

# Friends in Need - August 2022

\* Please find all Zoom links on Page 2

Windsor, Ascot & Maidenhead  
Slough, Bracknell  
Buckinghamshire

## Online Activities



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st		10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom 19.00-20.00 Games with Colette @ Zoom	19.00 – 20.30 Action for Happiness sign up for the link @ <a href="https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GROUP=GRP20%20(Slough)">https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GROUP=GRP20%20(Slough)</a>	12.00-13.00 Yoga with Kate @ Zoom	10.00-11.00 Creative Writing with Terry @ Zoom	Sunday: 19.00 - 20.00 Quiz with Mandy @ Zoom 21.00 - 22.00 Meditation with Linda @ Facebook Live • A New 4-Part Meditation Series on the Art of Natural Meditation with Sacred Sound
8th	16.00-16.45 Laughter Therapy with Carole @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom 19.00-20.00 Games with Colette @ Zoom		12.00-13.00 Yoga with Kate @ Zoom  19.00-20.30 TV Club & Watch Party with Charlotte @ Zoom		
15th	19.00-20.00 Games with Colette @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom 16.00 - 17.00 Bracknell Peer Volunteer Meeting with Elouise @ Zoom		12.00-13.00 Yoga with Kate @ Zoom	10.00-11.00 Creative Writing with Terry @ Zoom	Sunday: 19.00 – 20.00 Quiz with Mhairi @ Zoom 21.00 - 22.00 Meditation with Linda @ Facebook Live
22nd	15.00-16.00 WAM PV meeting @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom 19.00-20.00 Games with Colette @ Zoom		12.00-13.00 Yoga with Kate @ Zoom  19.00-20.30 TV Club & Watch Party with Charlotte @ Zoom		
29th		10.15 – 11.15 Yoga with Kate @ Zoom 17.00-17.45 Dance with Taira @ Zoom 19.00-20.00 Games with Colette @ Zoom		12.00-13.00 Yoga with Kate @ Zoom	10.00-11.00 Creative Writing with Terry @ Zoom	

# Friends in Need – August 2022 Bracknell Activities



W/C	Monday	Tuesday	Wed	Thursday	Friday
1st	<p>14.00-15.30 Gardening @ Jealott's Community Landshare with Kara, Richard and Annette . RG42 6BQ <i>*Feel free to bring a packed lunch with you.</i></p> <p>19.30 - 21.30 Quiz Night @ Peacocks Farm (£1 cash) with Tony, Kara &amp; Chris. Peacock Ln, Bracknell RG12 8SS</p>	<p><b>NEW</b> 12.30-14.30 Summer FIN Picnic with Louise &amp; Laura @ South Hill Park - Bring and share food - All area members welcome! Address: Ringmead, RG12 7PA Meeting point: The stairs at the back of SHP, near the Atrium Bar</p>		<p><b>NEW</b> 10.00 - 13.00pm The Happiness Hub @ Cup of Rosie, Easthampstead Works - A drop in meet and greet session, come and go as you please, learn about services that make up the 'Happiness Hub'! - Address: <i>Easthampstead Works, RG12 1BH</i></p> <p><b>NEW</b> 19.30 - 21.30 Music Quiz Night with Simon @ Peacocks Farm (£1 Cash), Peacock Ln, RG12 8SS</p>	<p>14.00 – 15.30 Watch &amp; Wonder with Terry P and Louise @ East Hampstead Baptist Church - Address: S Hill Rd, Bracknell RG12 7NS - (<i>Wellbeing discussion group, learning about topics via TED Talks to help with mental health</i>)</p>
8th	<p><i>*Kara on annual leave</i> Gardening with Richard and Annette to be confirmed, as the Landshare may be closed due to training.</p>	<p>10.00 - 12.00 Peer Volunteer Training with Louise &amp; Laura @ Cup of Rosie 12.30-14.30 Walk &amp; Lunch with Terry B @ Lily Hill Park and Running Horse, RG12 2UJ</p>		<p>10.30am Meditation &amp; Pranice Healing @ Jealotts Community Landshare (No cost) 13.00 - 14.00 Good Afternoon Coffee with Louise @ South Hill Park, The Atrium Bar</p>	<p>14.00 – 15.30 Watch &amp; Wonder with Terry P @ East Hampstead Baptist Church</p>
15th	<p>14.00 - 15.30 Gardening @ Jealott's Community Landshare with Richard and Annette . RG42 6BQ 19.30 - 21.30 Quiz Night @ Peacocks Farm (£1 cash) with Tony &amp; Chris. Peacock Ln, Bracknell RG12 8SS. <i>[Kara in a team with the Young Mindz/YA FIN Quiz group]</i></p>	<p><b>NEW</b> 12.30-14.30 Walk, Paws &amp; Lunch with Louise @ South Hill Park and the Silver Birch - Pilot of new edition of walk and lunch location! - Dog friendly walk and lunch - Meeting point: Near the steps by the Atrium Bar at South Hill Park. Address for SHP; Ringmead, RG12 7PA Address for Silver Birch; Liscombe, Bracknell RG12 7DE <b>16.00 - 17.00 Bracknell Peer Volunteer Meeting (Online activity via Zoom)</b></p>		<p>10.30am Meditation &amp; Pranice Healing @ Jealotts Community Landshare (No cost) 13.00 - 14.00 - New Member Meet Up with Louise &amp; Volunteers @ South Hill Park, The Atrium Bar - (<i>An opportunity for new members to meet and to get to know FIN and other local services</i>)</p> <p><b>NEW</b> 19.30 - 21.30 Music Quiz Night with Simon @ Peacocks Farm (£1 Cash), Peacock Ln, RG12 8SS</p>	<p>14.00 – 15.30 Watch &amp; Wonder with Terry P and Louise @ East Hampstead Baptist Church</p>
22nd	<p>12.30 - 14.00 Lunch @ TANGS Buffet, Bracknell. (£9.50 per person). RG12 1BG. <i>*Cost has increased.</i> 14.15 - 15.45 Gardening @ Jealott's Community Landshare with Kara, Richard and Annette . RG42 6BQ</p>	<p>12.30-14.30 Walk &amp; Lunch with Terry B @ Lily Hill Park &amp; Running Horse</p>		<p>10.30am Meditation &amp; Pranice Healing @ Jealotts Community Landshare (No cost) <b>NEW</b> 14.00 Adventure Golf Trip @ Golfplex, Wood Ln, Binfield RG42 4EX - No deposit needed – pay on the day! - £8 for 2 loops, £10 for 3 loops 19.00 - 20.30pm 'Death Café' @ Forget me Knot shop and café, Wildridings, RG12 7SJ - (<i>A chance to talk about any aspect of death in a safe and supportive environment</i>)</p>	<p>14.00 – 15.30 Watch &amp; Wonder with Terry P and Louise @ East Hampstead Baptist Church</p>
29th	<p><b>BANK HOLIDAY</b></p>	<p>12.30-14.30 Walk &amp; Lunch with Simon @ Lily Hill Park &amp; Running Horse <b>NEW</b> 19.00 - 21.00 CARRIE The Musical @ South Hill Park with Louise (£13.50) - Buy ticket directly from SHP; <i>Carrie the Musical - South Hill Park Arts Centre</i> - Show starts at 7.15pm, meet at 7.00pm outside Arts Centre</p>		<p><i>*Louise on annual leave</i></p>	<p><i>*Louise on annual leave</i></p>

**Contact your coordinator:**

	<p><b>Elouise Griffin</b> Elouise.Griffin@bucksmind.org.uk 07949 393434 Tues, Thurs, Fri</p>
	<p><b>Kara Hale</b> Kara.hale@bucksmind.org.uk 07914 669430 Mondays</p>

**\*A gentle reminder that once you are a Friends in Need member, you can access activities in ALL areas!**

## Windsor, Ascot, Maidenhead (WAM) Activities

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
1st	11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB	12.30-14.30 Summer FIN Picnic with Louise & Laura @ South Hill Park - Bring and share food - All area members welcome! Address: Ringmead, RG12 7PA Meeting point: The stairs at the back of SHP, near the Atrium Bar	14.00 - 16.00 Cycling with Jo @ Bridge Gardens, Maidenhead SL6 8DW	11.00 - 13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY	
8th	11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB <b>NEW</b> 15.00-22.00 Soul & Motown Race Night with Phil @ Windsor Racecourse <i>-Enjoy some races and some live music at Windsor Racecourse</i> <i>-Tickets cost £17 and can be bought online</i> <i>-One off event</i>	10.30 - 12.00 Coffee and games with Phil @ All Saints Church, Dedworth Rd, Windsor SL4 4JW	19.00 - 21.00 Mind the Note with Mike @ Dedworth Library SL4 5PE- <i>(A singing group for people of all abilities!)</i>	11.00 - 13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY	11.00-12:00 Mindful colouring with Laura @ Maidenhead Library, St Ives Rd, SL6 1QU <i>-Join us for a coffee and some mindful colouring in!</i> 13.00 - 14.00 Walk with Phil @ Maidenhead Thicket, (meet at Henley Road Car Park, SL6 4LU)
15th	11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB	10.30 - 12.00 Coffee and games with Laura @ All Saints Church, Dedworth Rd, Windsor SL4 4JW <b>NEW</b> 14.00-15.30 Cinema trip, The Railway Children Return with Laura @ Norden Farm, Altwood Rd, Maidenhead SL6 4PF 19.00-21.00 Quiz with Phil @ The Acre Pub, Windsor, SL4 1EN	14.00 - 16.00 Cycling with Jo @ Windsor or Leisure Centre, SL4 5JB	11.00 - 13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY	
22nd	11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB 20:00 – 21:00 Open Mic Night with Phil @ The Old Court, Windsor SL4 3BL <i>-Enjoy a variety of entertainment for free!</i>	10.30 - 12.00 Coffee and games with Laura @ All Saints Church, Dedworth Rd, Windsor SL4 4JW <b>NEW</b> 16.00-17.00 Dance with Taira @ Spencer Denney Age Concern, Windsor SL4 4EB • <i>Enjoy Taira's popular dance class in person!</i>	19.00 - 21.00 Mind the Note with Mike @ Dedworth Library SL4 5PE- <i>(A singing group for people of all abilities!)</i>	11.00 - 13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY	11.00-12:00 Mindful colouring with Laura @ Maidenhead Library, St Ives Rd, SL6 1QU
29th	11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB	10.30 - 12.00 Coffee and games with Phil @ All Saints Church, Dedworth Rd, Windsor SL4 4JW	14.00 - 16.00 Cycling with Jo @ Bridge Gardens, Maidenhead SL6 8DW		

Contact your coordinator:



Laura Nash - WAM FIN Coordinator  
Laura.Nash@bucksmind.org.uk 07944 896353  
Mon, Tues, Thurs, Fri

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# Friends in Need – August 2022

## Slough Activities



w/c	Monday	Tuesday	Wednesday	Thursday	Friday
1st		11.00 -13.00 Coffee catch up @ Burnham Library, SL1 7HR	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY		12.30-14.30 Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station
8th		11.00 -13.00 Art with Sudi @ Burnham Library SL1 7HR	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY		12.30-14.30 Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station
15th	12.00 – 14.00 – Afternoon coffee with Nicola @ Costa, 282 High St, Langley, Slough SL3 8HG	11.00 -13.00 Coffee catch up @ Burnham Library, SL1 7HR	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY		12.30-14.30 Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station
22nd	12.00 – 14.00 – Afternoon coffee with Nicola @ Costa, 282 High St, Langley, Slough SL3 8HG	11.00 -13.00 Workshop with Hina & Charlene @ Burnham Library	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY	12.15 – 15.00 Crazy Golf (£5pp) followed by Lunch Hazelmere Golf Club, Penn Road, HP15 7LR	12.30-14.30 All Things Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station
29th	12.00 – 14.00 – Afternoon coffee with Nicola @ Costa, 282 High St, Langley, Slough SL3 8HG  <b>BANK HOLIDAY</b>	Coffee @ Burnham Park Hall, SL1 7HR  From 14.00 – Cinema Club with Coco @ Empire Cinema, Slough High Street. Time & film tbc nearer date	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY		

Contact your coordinator:



Charlene Morgan - Slough FiN Coordinator  
 Charlene.morgan@bucksmind.org.uk 07950303832  
 Tues - Fri

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## South Bucks Activities



W/c	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
1st	13.00 Shared Picnic in the park with Maira @The Rye Park (meet up point Infront of Lido Gym entrance)	12.30- 14.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2QR Art Room with Sufia and Anna	11.00-12.30 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Rob			
8 <sup>th</sup>	12.30 -13.30 Music for Pleasure and Discussions Group with Neil @ Bucks Mind HW HP11 2QR	13.00 Spindle & Thread Bucks 4 Year Anniversary with Mhairi and Sufia Bellfield Rd, HW HP13 5HP	11.00-12.30 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Rob	17.30 Pool Night & Drinks with Rob at £2.25 concession 1 <sup>st</sup> Floor (lift access) Hollywood Bowl , Eden Centre HW HP11 2DB		
15 <sup>th</sup>		12.30- 14.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2QR Art Room with Mhairi	11.00-12.30 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Rob			
22 <sup>nd</sup>	12.30 -13.30 Music for Pleasure and Discussions Group with Neil @ Bucks Mind HW HP11 2QR	12.30- 14.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2QR Art Room with Anna  17.30 Pub Night with Mhairi @ Merletto Bar 4 High Street HW HP11 2AZ	11.00-12.30 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Rob	12.15 – 15.00 Crazy Golf (£5pp) followed by Lunch Hazelmere Golf Club, Penn Road, HP15 7LR  16.00 - 17.15 Anna Coffee Meet Up @ Costa HW Eden centre  17.30 Pool Night & Drinks with Rob at £2.25 concession 1 <sup>st</sup> Floor (lift access) Hollywood Bowl , Eden Centre HW HP11 2DB		
29 <sup>th</sup>	<b>BANK HOLIDAY</b>	12.30- 14.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2JR Art Room with Anna	11.00-12.30 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Rob			

Contact your coordinator



Sufia Rahman 07914 669438  
[Sufia.Rahman@bucksmind.org.uk](mailto:Sufia.Rahman@bucksmind.org.uk)  
 Tues, Wed, Thurs

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## North Bucks Activities



W/c	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
1st		12:00pm – 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Sam and Pete	14:30-16:15 Arts and crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Sam			
8 <sup>th</sup>		12:00pm – 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Sam	14:30-16:15 Arts and crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Sam			
15 <sup>th</sup>		12:00pm – 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Sam	14:30-16:15 Arts and crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Sam			
22 <sup>nd</sup>		12:00pm – 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Sam	14:30-16:15 Arts and crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Sam			
29 <sup>th</sup>		12:00pm – 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Sam	14:30-16:15 Arts and crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Sam			

Contact your coordinator



Sam White 07376650129  
[Sam.white@bucksmind.org.uk](mailto:Sam.white@bucksmind.org.uk)  
 Mon. Tues, Wed

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W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st</b>	11.00-12.00 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 Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain <b>15.00-16.00 Tai Chi with Steve @ Arbour Park, SL2 5AY</b> <b>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</b> 18.00 - 19.00 Circuits @ South Hill Park (meet outside the café at the back of the Arts Centre), Ringmead, Bracknell, RG12 7PA	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 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead  <b>15.00-16.00 Tennis with Phil @ Tennis Courts next to Astro turf Salt Hill Park SL1 3SS</b>
<b>8th</b>	11.00-12.00 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 Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain <b>15.00-16.00 Tai Chi with Steve @ Arbour Park, SL2 5AY</b> <b>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</b> 18.00 - 19.00 Circuits @ South Hill Park	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 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead  <b>15.00-16.00 Tennis with Phil @ Tennis Courts next to Astro turf Salt Hill Park SL1 3SS</b>
<b>15th</b>	11.00-12.00 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	11.30-112.30 Maidenhead Sport In Mind Walk: Maidenhead Library, <b>15.00-16.00 Sport in Mind -Tai Chi with Steve @ Arbour Park, Slough</b> <b>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</b> 18.00 - 19.00 Circuits @ South Hill Park	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead  <b>15.00-16.00 Tennis with Phil @ Tennis Courts next to Astro turf Salt Hill Park SL1 3SS</b>
<b>22nd</b>	11.00-12.00 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	11.30-112.30 Maidenhead Sport In Mind Walk: Maidenhead Library, <b>15.00-16.00 Sport in Mind -Tai Chi with Steve @ Arbour Park, Slough</b> <b>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park, SL1 3SS</b> 18.00 - 19.00 Circuits @ South Hill Park	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne, RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead  <b>15.00-16.00 Tennis with Phil @ Tennis Courts next to Astro turf Salt Hill Park SL1 3SS</b>
<b>29th</b>	<b>BANK HOLIDAY</b>	11.30-112.30 Maidenhead Sport In Mind Walk: Maidenhead Library, <b>15.00-16.00 Sport in Mind -Tai Chi with Steve @ Arbour Park, Slough</b> <b>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</b> 18.00 - 19.00 Circuits @ South Hill Park	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 13.00-14.00 Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne, RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead <b>15.00-16.00 Tennis with Phil @ Tennis Courts next to Astro turf Salt Hill Park SL1 3SS</b>



# Friends in Need – August 2022

## Sport in Mind Bucks Activities



**Sport  
In Mind**

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

**Mind**  
Buckinghamshire

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st</b>	14.00-15.00 Yoga with Lindi @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 11.00-12.00 Yoga with Emma @ The Bagnall Centre, 71-79 Bagnall Centre 71-79 Waterside Way, Chesham HP5 1PE 11.30-12.30 Tai Chi with Debbie @ Court Garden Centre, Complex Road, Marlow, SL7 2AE 11:00-12:00 Tennis with Caroline @ Aylesbury Tennis Club, Aylesbury, HP21 9NJ	13.00-14.00 Table Tennis with Phil @ Wycombe Leisure Centre, Handy Cross. HP11 1UP 4.00-15.00 Tai Chi with Sally @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 12.00-13.00 Football with Phil @ Wycombe Leisure Centre, Handy Cross, HW HP11 1UP 11:00-12:00 Yoga with Stephanie @ Queens Park Art Centre, Aylesbury, HP217RT 11:00-12:00 Yoga with Anna @ Buckingham Youth Centre, Buckingham, MK18 1AS	13.00-14.00 Tennis with Ross @ HW Lawn Tennis Club Bassetbury Lane HP11 1QX 14.00-15.00 Tai Chi with Chris @ Barn Meadow Community Hall, Amersham HP7 OES 11:00-12:00 Tai Chi with Kim @ Queens Park Art Centre, Aylesbury, HP21 7RT 15:00-16:00 Tennis with Aaron @ Buckingham Lawn Tennis Club, Buckingham, MK18 1AJ	11.00-12.00 Badminton & Table Tennis with Simon @ The Beacon Sports Centre, Holtspur Way Beaconsfield HP9 1RJ 13.00- 14.00 Pilates with Alice @ Trinity Reformed Church London Road, HW HP11 1UP	11.00-12.00 Badminton & Table Tennis with Phil @ Evreham Sports Centre, Swallow Street, Iver SLO OHS
<b>8th</b>	14.00-15.00 Yoga with Lindi @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 11.00-12.00 Yoga with Emma @ The Bagnall Centre, 71-79 Bagnall Centre 71-79 Waterside Way, Chesham HP5 1PE 11.30 - 12.30 Tai Chi with Debbie @ Court Garden Centre, Complex Road, Marlow, SL7 2AE 11:00-12:00 Tennis with Caroline @ Aylesbury Tennis Club, Aylesbury, HP21 9NJ	13.00-14.00 Table Tennis with Phil @ Wycombe Leisure Centre, Handy Cross. HP11 1UP 14.00-15.00 Tai Chi with Sally @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 12.00-13.00 Football with Phil @ Wycombe Leisure Centre, Handy Cross, HW HP11 1UP 11:00-12:00 Yoga with Stephanie @ Queens Park Art Centre, Aylesbury, HP217RT 11:00-12:00 Yoga with Anna @ Buckingham Youth Centre, Buckingham, MK18 1AS	13.00-14.00 Tennis with Ross @ HW Lawn Tennis Club Bassetbury Lane HP11 1QX 14.00-15.00 Tai Chi with Chris @ Barn Meadow Community Hall, Amersham HP7 OES 11:00-12:00 Tai Chi with Kim @ Queens Park Art Centre, Aylesbury, HP21 7RT 15:00-16:00 Tennis with Aaron @ Buckingham Lawn Tennis Club, Buckingham, MK18 1AJ	11.00-12.00 Badminton & Table Tennis with Simon @ The Beacon Sports Centre, Holtspur Way Beaconsfield HP9 1RJ 13.00- 14.00 Pilates with Alice @ Trinity Reformed Church London Road, HW HP11 1UP	11.00-12.00 Badminton & Table Tennis with Phil @ Evreham Sports Centre, Swallow Street, Iver SLO OHS
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# Friends in Need

## Peer Support Groups in East Berkshire & Buckinghamshire

We are a **free peer support group** and **wellbeing community** for people affected by **stress, social isolation, depression and anxiety**. 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**.



[Click here for more info: 5 Ways to Wellbeing - Wellbeing Info](#)

We put together a timetable of events and activities for members to attend that promote these values.

### 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](mailto:ansa.khan@bucksmind.org.uk),

Friends in Need Team Lead East Berkshire & Buckinghamshire

#### **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.

Join us on Facebook for  
our Closed FiN Group...

<https://www.facebook.com/groups/128815250860939/>



Buckinghamshire

Friends  
in need

Windsor, Ascot &  
Maidenhead  
Slough, Bracknell  
Buckinghamshire



*“In a nutshell, Friends in Need is a non-judgmental group of people who have been there, seen it and got the T shirt when it comes to coping with anxiety and depression.*

*I see some magical moments where people who are struggling themselves, offer support to others in need. Sometimes, a little bit of motivation and knowing that people understand how you might be feeling is all that’s needed! We find that motivation, general wellbeing, and self-esteem are greatly increased through participation in Friends in Need.”*



**- Friends in Need member**