

Wokingham Wellbeing Service

Can help if you are suffering low mood, anxious, can't sleep or feeling overwhelmed. They offer free one-to-one sessions for people aged 18 and over in Wokingham.

Get in touch by filling out an online form.

Or contact via

Phone: 01865 247788, text 07451 277973 or email at wokinghamwellbeing@mindinberkshire.org.uk

CRANSTOUN

Domestic Abuse Services in Wokingham empowering people, empowering change. Contact us at CRANSTOUN Wokingham, Waterford House, 38 Station Road, Wokingham, RG40 2AE,
Helpline 0118 977 2022.

To make a referral visit www.cranstoun.org/dass or

Email wokinghamreferrals@cranstoun.org.uk

Libraries

Follow events on Library events
Bracknell Forest Council (bracknell-forest.gov.uk)

Crowthorne Library

Offers the following:

Spring 2025

Children

Bounce and Rhyme

(Monday 9.30 AM and Tuesday 2:00 PM)

Tots Time

(Wednesday 9.30 AM)
No booking required just turn up.

Children's Saturday morning activities

Including Lego and a Games Zone (free - no booking required)

Adults

Topical Talks

Last Friday of the month.
See website for details

Knit and Knatter

Every Tuesday – 2:00 PM

Scrabble

Every Friday – 2:00 PM

Creative Writing

10.30 AM - 12.30 PM

2nd Friday of each month

All the above cost £1 and include Tea/coffee

Dungeons & Dragons

12.30 PM - 3.30 PM

Every Saturday.

FREE. Ages 12-112 welcome.

Pop into the Library to find out what's on for each month as events change monthly.

Also inside, Crowthorne Library have a big file to peruse with useful information re wellbeing and where to go for certain help and information.

Sandhurst Library

The Happiness Hub

At Sandhurst Library on the third Tuesday of every month from 10.30 AM -12.30 PM for Bracknell Forest residents over 18 giving mental health and wellbeing support.

Happiness Hub partners can offer residents access to the following services:

Bracknell Forest Community Network

Supports people over 18 living with mental illness to develop confidence, life skills and resilience.

Community Connectors

Is a local service offered from **Mind** Berkshire for people over 18 experiencing significant health problems impacting life and wellbeing.

Friends in Need

Run by the **Mind** charity offers free, fun and uplifting activities.

Stepping Stones Recovery College

Helps people overcome mental, emotional and physical challenges

Sport in Mind

Is Berkshire charity offering free sport and physical activity sessions

Social Prescribers

Help to connect with community groups, activities etc. They also offer training on how to use the online Community Map

Wellbeing Service

Run by NHS offers one to one sessions and workshops

Hobbies and Interests

Crowthorne and Sandhurst Art Society

www.croandsandartsoc.org

Crowthorne Archers

<http://CrowthorneArchers.org.uk>

Bridge

Crowthorne Bridge Club

www.crowthornebc.org.uk
Ray Clayton 01252 652055

Sandhurst Bridge Club

Crowthorne British Legion Club
Every Wednesday night 7.30 PM.
Contact Maggie Vickery on 07929 668261 for further details

Bowls

Sandhurst Short Mat Bowls Club

For more information contact Club Secretary at
smack.secretary@btinternet.com

Sandhurst Indoor Short Mat Bowling Club

For more information contact club secretary on
ssmbc.secretary@btinternet.com

Crowthorne Chess Club

www.crowthornechess.org.uk
crowthornechess@outlook.com

East Berks Scrabble Club.

Call Graham on 01276 34173.
www.eastberksscrabbleclub.org.uk

Gardening & Flowers

Gardening Club of Sandhurst

Julie Sheppard 07711 056815 or
Chris Dresler 01420 768965

Sandhurst and Crowthorne Flower Club

Meets on first Wednesday of month (except January and August) at Parish Hall, Heath Hill Road, Crowthorne. Doors open 7:00 PM.

Music, Theatre and Dance

Breakaway Brass

Friendly brass band,
Tuesday 8:00 PM
Baptist Church, Crowthorne.
Contact BreakawayBrass@outlook.com

Crowthorne Choral Society

We rehearse at Wellington College 7.30 PM on Mondays in term time.
www.crowthornechoral.org.uk

Crowthorne Musical Players.

Contact Simon Light 07906 366009.
Email: s.light@which.net or visit our web page www.cmp-berks.org.uk

Crowthorne Symphony Orchestra

Contact
secretary@crowthorneorchestra.com

Sandhurst and District Corps of Drums

Youth marching band based at RMA
www.sandhurstdrums.co.uk
Contact us.
C/o Mark Saunders email
contactus@sandhurstdrums.co.uk.
Tweet us @sandhurstdrums

Scottish Country Dancing

For Children in Crowthorne.
Saturdays 10:00 AM – 11:00 AM
in Crowthorne Parish Hall.
Classes are £3.50. Pay by term but first 2 lessons free.
Contact Deborah at
stj.juniors@gmail.com or pop in and meet her on a Saturday morning.

Miscellaneous

Royal British Legion

Wellington Road, Crowthorne
Contact: 01344 772161
www.crowthornerbl.co.uk
Inc Women's Section 2:00 PM on 4th Wednesday of month. Families welcome.

RSPB Wokingham & Bracknell

<http://www.rspb.org.uk/groups/wokinghamandbracknell>

The Rotary Club of Crowthorne and Sandhurst

Contact Membership Secretary on 07976 892922 or visit www.rc-c3.org

The 'Single and Sociable' Club

Email Robin at: wolbsc@sky.com

Sandhurst and Crowthorne Working Parents Group

www.working-parents.fsnet.co.uk

Women's Institute (WI)

Crowthorne WI

Meet on the 3rd Wednesday of the month at the Morgan Centre, Wellington Road, Crowthorne. From 2.15 PM.
For further information contact Pam Howlett on 01344 776503

Sandhurst WI

Meet on the 2nd Thursday of the month at the Community Hall from 2:00 PM - 4.30 PM. Call Liz King on 01344 777131 or just turn up.

Crowthorne and Wokingham MENS SHED

For information
email: info@nmishedww.co.uk or visit www.nmishedww.co.uk

Mums and Monsters Parent and Toddler Group

mumsandmonsters@gmail.com

Probus Club

Wokingham Probus Club

Is a local association of retired and semi-retired professional and business people meeting monthly at Coppid Beech Hotel for lunch, friendship and talks.

If you are interested contact Club Secretary by email on wokinghamprobus@gmail.com

Sandhurst Probus Club

A mixed club for retirees as above.
Details from 07471 155757

Recycling

Repair Cafes

If it is broken take to nearest Repair Cafe

Crowthorne at Baptist Church, RG45 7AT

Last Saturday of the month, 10.30 AM - 12.30 PM

Wokingham - All Saints Church, RG40 1TN

On the second Saturday of the month, From 10.00 AM - 12.30 PM.

Re3

If the item in good repair re3 reuse scheme at Longshot Lane benefitting local charities see

<https://re3.fccenvironment.co.uk/re3-reuse-scheme/>

Bracknell Freegle

Bracknell Freegle post your items for giving away on this site

<https://trashnothing.com/beta/Bracknell-Freegle>

Scout Groups

2nd Crowthorne Scout Group

We meet at Pinewood Leisure Centre and are home to Squirrels, Beavers, Cubs, Scouts and Explorer Scouts.

We need volunteer help badly. www.2ndcrowthornegroup.com.

1st Owlsmoor Scout Group

Andy Lowles on enquiries@1stowlsmoorscouts.org

2nd Sandhurst Scout Group

Website 2ndSandhurstScouts.org.uk
Email 2ndSandhurst@gmail.com

3rd Sandhurst Scout Group

www.3rdsandhurst.org.uk

Sports & Leisure

Edgbarrow Sports Centre

Call on 01344 776211

Walks For Wellbeing

Walks for Wellbeing - Crowthorne

Meet every Tuesday morning in Bucklers Park car park. The walk is led by Mark Ledford of Sustrans

There are also Walks for Wellbeing held in Sandhurst.

New Wokingham Road Surgery Crowthorne Patients Group – Walking For Health And Pleasure

They have two walks every month, on the 2nd and 4th Mondays. This is not just for fitness, but also for a coffee and chat as a social event.

Contact Andy Wells-King on 07776 202034 or email amwellsking@aol.co.uk

Transport

Churches Together in Crowthorne - Good Neighbours

Volunteer Drivers needed to get local people to and from hospital. Drivers use their own cars but are not committed to a certain number of hours or days.

All drivers are DBS checked and encouraged to claim mileage. If you could help, please contact Good Neighbours on 01344 761001. Desk phone in manned Monday - Friday from 10:00 AM – 12:00 PM. Outside these hours there is an answer phone where you can leave a message. Sue McIntosh, CGN Coordinator.

Crowthorne Community Minibus

Desperately need volunteer drivers to help.

Contact Chair Richard Skilton on 01344 762993 or mob. 07827 734824
Or Email chair@ccminibus.org.uk.

COATS

Make an important contribution to Crowthorne and surrounding area by providing a centre to Senior Citizens. We have spaces for new visitors. Open Monday to Friday each weekday between 10:00 AM and 3:00 PM.

For further information call 01344 773464 or email manager@coatscrowthorne.org.uk

We also operate a minibus service around Crowthorne to take visitors to and from the Centre for just £4 for a return trip.

Community Pharmacists

Community Pharmacists can, *if appropriate*, supply antibiotics for the following 7 conditions:

1. UTIs,
2. Impetigo,
3. Acute Sore Throat,
4. Shingles,
5. Infected Insect Bite,
6. Acute Sinusitis and
7. Acute Otitis Media in children aged 1-17 years.

Note:

All while great effort has gone into putting this leaflet together, and hopefully we have not missed anyone out,

If you know of any organization, club or charity that needs to be added to this list, please let us know.

Many thanks
NWRS PPG Team