



What Can Crowthorne Do For You?

Check Out Your Health and Wellbeing

A Guide to the Organisations, Charities and Clubs in the Crowthorne and Sandhurst area

Charities & Support Groups

Age UK Berkshire

Provides services to combat loneliness for older people and promote inclusion into local communities.

They offer free, confidential and expert advice through Information, Advice and Guidance.

Visit the website to download their Events and Services Brochures.

www.ageukberkshire.org.uk

Bracknell & District Citizens Advice (Outreach)

Get advice or volunteer your own skills to support others.

Walk in advice every 3rd Wednesday of the month during term time, between 10:00 AM – 12:00 PM at the Baptist Church, 144 High Street, Crowthorne, Berkshire. RG45 7AT

Contact: 01252 879060.

<https://caeb.org.uk/get-advice/visit-us/>

Crowthorne Foodbank

Provide emergency food and practical support to people in their hardest moments.

The foodbank works using a voucher referral system.

Referral agencies such as schools, job centres, citizens advice and local councils issue vouchers.

Open on Mondays and Thursdays between 12.00 PM – 2:00 PM.

Located at Wellington Business Park, Crowthorne, Berkshire. RG45 6LS.

Contact: 01344 780087

crowthorne.foodbank.org.uk

info@crowthorne.foodbank.org.uk

Crowthorne Stroke and Disabled Club.

Meet on 4th Thursday of the month (except August and December) alternating between outings or meetings at the Morgan Centre, Crowthorne.

Contact: 01256 279204 / 07786 435268

crowthorne.stroke.club@hotmail.co.uk

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

Sandhurst Stroke & Disabled Club

Meets fortnightly on the 1st and 3rd Thursday of the month, except August, at Sandhurst Methodist Church, Scotland Hill, Sandhurst, Berkshire. GU47 8JR.

Contact 01344 775698.

www.stroke.org.uk/stroke/support/groups/sandhurst-stroke-disabled-club

CRANSTOUN

Drug & Alcohol Service

Working to support people wanting to change their alcohol and/or drug use in any way.

Open from 9:00 AM – 5:00 PM, Monday to Friday.

Referrals can be made via your GP, or you can refer yourself.

Located at 38 Station Road, Wokingham, Berkshire. RG40 2AE

Contact: 0118 977 2022

wokinghamreferrals@cranstoun.org.uk

www.cranstoun.org/help-and-advice/alcohol-other-drugs/wokingham

Wokingham Domestic Abuse Service

An integrated service that supports victims and children and delivers programmes that tackle the root cause of abusive behaviour.

Open from 9:00 AM – 5:00 PM, Monday to Friday.

Located at Waterford House, Erfstadt Court, Wokingham, Berkshire. RG40 2YF

Tel: 0118 402 1921

Email: dass@cranstoun.org.uk

Community Pharmacists

We have three Pharmacists in Crowthorne Village – McPartland's and Skylight, which are located on the High Street, and Dukes Pharmacy, which is on Dukes Ride at Crowthorne Station.

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.

Crowthorne & Sandhurst Libraries

The libraries offer a wide range of activities each month, at both Crowthorne and Sandhurst.

To find out what is on, you can pop into either Library or look at their Events board. Or you can follow the Events Page on the Bracknell Forest Council website.

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

www.bracknell-forest.gov.uk/libraries

Gardening & Flowers

Sandhurst Gardening Club

Meet regularly at Sandhurst Community Centre.

Email:

enquiries@sandhurstgardeningclub.co.uk

www.sandhurstgardeningclub.co.uk

Sandhurst & Crowthorne Flower Club

Meets on first Wednesday of month (except January and August) from 7:30 PM at The Crowthorne Parish Hall, Heath Hill Road South, Crowthorne, Berkshire. RG45 7BN.

www.bbandofflowers.org.uk/clubs/sandhurst

Health & Wellbeing

Involve Community Services

A local charity that helps other charities and community groups to develop and grow in Bracknell Forest, Wokingham and the surrounding areas.

Community Wellbeing

Welcome Spaces Project

Set up to encourage community connection and friendship across Bracknell Forest. They select local activities for people to attend with no need to book. They aim for these sessions to be welcoming and easy to access.

Contact 01344 304 404 or

Email

welcomespaces@involve.community

Community Navigation: Signposting Support Service

A free and confidential telephone and online support service, which can help you to find social support, community resources, activities and groups within your community to improve your health and wellbeing.

Contact 01344 304 404, fill in a referral form, or visit us at the Wokingham Charity & Community Hub.

Social Prescribing Link Workers

Working across local GP surgeries to connect patients to relevant community activities, services and organisations, giving clients more time to focus on what matters to them. The social prescribers normally provide slightly longer-term support than community navigation and referrals must be made by your GP Surgery.

Berkshire Cancer Support Network & Cancer Champions

Supporting people with cancer at any point along their journey, along with their wider network of family, friends or carers. They provide support and offer social events to improve your health and wellbeing so that you can meet others who know how you feel.

Contact 01344 304 404 or

Email cancer@involve.community

Bracknell Forest Public Health Portal

The portal provides information and links to a wide range of services in the local area.

Mental Wellbeing for Adults

This site, on the portal, provides links to the following organisations:

NHS Talking Therapies

Provides treatment and support to help you overcome issues such as stress, low mood, worry and low self-esteem.

www.berkshirehealthcare.nhs.uk/talkingtherapies

The Happiness Hub

Is a collaboration of services offering mental health and wellbeing advice and support to those living in and around Bracknell Forest

- Mental Health Recovery Network
- Community Connectors
- East Berkshire Wellbeing Service
- Friends in Need

Crowthorne Happiness Hub Drop-In

3rd Friday of every month, between 11:00 AM – 1:00 PM

Located at Crowthorne Fire Station, High Street, Crowthorne, Berkshire. RG45 7AP

Sandhurst Happiness Hub Drop-In

3rd Tuesday of every month, between 10:30 AM – 12:20 PM

Sandhurst Library, The Broadway, Sandhurst, Berkshire. GU47 9BL

Contact Mental Health Recovery Network Email: mhm@bracknell-forest.gov.uk Tel: 01344 351715

<http://www.bracknell-forest.gov.uk/health-and-social-care/mental-health-and-wellbeing/happiness-hub>

Stepping Stones Recovery College

Supports residents to overcome mental, emotional and physical challenges through free courses and workshops.

Located at The Court House, Broadway, Bracknell, Berkshire. RG12 1AE

Tel: 01344 300333

Email:

reception@steppingstonesrecovery.co.uk www.steppingstonesrecovery.co.uk

Sandhurst Counselling

Provides face to face and telephone counselling.

Located at St Michael's Pastoral Centre, Lower Church Road, Sandhurst, Berkshire. GU47 8HN

Email: scs@sandhurstcounselling.org.uk Tel: 07423 111947

www.sandhurstcounselling.org.uk

Sport in Mind

A Berkshire charity that provides free support and physical activity sessions.

Sandhurst

Thursdays, 11:45 AM - 12:45 PM – Yoga in the Main Hall at Owlsmoor Community Centre, Yeovil Road, Sandhurst, Berkshire. GU47 0TF

Crowthorne

Fridays, 12:00 PM - 1:00 PM - Tai Chi
at the Morgan Centre, Wellington Road,
Crowthorne, Berkshire. RG45 7LD
Tel: 0300 102 1400
Email: info@sportinmind.org
www.sportinmind.org

Wokingham Wellbeing Service (Oxfordshire Mind), Berkshire West

Offers free one-to-one sessions which will help you to put practical things in place that can help you manage everyday stress and wellbeing difficulties.

The service is for people aged 18 or over in Wokingham.

Support is available at all GP practices in Wokingham as well as at the Wokingham Charity and Community Hub, via face-to-face, telephone or video sessions – whichever works best for you.

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

www.oxfordshiremind.org.uk/about-2/mind-in-berkshire/wokingham-wellbeing-service

Hobbies & Interests

Crowthorne and Sandhurst Art Society

A small friendly society with members of mixed ability.

Meetings take place on Wednesday afternoons from 1:00 PM – 3:45 PM at St Sebastian's Hall, Nine Mile Ride, Wokingham, Berkshire. RG40 3BA.

www.casart.co.uk

Crowthorne Archers

Meet three times a week during the summer months, April to September, at St Sebastian's Sports Field on Tuesdays and Thursdays from 5:00 PM and on Sunday mornings from 8:30 AM – 11:30 AM.

During the winter months, October to March, they meet twice a week at Sandhurst Sports Centre on Wednesdays from 6:00 PM – 8:00 PM and Saturdays from 3:00 PM – 5:00 PM, as well as Sunday mornings at St Sebastian's Sports Field from 8:30 AM – 11:30 AM.

www.crowthornearchers.org.uk

Bridge

Crowthorne Bridge Club

Meet every Wednesday night at 7.30 PM. Crowthorne Royal British Legion Club, Wellington Road, Crowthorne, Berkshire. RG45 7LJ
Contact Maggie Vickery on 07929 668261 or Email: theclub@rblcrowthorne.co.uk for further details

Bowls

Sandhurst Indoor Short Mat Bowling Club

Meet on Fridays from 2:00 PM.

at the Community Hall, Yorktown Road, Sandhurst, Berkshire. GU47 9BJ

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

Crowthorne Chess Club

Meet on Wednesdays at the Morgan Centre, Wellington Road, Crowthorne, Berkshire.

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

East Berks Scrabble Club

Meet on Thursday evenings from 7:30 PM – 10:30 PM at

St Sebastian's Sports Club & Cricket Pavilion, St Sebastian's Close, Wokingham, Berkshire, RG40 3XA

Call Graham on 01276 34173.

Email: eastberksscrabbleclub@yahoo.co.uk
www.eastberksscrabbleclub.org.uk

Music, Theatre and Dance

Breakaway Brass

Friendly brass band,

Meet on Tuesdays from 8:00 PM at the Baptist Church, High Street, Crowthorne, Berkshire.
Contact BreakawayBrass@outlook.com

Crowthorne Choral Society

Rehearse from 7.30 PM on Mondays in term time at Wellington College, Crowthorne, Berkshire.

www.crowthornechoral.org.uk

Crowthorne Musical Players.

Contact Simon Light 07906 366009.
Email: s.light@which.net
www.cmp-berks.org.uk

Crowthorne Symphony Orchestra

Email secretary@crowthorneorchestra.com
www.crowthorneorchestra.com

Sandhurst & District Corps of Drums

Practise on Monday and Friday evenings at the

Sandhurst Royal Military Academy, Sandhurst, Berkshire

www.sandhurstdrums.co.uk
email contactus@sandhurstdrums.co.uk.

St John's Scottish Country Dancing Club

Email stjohns.scdc@gmail.com
Tel: 01276 34648
www.stjohnsscdc.co.uk

Miscellaneous

COATS

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

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

Crowthorne & Wokingham Without NMI Men's Shed

Bigshotte Park, Holmebury Avenue, Crowthorne, RG45 6TQ

Email: info@nmishedww.co.uk or visit www.nmishedww.co.uk

Mums & Monsters Parent & Toddler Group

Friday mornings – 9:45 AM – 11:15 AM term time only

Sandhurst Community Centre, Yorktown Road, Sandhurst, Berkshire, GU47 9BJ

mumsandmonsters@gmail.com

Girl Guiding

There are no details available locally. You must register your daughter online via the website to find the nearest location.

The groups are broken into the following ages:

Rainbows (4-7 years)

Brownies (7-10 years)

Guides (10-14 years)

Rangers (14-18 years)

www.girlguiding.org.uk

Scout Groups

There are various groups available in Crowthorne and Sandhurst.

The groups are broken into the following ages:

Squirrels (4-6 years)

Beavers (6-8 years)

Cubs (8-10 ½ years)

Scouts (10 ½ - 14 years)

Explorers (14-18 years)

Network (18-25 years)

Active Support (18 years +)

www.southberksscouts.org.uk/groups

Royal British Legion

Wellington Road, Crowthorne, Berkshire. RG45 7LJ

Contact: 01344 772161

www.crowthornebl.co.uk

RSPB Wokingham & Bracknell

Royal Society Protecting Birds, a local Wildlife Group.

Meet on the 2nd Thursday of each month from September to June, from 7:45 PM – 10:00 PM at Finchampstead Memorial Hall, The Village, Finchampstead, Berkshire, RG40 4JU

Contact: 01344 775022

www.group.rspb.org.uk/wokinghamandbracknell

Women's Institute (WI)

Crowthorne WI

Meet from 2.15 PM on the 3rd Wednesday of the month at the Morgan Centre, Wellington Road, Crowthorne, Berkshire. RG45 7LD

For further information contact Pam Howlett on 01344 776503

Sandhurst WI

Meet from 2:00 PM - 4:30 PM on the 2nd Thursday of the month at the Community Centre, Yorktown Road, Sandhurst, Berkshire.

Call Liz King on 01344 777131

Recycling

Crowthorne Repair Cafe

Meet on the last Saturday of the month from 10.30 AM - 12.30 PM at Baptist Church, High Street, Crowthorne, Berkshire. RG45 7AT

Sports & Leisure

Edgbarrow Sports Centre

Call on 01344 776211

Transport

Churches Together in Crowthorne - Good Neighbours

Volunteer Drivers are 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.

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.

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 PPG – Walking For Health & Pleasure

They have two walks on the 2nd and 4th Monday of every month. Followed by a coffee and chat afterwards, as a social event.

Contact Andy Wells-King on 07776 202034

or email amwellsking@aol.co.uk



This guide has been put together by: New Wokingham Road Surgery Patient Participation Group (PPG)

Hopefully we have not missed anyone, but if you know of any organisation, club or charity that needs to be added to this list, please let us know by emailing ppgjointventure@gmail.com