





# Friends in Need Wellbeing and Recovery Activities Timetable – August 2022



**Friends in need**  
Windsor, Ascot & Maidenhead  
Slough, Bracknell  
Buckinghamshire

W/C	Monday	Tuesday	Weds	Thursday	Friday
1st August		<p>10.15 – 11.15 Online Yoga with Kate @ Zoom (contact your coordinator to book)</p> <p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p> 		<p>10.30am Meditation &amp; Pranic Healing @ Jealotts Community Landshare</p> <p>10.00 - 13.00pm The Happiness Hub (Drop in coffee &amp; chat) @ Cup of Rosie, Easthampstead Works</p> <p>16.00 - 17.00 Online Coffee Catch Up with Elouise, Laura &amp; Charlene @ Zoom</p>	<p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p>
8th August		<p>10.15 – 11.15 Online Yoga with Kate @ Zoom (contact your coordinator to book)</p> <p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p>		<p>10.30am Meditation &amp; Pranic Healing @ Jealotts Community Landshare (No cost)</p> <p>13.30 - 14.30 Walk and ice cream with Laura @ Boveney Lock, Windsor (meet at Windsor Leisure Centre)</p>	<p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p> 
15th August		<p>10.15 – 11.15 Online Yoga with Kate @ Zoom (contact your coordinator to book)</p> <p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p> 		<p>10.30am Meditation &amp; Pranic Healing @ Jealotts Community Landshare (No cost)</p> <p>12.00 - 13.00 Walk and Talk with a Cuppa @ South Hill Park with Elouise (meeting at the Atrium Bar, SHP, Ringmead, Bracknell RG12 7PA)</p> 	<p>11.30 – 12.30 Coffee &amp; Catch up @ Starbucks with Charlene @ Brunel Way, SL1 1XW opposite train station</p> <p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p>
22nd August		<p>10.15 – 11.15 Online Yoga with Kate @ Zoom (contact your coordinator to book)</p> <p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p>		<p>10.30am Meditation &amp; Pranic Healing @ Jealotts Community Landshare (No cost)</p> <p>14.00 - 15.00 Coffee catch up with Laura @ New York Deli inside the Nicholson's Centre, Maidenhead</p>	<p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p>
29th August		<p>10.15 – 11.15 Online Yoga with Kate @ Zoom (contact your coordinator to book)</p> <p>14.00 - 16.00 Stepping Stones Recovery College Drop in Sessions (games, quizzes, films, chat etc)</p>			

w/c	Monday Sport in Mind	Tuesday Sport in Mind	Wednesday Sport in Mind	Thursday Sport in Mind	Friday Sport in Mind
1st August	11.00-12.00 Sport in Mind Yoga @ Open Learning Centre, Rectory Ln, Bracknell RG12 7GR (in Daffodil room) 15.00- 16.00 Tai Chi @ Meet near the food hut by Grenfell Park entrance, 48 Grenfell Rd, Maidenhead SL6 1HG	11.30- 12.30 Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain 15.00-16.00 Sport in Mind - Tai Chi with Steve @ Arbour Park, SL2 5AY 15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell (Meet outside Arts centre) 15.00 - 16.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Maidenhead Sport In Mind Yoga: United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne Parish Council Office, Wellington Rd, Crowthorne, Berkshire RG45 7LD 15.00-16.00 with Phil @ tennis courts, Salt Hill Park SL1 3SS
8th August	11.00-12.00 Sport in Mind Yoga @ Open Learning Centre, Rectory Ln, Bracknell RG12 7GR (in Daffodil room) 15.00- 16.00 Tai Chi @ Meet near the food hut by Grenfell Park entrance, 48 Grenfell Rd, Maidenhead SL6 1HG	11.30-11.30 Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain 15.00-16.00 Sport in Mind -Tai Chi with Steve @ Arbour Park, SL2 5AY 15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell (Meet outside Arts centre) 15.00 - 16.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Maidenhead Sport In Mind Yoga: United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne Parish Council Office, Wellington Rd, Crowthorne, Berkshire RG45 7LD 15.00-16.00 with Phil @ tennis courts, Salt Hill Park SL1 3SS
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# Address List

Online Coffee Catch Up with Laura,  
Charlene and Elouise FiN WBR

Join Zoom Meeting

<https://us02web.zoom.us/j/88661242486?pwd=US91NW1qZnk2VjA4WlRvVVkyWEhjUT09>

Meeting ID: 886 6124 2486

Passcode: 652522

## Bracknell

- **Walk and Talk with a Cuppa with Elouise - South Hill Park, Ringmead, Bracknell RG12 7PA**
- ***The Happiness Hub Drop in Sessions*  
Address: Cup of Rosie, Easthampstead Works, RG12 1BH**
- ***Stepping Stones Recovery*  
College The Court House, Broadway, Bracknell, Berkshire, RG12 1AE**
- **Sport in Mind Table Tennis & Badminton - Sports Hall in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE**
- **Sport in Mind Walk – Meet outside Wilde Theatre @ South Hill Park, Ringmead, Bracknell RG12 7PA**
- **Sport in Mind Yoga - Open Learning Centre, Rectory Ln, Bracknell RG12 7GR**

## Windsor and Maidenhead

- **Coffee with Laura – New York Deli, Nicholson's Centre, Nicholsons Ln, Maidenhead SL6 1LB**
- **Walk with Laura – Windsor Leisure Centre, Clewer Mead, Stovell Rd, Windsor SL4 5JB**
- **Sport in Mind Tai Chi - United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)**
- **Sport in Mind Mindfulness Walk – Maidenhead Library, St. Ives Road, Maidenhead, SL6 1QU - meet by the fountain**
- **Sport in Mind Yoga - United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)**
- **Sport in Mind Table Tennis & Badminton - Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN**

## Slough

- **Starbucks – Brunel Way, SL1 1XW opposite train station**
- **Creams - 2-8 Windsor Rd, Slough SL1 2EJ**
- **Empire Cinema, 45, High Street Queensmere Centre, Slough SL1 1DD**
- **Sport in Mind Tennis – Tennis Courts, Salt Hill Park, Slough, SL1 3SS**
- **Sport in Mind Tai Chi – Club Room, Ground Floor, Arbour Park SL2 5AY**
- **Sport in Mind Football - Astro turf, Salt Hill Park, Slough, SL1 3SS**
- **Sport in Mind Mindfulness Walk – Astro turf, Salt Hill , Slough, SL1 3SS**