

Peer Support Groups in East Berkshire

We are a **free peer support group** and **wellbeing community** for people affected by **mental health problems, loneliness & social isolation**. Our aim is to **promote community resilience by reducing isolation through peer support and social activities**.

The foundation of the group is based on the 5 Ways to Wellbeing: To **Connect**, **Be Active**, **Take Notice**, **Learn** and **Give Back**.



We put together a timetable of events and activities for members to attend that promote these values. As a FIN member, people are signed up for their local group, however, members are welcome to access all activities across East Berkshire. If you would like to attend an activity in a different area, please contact the area co-ordinator in advance of the day to confirm you will be attending.

Interested in joining us?

If you'd like to experience the magic of peer support and become a

Friends in Need member, please contact

ansa.khan@bucksmind.org.uk – 07496 874882

Friends in Need Team Lead East Berkshire

Disclaimer – Stay safe:

Please be aware that participating in any physical exercise, including virtual exercise will be at your own risk. We ask you to consult your doctor before you change, start or stop any part of your healthcare plan, including physical activity and exercise. Please make yourself aware of the potential physical risks involved in yoga and tai chi. It is a member's personal responsibility for any risk or injury that they may sustain, as a result of their participation. Your awareness of this risk releases the teacher and Buckinghamshire Mind from any liability claims. If you become concerned with a potential medical condition resulting in injury, you will need to consult your doctor before taking part.



Friends in need

Windsor, Ascot,
Maidenhead
Slough & Bracknell



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27th		19.00 - 20.00 Games with Colette @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
4th	Bank Holiday	19.00 - 20.00 Games with Colette @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
11th		19.00 - 20.00 Games with Colette @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
18th		19.00 - 20.00 Games with Colette @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
25th	Bank Holiday	19.00 - 20.00 Games with Colette @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27th	14.00 - 15.00 Gentle relaxing Yoga with Jo @, Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor 19.30 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with TBC @ Maidenhead 11 .00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead		
4th	Bank holiday	10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11 .00 - 12.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead		

Friends in Need WAM Part 2 Activities May 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
11th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	10.30 - 11.30 -Craft and Chat with Christina @ Maidenhead 11.30 – 12.30 NatWest Financial Session: Cost of Living @ Maidenhead 11.00 - 13.00 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	MENTAL HEALTH AWARENESS WEEK ACTIVITY: Join us for Chair Yoga, Music Mindfulness and Afternoon tea to mark Mental Health Awareness Week! 11.30 – 13.30 Wellbeing Workshops with Christina @ Maidenhead	
18th	NEW! 10.30 – 13.30 Snack & Chat with Christina @ Maidenhead	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	
25th	Bank holiday 14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor 19.30 – 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead

WC	Monday	Tuesday	Wed	Thursday	Friday
27th					
4th	<p>Bank holiday</p>	12.30 - 14.30 Walk and Wonder with TBC @ Bracknell		10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Bracknell	<p>13.00 – 14.00 Thoughts and Ideas with Richard @ Bracknell</p> <p>NEW: 14.00-15.00 Frauds & Scams with Natwest @ Bracknell</p>
11th	<p>Mental Health Awareness Week 12.00-13.00 Exercise to Music with Sport in Mind & Chloe @ Bracknell</p>	<p>Mental Health Awareness Week 10.00 - 12.00 Connect over Coffee with Chloe @ Bracknell</p>			<p>Mental Health Awareness Week 11.00-15.00 Happiness Hub event with Chloe @ Bracknell</p>
18th	11.00 - 12.30 Arts & Crafts with Chloe @ Bracknell	12.30 - 14.30 Walk and Wonder with Chloe @ Bracknell			13.00 – 14.30 Discovery Sessions with Tash @ Bracknell
25th	<p>Bank holiday</p>	12.30 - 14.30 Walk and Wonder with TBC @ Bracknell		12.00-14.00 Darts with Chloe @ Bracknell	<p>NEW LOCATION: 13.00 – 14.30 Chapter and Chat with Chloe @ Bracknell</p>

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
27th					
4th	Bank holiday	12:15- 14:15 Lunch with Jane @ TBC	12.30-14.30 Art/crafts with Husna @ Slough	14:30- 16:30 Cookham Festival Sculpture Garden with Jane	
11th	13.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Susan @ Burnham 13.00 - 15.00 -Knitting with Patie @ Colnbrook			
18th	12.30-14.30 – Lunch with Sat @ Slough	11.00 -13.00 Coffee and chat with Susan @ Taplow	12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Read & Relax with Husna @ Slough	
25th	Bank holiday 12.00 – 14.00 – Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Chat and check in with Jane @ Burnham	11.00-13.00 Games with Syed @ Slough		