



A Recovery College for
Hope, Inspiration & Growth

COURSES & WORKSHOPS



SPRING 2026 TERM



'Life Saver - wonderful place to be with lovely friends.'

'Taught me mechanisms on how to approach complex emotions such as anger, gives detail about the nervous system... super informative facilitator, deeply valued this course.'

WHAT OUR STUDENTS SAY....

'Lots of relevant information and chances to contribute.'

'Very friendly and helpful, very informative thank you so much.'

'The courses at Stepping Stones have been super well organised. The course leaders, facilitators, and supporters are so kind, helpful and accommodating. Gives time and space for people to express and speak safely.'

'It made me realize that I am much more than a condition.'

'I have a lot more understanding and techniques to practice.'





"You can't go back and change the beginning, but you can start from where you are and change the ending"

C.S.Lewis

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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. 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



'Stepping Stones helped me when I was struggling. Now I feel more sociable, can get out of the house and share experiences'

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 who is aged 18 or over.

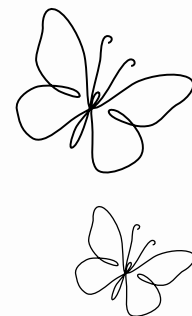
Most of these are held at the old Court House in Bracknell Town centre which is close to both the bus and train stations and with plenty of public car parks. Please see our website or the back of this book for a map that shows you how to find us.

Whatever you decide to 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.

We are now offering some new courses specifically designed for Young Adults aged 16-25. To find out more about these please visit www.youngadults.co.uk

Don't forget to use an amazing new information hub created by one of our students. It offers over 200 resources to support many different aspects of your mental health and wellbeing. The easy-to-use search tool enables you to tailor your search and just see the options that best meets your needs. www.ichooseme.uk.





HOW WE WORK

Stepping Stones is a unique and welcoming place for anyone experiencing challenges to their mental, physical, or emotional wellbeing. Our free courses and workshops are thoughtfully designed to help you make sense of what you are experiencing, reconnect with your strengths and creativity and take meaningful steps towards a more fulfilling life.

Students of all ages join Stepping Stones for many reasons and you don't have to share yours unless you wish. However, some have told us that being part of our community helps them feel less alone and more socially connected. Others say they have gained valuable insights into a diagnosed or undiagnosed condition, learning new ways to manage it or better support someone they care about. Many say they simply find joy and calm through activities like singing, crafting, art or yoga.

Whatever brings you to Stepping Stones, you'll find a supportive environment where you can grow, express yourself, and feel inspired.

You're free to choose whether to register and then you select the workshops that feel right for you. If you'd like any help getting started, just contact our office team —we're always happy to assist.

How to Register

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

On our website:

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 news 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 and 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

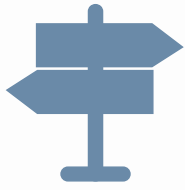
Where do I start?

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 wellbeing.

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





1. BUILDING MY FOUNDATIONS TO WELLBEING

We invite you to embark on a journey of self-discovery and growth, exploring ways to strengthen your mental health and wellbeing.

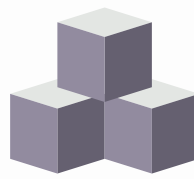
Join us to nurture positive habits, boost resilience, strengthen your self-compassion and create a healthier, more balanced life.



3. NURTURING POSITIVE HEALTH AND WELLBEING

We take a closer look at how mental, physical, and emotional health are deeply connected—and how each can influence our overall wellbeing.

Along the way, you'll discover simple, practical steps you can take to support all aspects of your wellbeing and build a stronger foundation for lasting health.



2. EXPLORING AND BETTER UNDERSTANDING CONDITIONS

This pathway explores many common conditions and challenges, helping you gain a clearer understanding of how they may impact you or someone you care for.

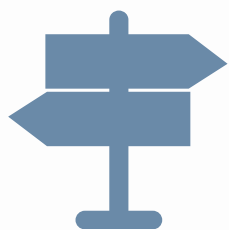
You'll also be shown lots of practical ways, throughout the courses, that will enable you to better support yourself and others, in many different ways.



4. HAVING FUN DISCOVERING OUR INNER CREATIVITY

Recovery can be an inspiring journey of self-discovery - a chance to unlock your inner creativity and reconnect with what brings you joy.

These courses and workshops are not only fun and uplifting, but also offer a calming space to relax, recharge, and boost your sense of happiness and wellbeing.



PATHWAY 1

Building My Foundations to Wellbeing

This pathway is the perfect starting place for anyone beginning to build their wellbeing at Stepping Stones.

Join us for a powerful 7- session journey, designed to build your personal wellbeing, through reflection, practical tools, and uplifting support. Our aim is to inspire hope, strengthen your self-compassion and reignite your motivation. So whether you are hoping to build greater resilience, understand yourself on a deeper level, or simply take a breath and reset, this course will gently guide you forward, building confidence and much better wellbeing. It could be your path to positive and lasting change.

Please note that this course requires the attendance at a 1 hour introductory session and this term, these are Monday 23rd February at the following times:

From 10:30am to 11:30am OR 11:45am to 12:45pm

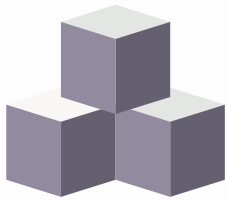
Please contact the office if you want to book this course but are unable to attend any of the Introductory sessions.

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

Monday	2 nd March	(Part 1)
Wednesday	4 th March	(Part 2)
Monday	9 th March	(Part 3)
Wednesday	11 th March	(Part 4)
Monday	16 th March	(Part 5)
Wednesday	18 th March	(Part 6)
Monday	23 rd March	(Part 7)

'It has made me feel more positive about my life and anyone included'

'Has helped steady my mental health issues and unblock certain aspects of my life I have been struggling with'



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. 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. We also provide lots of practical ways that you can support yourself and others through these experiences.

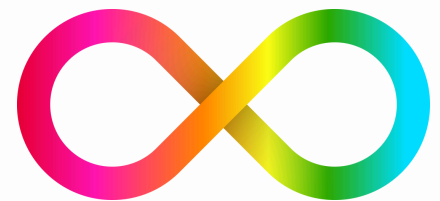
ADULT ADHD

(2 - Part Course)

2pm - 4pm

Friday 16th January (Part 1)

Friday 23rd January (Part 2)



ADULT AUTISM

(2 - Part Course)

2pm - 4pm

Monday 12th January (Part 1)

Monday 19th January (Part 2)

USING ADHD AS A SUPERPOWER

(2 - Part Course)

2pm - 4pm

Friday 6th February (Part 1)

Friday 13th February (Part 2)



'I suffer with depression and anxiety so it was relaxing and enjoyable to do something for me'



COERCIVE AND CONTROLLING RELATIONSHIPS

(2 - Part Course)

10:30am - 12:30pm

Friday 16th January (Part 1)

Friday 23rd January (Part 2)

'Feeling more in control of my
choices'

EMOTIONAL BOUNDARIES

(2 - Part Course)

2pm - 4pm

Monday 9th March (Part 1)

Monday 16th March (Part 2)

'Helped me to establish boundaries and
feel confident enough to express
myself in a clear and calm manner'

FORGIVENESS

10:30am - 12:30pm

Thursday 26th March

'Looking forward to setting some
emotional boundaries in my life
and I need to. Did not realize
before course that I could say
no'

NEW

MENS MENTAL HEALTH

(2 - Part Course)

10:30am - 12:30pm

Friday 6th February (Part 1)

Friday 13th February (Part 2)

Explore the unique challenges men face around mental health, understand why it can be difficult to talk or reach out, and learn supportive, practical ways to care for your wellbeing — or to support a man in your life who may be struggling.

NEW

MENTAL HEALTH AND ADDICTIONS

(2 - Part Course)

10:30am - 12:30pm

Tuesday 17th March (Part 1)

Tuesday 24th March (Part 2)

Explore the deep connection between mental health and addiction, understand how one can influence the other, and learn how both can be treated and supported. This two-part course offers insight, encouragement, and practical guidance for anyone affected personally or supporting someone on their recovery journey. We'll look at all forms of addiction — from substances to behaviours — with compassion, realism, and hope.



GRIEVING LIVING LOSSES

2pm - 4pm

Monday 23rd February

LIVING WITH BEREAVEMENT AND LOSS

(2 - Part Course)

10:30am - 12:30pm

Monday 26th January (Part 1)

Monday 2nd February (Part 2)

'Allows everyone to see there is a future and ways to cope with different things with bereavement'

LOW MOOD & DEPRESSION

(2 - Part Course)

10:30am - 12:30pm

Monday 12th January (Part 1)

Monday 19th January (Part 2)

OCD

10:30am - 12:30pm

Friday 27th February



'It has given me a better perspective on how to deal with my low mood and depression'





'Before starting this course I thought
I knew my strengths and
weaknesses enough but this truly
helped by going into depth to pin
point what I lean towards'

PERSONALITY CHALLENGES

(2 - Part Course)

10:30am - 12:30pm

Wednesday 14th January (Part 1)

Wednesday 21st January (Part 2)

STRESS AND ANXIETY

(2 - Part Course)

10:30am - 12:30pm

Thursday 5th March (Part 1)

Thursday 12th March (Part 2)

PHOBIAS

10:30am - 12:30pm

Friday 30th January

NEW

THOUGHTS OF SUICIDE

10:30am - 12:30pm

Wednesday 25th March

PTSD

2pm - 4pm

Monday 2nd March

SELF COMPASSION

10:30am - 12:30pm

Monday 9th February

SELF DOUBT AND MENTAL HEALTH

(2 - Part Course)

2pm - 4pm

Monday 26th January (Part 1)

Monday 2nd February (Part 2)





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 interconnected 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.

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 10:30am - 12:30pm

Friday 6th March (Part 1)

Friday 13th March (Part 2)

Friday 20th March (Part 3)

'Built my confidence, networking, and feel it's okay to reward yourself for looking after your wellbeing'

'Helped me be more informed as well as open minded to different perspectives, how my interpretation of things might not be the full truth'

DESIGN YOUR OWN RECOVERY VISION BOARD

(3 - Part Course)

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.

All sessions are from 2pm - 4pm

Friday 6th March (Part 1)

Friday 13th March (Part 2)

Friday 20th March (Part 3)

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.

All session are from 10:30am - 12:30pm

Tuesday 13th January (Part 1)

Tuesday 20th January (Part 2)

Tuesday 27th January (Part 3)

Tuesday 3rd February (Part 4)

'Every student should let their imaginations fly. Would love to do this course again and highly recommend to all students'

'It has made me think about nature much more and how easily accessible'

"It's great for my recovery, meeting new people and going on walks with family members"

FINDING YOUR 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 - 12:30pm

Wednesday 28th January (Part 1)

Wednesday 4th February (Part 2)

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**

Thursday 29th January (Part 1)

Thursday 5th February (Part 2)

Thursday 12th February (Part 3)

Thursday 26th February (Part 4)

*'Engaging and thought
provoking'*



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

Tuesday 3rd March (Part 1)

Tuesday 10th March (Part 2)

*'Jigsaw was awesome and
also the booklet we get to
take home'*

MAKING FRIENDS AS AN ADULT

This supportive 2 part course 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 afresh in a new place, or simply want to expand your social circle, these sessions offer a welcoming space to start.

10:30am - 12:30pm

Tuesday 10th February (Part 1)

Tuesday 24th February (Part 2)

MINDFUL JOURNALING

(2 - Part Course)

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

10:30am - 12:30pm

Wednesday 11th February (Part 1)

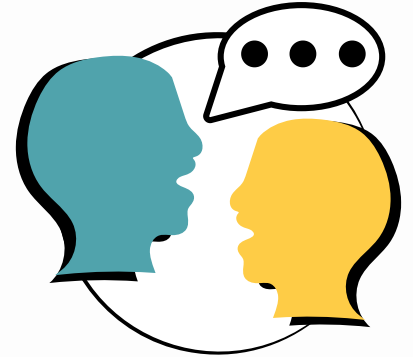
Wednesday 25th February (Part 2)

'It has given me good ideas for improving my quality of life and very warm and very friendly facilitator and other attendees helped to make me feel happy'

MORE MINDFUL COMMUNICATION

(2 - Part Course)

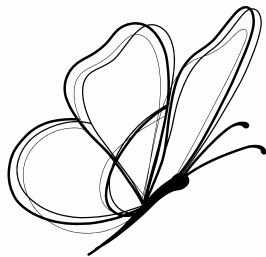
This is for anyone looking to foster deeper connections through empathy, active listening, and thoughtful speaking. If you often find it challenging to express yourself or feel misunderstood, this course will help you improve your communication skills.



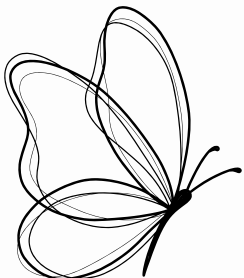
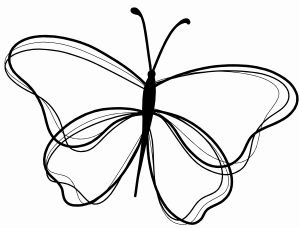
10:30am - 12:30pm

Thursday 15th January (Part 1)

Thursday 22nd January (Part 2)



'Helped me to calm on a day I was really struggling, I needed to be around people I am safe and supported by'



GENTLE MOVEMENT FOR WELLBEING at SOUTH HILL PARK

An any ability class for fun, fitness and mental wellbeing.

2pm - 3pm

Every week starting on Monday 12th January and then weekly, except Half Term, until Monday 23rd March

EASY MINDFUL YOGA

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

Courses comprise 5 sessions each, every week from 10am to 11am at Bracknell Library, Ground Floor, on the following dates:

Friday 23rd January until Friday 13th February (4 sessions)

OR

Friday 27th February until Friday 27th March (5 sessions)

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.

Courses comprise 5 sessions each, every week from 11:15am to 12:15pm at Bracknell Library, Ground Floor, on the following dates:

Friday 23rd January until Friday 13th February (4 sessions)

OR

Friday 27th February until Friday 27th March (5 sessions)



Mandala Artwork
by a
Stepping Stones
Student



Some of our plots at Jealotts Hill Landshare

Single Workshops

EXPLORING INNER STRENGTHS AND SELF BELIEF

Reconnect with your values and beliefs to develop inner strengths and build a strong foundation for navigating life's challenges.

10:30am - 12:30pm

Thursday 19th March

FINDING JOY IN BEING ALONE

This workshop will help you to find joy in solitude while fostering meaningful relationships.

2pm - 4pm

Monday 9th February

MANAGING CHANGE POSITIVELY

2pm - 4pm

Monday 23rd March

THE ROAD TO SELF ACCEPTANCE

Cultivate kindness and acceptance towards yourself.

2pm - 4pm

Friday 30th January



GARDENING AT JEALOTT'S HILL

Every Wednesday from 10:30am to 2:00pm

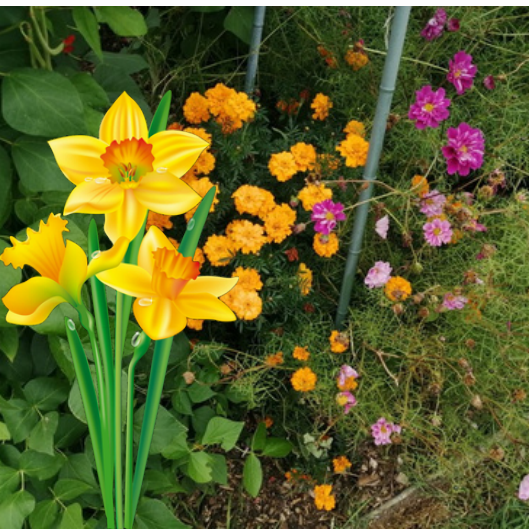
We're thrilled to be now cultivating four gardening plots, two raised beds, and three tables inside the large polytunnel at the beautiful six-acre Jealott's Hill Community Landshare.

Our group from Stepping Stones attends most weeks throughout the year, increasing to twice-weekly visits during the summer months. Sessions are supported by our dedicated gardening leads from the college, who will gently guide you, offer advice, and show you around. Free refreshments are always available.

We enjoy the freedom to grow whatever we like — flowers, vegetables, herbs, and more. There's also space in the polytunnels for propagation. Getting involved in the planning, planting, and tending of the garden offers a range of benefits: it's sociable, great for your health and wellbeing, and gives you the chance to help grow (and share) a variety of delicious, fresh produce.

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**





PATHWAY 4

Having Fun Discovering Your Inner Creativity

Building wellbeing can be a deeply rewarding journey of self-discovery and a chance to reconnect with the simple joys of life, like singing together or exploring new forms of creative expression.

The courses in this pathway are designed to be enjoyable and uplifting, whether you're completely new to them or have some experience. They offer a wonderful opportunity to find calm, joy, and a sense of wellbeing through creativity.

If you've already taken one of these courses and would like to repeat it, please add your name to the Waiting List on our website. This helps us ensure that new participants have a chance to join first. We will then contact you as soon as a space becomes available for you to book.

Please note that starting this term, both our singing groups will be held in the hall of St Joseph's Church, opposite the entrance to Princess Square in the town centre.

Please go to the Church entrance and then follow the signs to the hall.

We suggest you arrive at least 10 minutes early so the group can settle.

10 part
Course

SINGING FOR FUN & WELLBEING

1:30pm - 3pm

Every week starting on Wednesday 14th January to Wednesday 25th March*

10 Part
Course

BEGINNERS SINGING FOR FUN AND WELLBEING

3:30pm - 4:30pm

Every week starting on Wednesday 14th January to Wednesday 25th March*

*Except during the Half Term week of February 16th





'I found it really helpful for my mental health'

'It's been a really fun group which is what I needed'

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.

5 Part Course

2pm - 4pm

Tuesday 13th January
Tuesday 20th January
Tuesday 27th January
Tuesday 3rd February
Tuesday 10th February

5 Part Course

2pm - 4pm

Tuesday 24th February
Tuesday 3rd March
Tuesday 10th March
Tuesday 17th March
Tuesday 24th March

10 Part Course

GUITAR LESSONS FOR BEGINNERS

10 part course running on Wednesday, Thursday and Friday afternoons.

Starting on Wednesday 14th January at 2pm - 3pm OR 3pm - 4pm

Starting on Thursday 15th January at 2pm - 3pm OR 3pm - 4pm

Starting on Friday 16th January 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.

CREATIVE PUBLISHING: ARTIST BOOKS AND ZINE MAKING

Join us for an exciting and creative course where you'll explore the world of zines — small, self-made booklets used to share ideas, artwork, stories, and personal interests.

Throughout the course, we'll dive into the history and culture of zine making, explore inspiring examples, and discuss how zines and artist books offer a unique, personal way to express yourself.

You'll have the freedom to experiment with a variety of mediums, including drawing, photography, printmaking, and collage — letting your creativity lead the way.

5 Part
Course

3:30pm - 4:30pm

Thursday 15th January
Thursday 22nd January
Thursday 29th January
Thursday 5th February
Thursday 12th February

5 Part
Course

3:30pm - 4:30pm

Thursday 26th February
Thursday 5th March
Thursday 12th March
Thursday 19th March
Thursday 26th March

TRADITIONAL DRAWING, PAINTING & PRINTING

5 Part
Course

1:30pm - 3pm

Thursday 15th January
Thursday 22nd January
Thursday 29th January
Thursday 5th February
Thursday 12th February

5 Part
Course

1:30pm - 3pm

Thursday 26th February
Thursday 5th March
Thursday 12th March
Thursday 19th March
Thursday 26th March

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





RELAXING EASTER CARD MAKING

Join either of these two gentle and fun sessions to create your own beautiful Easter cards.

10:30am - 12:30pm

Friday 27th March

OR

2pm - 4pm

Friday 27th March

10 part course
in the hall at
St Joseph's in
Bracknell town
centre

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 in the hall at St Joseph's Church, opposite Princess Square in the town centre. Please go to the church entrance and follow the signs to the hall from there.

The course begins on Monday 12th January and is then weekly until Monday 9th February. It then runs after Half Term from Monday 23rd February weekly until Monday 23rd March.

JANUARY 2026

MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
10:30am - 12.30pm Exploring and Better Understanding Low Mood and Depression (1 of 2) 2pm - 4pm Exploring and Better Understanding Adult Autism (1 of 2) 2pm - 4pm Movement for Wellbeing South Hill Park (1 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (1 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (1 of 4) 2pm - 4pm Relaxing Crafting (1 of 5)	10:30am - 12:30pm Exploring and Better Understanding Personality Challenges (1 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (1 of 10)	10:30am - 12:30 pm More Mindful Communication (1 of 2) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10) 3:30pm - 4:30pm Make an Artist Book and Zine (1 of 5)	10:30am - 12.30pm Exploring and Better Understanding Coercive and Controlling Relationships (1 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (1 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (1 of 5) 2pm - 4pm Exploring and Better Understanding Adult ADHD (1 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10)

JANUARY 2026

MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
10:30am - 12.30pm Exploring and Better Understanding Low Mood and Depression (2 of 2) 2pm - 4pm Exploring and Better Understanding Adult Autism (2 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (2 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (2 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (2 of 4) 2pm - 4pm Relaxing Crafting (2 of 5)	10:30am - 12:30pm Exploring and Better Understanding Personality Challenges (2 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (2 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (2 of 10)	10:30am - 12:30 pm More Mindful Communication (2 of 2) 1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (2 of 5)	10:30am - 12.30pm Exploring and Better Understanding Coercive and Controlling Relationships (2 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (2 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (2 of 5) 2pm - 4pm Exploring and Better Understanding Adult ADHD (2 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10)

JANUARY 2026

MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH
10:30am - 12.30pm Exploring and Better Understanding Bereavement and Loss (1 of 2) 2pm - 4pm Exploring and Better Understanding Self Doubt and Mental Health (1 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (3 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (3 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (3 of 4) 2pm - 4pm Relaxing Crafting (3 of 5)	10:30am - 12:30pm Finding Your Purpose in Life (1 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (3 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (3 of 10)	10:30am - 12:45pm Food and Mood (1 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (3 of 5)	10:30am - 12.30pm Exploring and Better Understanding Phobias 10am - 11am Easy Mindful Yoga Bracknell Library (3 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (3 of 5) 2pm - 4pm The Road to Self Acceptance 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10)

FEBRUARY 2026

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
10:30am - 12.30pm Exploring and Better Understanding Bereavement and Loss (2 of 2) 2pm - 4pm Exploring and Better Understanding Self Doubt and Mental Health (2 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (4 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (4 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (4 of 4) 2pm - 4pm Relaxing Crafting (4 of 5)	10:30am - 12:30pm Finding your Purpose in Life (2 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (4 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (4 of 10)	10:30am - 12:45pm Food and Mood (2 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (4 of 5)	10:30am - 12.30pm Exploring and Better Understanding Men's Mental Health (1 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (4 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (4 of 5) 2pm - 4pm Using ADHD as a Super Power (1 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10)

FEBRUARY 2026

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
10:30am - 12:30pm Self Compassion 2pm - 4pm Finding Joy in Being Alone 2pm - 3pm Movement for Wellbeing South Hill Park (5 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (5 of 10)	10:30am - 12:30pm Making Friends as an Adult (1 of 2) 2pm - 4pm Relaxing Crafting (5 of 5)	10:30am - 12:30pm Mindful Journaling (1 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (5 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (5 of 10)	10:30am - 12:45pm Food and Mood (3 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (5 of 5)	10:30am - 12:30pm Exploring and Better Understanding Men's Mental Health (2 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (5 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (5 of 5) 2pm - 4pm Using ADHD as a Super Power (2 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10)
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM

FEBRUARY 2026

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
10:30am - 11:30am OR 11:45am - 12:45pm Introduction to Building My Foundations to Wellbeing 2pm - 4pm Grieving Living Losses 2pm - 3pm Movement for Wellbeing South Hill Park (6 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (6 of 10)	10:30am - 12:30pm Making Friends as an Adult (2 of 2) 2pm - 4pm Relaxing Crafting (1 of 5)	10:30am - 12:30pm Mindful Journaling (2 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (6 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (6 of 10)	10:30am - 12:45pm Food and Mood (4 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (1 of 5)	10:30am - 12:30pm Exploring and Better Understanding OCD 10am - 11am Easy Mindful Yoga Bracknell Library (1 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (1 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10)

MARCH 2026

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
10:30am - 1pm Building My Foundations to Wellbeing (1 of 7) 2pm - 4pm Exploring and Better Understanding PTSD 2pm - 3pm Movement for Wellbeing South Hill Park (7 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (7 of 10)	10:30am - 12:30pm Jigsaw of Self Discovery (1 of 2) 2pm - 4pm Relaxing Crafting (2 of 5)	10:30am - 1pm Building My Foundations to Wellbeing (2 of 7) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing St Joseph's Church Hall (7 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (7 of 10)	10:30am - 12:30pm Exploring and Better Understanding Stress and Anxiety (1 of 2) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (2 of 5)	10:30am - 12:30pm Building Confidence and Managing Relationships (1 of 3) 10am - 11am Easy Mindful Yoga Bracknell Library (2 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (2 of 5) 2pm - 4pm Designing a Recovery Vision Board (1 of 3) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10)

MARCH 2026

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
10:30am - 1pm Building My Foundations to Wellbeing (3 of 7) 2pm - 4pm Exploring and Better Understanding Emotional Boundaries (1 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (8 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (8 of 10)	10:30am - 12:30 pm Jigsaw of Self Discovery (2 of 2) 2pm - 4pm Relaxing Crafting (3 of 5)	10:30am - 1pm Building My Foundations to Wellbeing (4 of 7) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (8 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (8 of 10)	10:30am - 12:30pm Exploring and Better Understanding Stress and Anxiety (2 of 2) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (3 of 5)	10:30am - 12:30pm Building Confidence and Managing Relationships (2 of 3) 10am - 11am Easy Mindful Yoga Bracknell Library (3 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (3 of 5) 2pm - 4pm Designing a Recovery Vision Board (2 of 3) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10)

MARCH 2026

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
10:30am - 1pm Building My Foundations to Wellbeing (5 of 7) 2pm - 4pm Exploring and Better Understanding Emotional Boundaries (2 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (9 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (9 of 10)	10:30am - 12:30pm Exploring Mental Health and Addictions (1 of 2) 2pm - 4pm Relaxing Crafting (4 of 5)	10:30am - 1pm Building My Foundations to Wellbeing (6 of 7) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing St Joseph's Church Hall (9 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (9 of 10)	10:30am - 12:30pm Exploring Inner Strengths and Self Belief 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (4 of 5)	10:30am - 12:30pm Building Confidence and Managing Relationships (3 of 3) 10am - 11am Easy Mindful Yoga Bracknell Library (4 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (4 of 5) 2pm - 4pm Designing a Recovery Vision Board (3 of 3) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10)

MARCH 2026

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
10:30am - 1pm Building My Foundations to Wellbeing (7 of 7) 2pm - 4pm Managing Change Positively 2pm - 3pm Movement for Wellbeing South Hill Park (10 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (10 of 10)	10:30am - 12:30pm Exploring Mental Health and Addictions (2 of 2) 2pm - 4pm Relaxing Crafting (5 of 5)	10:30am - 12:30pm Exploring and Better Understanding Thoughts of Suicide 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (10 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (10 of 10)	10:30am - 12:30pm Exploring and Better Understanding Forgiveness 1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (5 of 5)	10:30am - 12:30pm Relaxing Easter Card Making 10am - 11am Easy Mindful Yoga Bracknell Library (5 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (5 of 5) 2pm - 4pm Relaxing Easter Card Making 2pm - 3pm & 3pm 4pm Beginners Guitar Lessons (10 of 10)

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



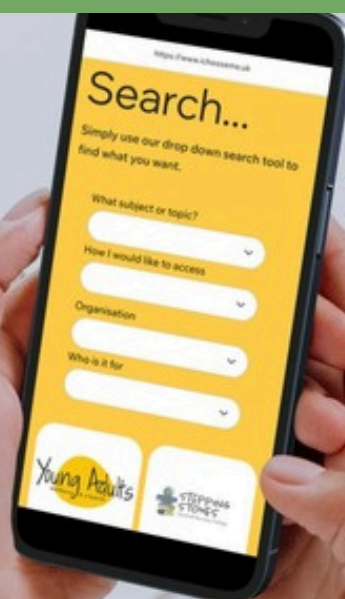
A new, free and easy to use online resource for Bracknell Forest residents to find information to support their personal wellbeing.

This easy-to-use, one-stop-shop search tool will match support options to your personal preferences. So you decide whether you want face-to-face or online support; one-to-one or in a group and indoors or out in nature. You will then see just the support options available that best fit with your choices.

So whether you're looking for support with your mental, physical, emotional or social wellbeing or searching on behalf of someone else, this new information hub puts you in control and won't overwhelm you with what you haven't asked to see.

Over 200
local & national
resources to
explore!

You can access on your phone,
tablet, laptop, PC using the QR
code here or search
[ichooseme.uk](https://www.ichooseme.uk)



Visit our Website





MENTAL HEALTH RECOVERY NETWORK

Mental Health Recovery Network (previously known as BFCN) partners with mental health and care services to help individuals (18+) with or at risk of mental health conditions, and those stepping down from Community Health Teams, to remain socially included and manage their recovery.

Recovery Facilitators provide person-centred support based on the Mental Health Foundation's Recovery Model, helping individuals build confidence, life skills, and resilience. Support may include: creating recovery plans, managing anxiety and emotions, building confidence and independence, developing routines and social skills, accessing community activities and new interests.

After short-term one-to-one support, individuals can continue attending the Network group activities, with follow-up calls at 3 and 6 months.

For more information about our referral criteria and referral form please contact us on: Telephone: : 01344 351715

Email: BFCN@bracknell-forest.gov.uk

Website: www.bracknell-forest.gov.uk/health-and-social-care/mental-health-and-wellbeing



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 until November 24th 2025. After this, New Hope will be based at: 1, Great Hollands Square, Bracknell RG12 8UX
new.hope@bracknell-forest.gov.uk or call 01344 312360



BREAKTHROUGH

Breakthrough is a supported employment service in Bracknell Forest. Our aim is to help people with learning disabilities and/or an autism diagnosis to prepare for, achieve and maintain meaningful employment. We find that many people with a learning disability and/or an autism diagnosis want to work and do not want to be dependent on benefits. Paid employment can provide a sense of independence, both personal and financial, that they would not otherwise have. It allows them to make a wider circle of friends, earn money and put their skills to use in creative ways and achieve their full potential.

The ways we help include: Preparing for work and job interviews; Job Centre appointments, job and travel training. After you have a job, we will help you to learn about your new role through job coaching if you need support and will only stop supporting you when you are ready.

Breakthrough also works with businesses to assist our individuals in their new role. We understand that learning a new role may take a bit longer than usual or need a different approach. Our team will work with a company and their new employee until they can work independently. We can also advise on reasonable adjustments that may be required for the individual to achieve their full potential in the role.

For more information, please email:
breakthrough.employment@bracknell-forest.gov.uk or phone 01344 354291



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.

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: volunteering@involve.community



ACTIVATE LEARNING

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



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



YOUTHLINE

Youthline provides free, confidential counselling for young people from secondary school age up to 25. We also offer a low-cost counselling service for adults aged 26+ who care for or support young people. Our approach is humanistic and client-centred, with sessions available in person, online, or by telephone.

As an early intervention charity, our goal is to support clients before issues develop into more serious mental health concerns.

We work across several locations in Bracknell Forest, including our main base at Portman Close, Bracknell, as well as eight secondary schools.

For more information, or to make a referral, please visit
www.youthlineuk.com or call 01344 311200.

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



CREATE HOPE

Create Hope is a Christian charity offering emotional support to children, young people and families through the provision of creative and play therapy. We work with people of all faiths 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 therapies 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.

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/health-and-social-care/mental-health-and-wellbeing/happiness-hub

Oaktree Happiness Hub drop-in

Location: The Potting Shed Community Café, Oaktree Garden Centre, Warfield, RG42 6LH

Time: 09.30-11.30

Date: the first Monday of every month *launching on the 5th January 2026!*

Ascot Happiness Hub drop-in:

Location: Sun Café, Sunninghill, SL5 9NG

Time: 10.00-12.00

Date: the first Tuesday of every month

Bracknell Town Happiness Hub drop-in

Location: Brew Coffee Bar, Bracknell RG12 1BH

Time: 10.00-12.00

Date: the first Thursday of every month

Binfield Happiness Hub drop-in:

Location: The Foxes Den, Binfield RG42 4EW

Time: 11.00-13.00

Date: the second Tuesday of every month

Sandhurst Happiness Hub drop-in:

Location: Sandhurst Library, Sandhurst GU47 9BL

Time: 10.30-12.30

Date: the third Tuesday of every month

Crowthorne Happiness Hub drop-in:

Location: Crowthorne Fire Station, Crowthorne RG42 7AP

Time: 11.00-13.00

Date: the third Friday of every month

Bracknell Evening Happiness Hub drop-in:

Location: Starbucks, The Village Hotel Bracknell, RG12 0QJ

Time: 17.30-19.30

Date: the last Wednesday of every month

Make
happiness
a habit.





**Bracknell Forest
Skills Hub**

CAREER SEEKERS

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



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 03001021400





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
- Wednesdays - Available for showers and clothes washing, by referral by the hub at Times Square only
- 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

Email: enquiries@pilgrim.hearts@gmail.com

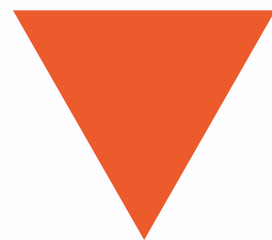


ANDY'S MAN CLUB

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. Please find your nearest location on www.andysmanclub.co.uk or by emailing info@andysmanclub.co.uk.

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



Building Young Adults' Wellbeing & Life Skills

FREE courses and workshops, co-created with young adults to boost your wellbeing, mental health and life skills.



If you're aged 16 to 25 you can sign up for these FREE courses and workshops. Visit www.youngadults.co.uk for more details.



How to find us

The Court House, Broadway, Bracknell, RG12 1AE
Phone: 01344 300333





reception@steppingstonesrecovery.co.uk

www.steppingstonesrecovery.co.uk

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Phone: 01344 300333

Instagram: [SteppingStones.RecoveryCollege](https://www.instagram.com/SteppingStones.RecoveryCollege)

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