

# Young Adult FiN East Berkshire – Aug 2022

Key  WAM  Bracknell  Slough  Online

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st</b>	<p>11.00 – 12.00 Yoga (Sport in Mind: 18+) @ Bracknell (Address pg2)</p> <p>15.00 - 16.00 Tai Chi @ Maidenhead (Address pg2)</p>	<p>11.30 - 12.30 Mindfulness walk (Sport in Mind 18+) @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tai Chi @ Slough (Address pg2)</p> <p>15.00-16.00 Football @ Slough (Address pg2)</p>	<p>12.00 – 14.00pm Badminton &amp; Table Tennis @ Bracknell (Address pg2)</p>	<p>13.00 - 14.00 Yoga @ Maidenhead (Address pg2)</p> <p>12.00 - 13.00 Walk with Charlene @ Herschel Park (Slough) *Please book on via: 07950 303832</p>	<p>13.00 - 14.00 Badminton/Table Tennis @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tennis @ Slough (Address pg2)</p>
<b>8th</b>	<p>11.00 – 12.00 Yoga (Sport in Mind: 18+) @ Bracknell (Address pg2)</p> <p>15.00 - 16.00 Tai Chi @ Maidenhead (Address pg2)</p>	<p>11.30 - 12.30 Mindfulness walk (Sport in Mind 18+) @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tai Chi @ Slough (Address pg2)</p> <p>15.00-16.00 Football @ Slough (Address pg2)</p>	<p>12.00 – 14.00pm Badminton &amp; Table Tennis @ Bracknell (Address pg2)</p>	<p>13.00 - 14.00 @ Maidenhead (Address pg2)</p> <p>19.30 - 22.00 Young Mindz Music Quiz Night with Kara &amp; James @ Peacocks Farm, £1 pp.</p>	<p>13.00 - 14.00 Badminton/Table Tennis @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tennis @ Slough (Address pg2)</p>
<b>15th</b>	<p>11.00 – 12.00 Yoga (Sport in Mind: 18+) @ Bracknell (Address pg2)</p> <p>15.00 – 16.00 Tai Chi @ Maidenhead (Address pg2)</p> <p>18.00 – 18.45pm YAFIN member catch up @ Zoom</p> <p>19.30 - 21.30 Young Mindz Quiz Night with Kara &amp; James @ Peacocks Farm</p>	<p>11.30 - 12.30 Mindfulness walk (Sport in Mind 18+) @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tai Chi @ Slough (Address pg2)</p> <p>15.00-16.00 Football @ Slough (Address pg2)</p>	<p>12.00 – 14.00pm Badminton &amp; Table Tennis @ Bracknell (Address pg2)</p>	<p>13.00 - 14.00 Yoga @ Maidenhead (Address pg2)</p>	<p>13.00 14.00 Badminton/Table Tennis @ Maidenhead (Address pg2) Eve</p> <p>15.00-16.00 Tennis @ Slough (Address pg2)</p>
<b>22nd</b>	<p>11.00 – 12.00 Yoga @ Bracknell (Address pg2)</p> <p>15.00 - 16.00 Tai Chi @ Maidenhead (Address pg2)</p> <p>14.00-15.00 Coffee catch up with Laura @ Saints Caf�, Maidenhead</p> <p>*Please book on via: 07944896353</p>	<p>11.30 - 12.30 Mindfulness walk @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tai Chi @ Slough (Address pg2)</p> <p>15.00-16.00 Football @ Slough (Address pg2)</p>	<p>12.00 – 14.00pm Badminton &amp; Table Tennis @ Bracknell (Address pg2)</p>	<p>13.00 - 14.00 Yoga @ Maidenhead (Address pg2)</p>	<p>13.00 14.00 Badminton/Table Tennis @ Maidenhead (Address pg2) Eve</p> <p>15.00-16.00 Tennis @ Slough (Address pg2)</p>
<b>29th</b>	<b>BANK HOLIDAY</b>		<p>11.30 - 12.30 Mindfulness walk @ Maidenhead (Address pg2)</p> <p>15.00-16.00 Tai Chi @ Slough (Address pg2)</p> <p>15.00-16.00 Football @ Slough (Address pg2)</p>	<p>12.00 – 14.00pm Badminton &amp; Table Tennis @ Bracknell (Address pg2)</p>	

# Addresses

## All East Berkshire Areas – Zoom/online activity, once a month:

YA FiN Catch Up

<https://us02web.zoom.us/j/84849564668?pwd=cVBBSk1mYWNBbWhHYmE4VklmcWR6dz09>

Meeting ID: 848 4956 4668

Password: 256721

### Bracknell

- **New YOUNG MINDZ Quiz Night with Kara & James (Bracknell Forest Community Network) @ Peacocks Farm, Bracknell. £1 cash pp.**
- Sport in Mind Yoga @ Open Learning Centre, Rectory Ln, Bracknell RG12 7GR (in Daffodil room)
- Sport in Mind Table Tennis / Badminton @ Sports Hall in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE

### Windsor and Maidenhead

- **Coffee catch up with Laura @ Saints Café, 49a St Mark's Rd, Maidenhead SL6 6DP**
- 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

- **Wellbeing Walk with Charlene @ Herschel Park, SL1 2DG.**
- Sport in Mind Tennis @ Tennis Courts, Salt Hill Park, Slough, SL1 3SS
- Sport in Mind Football: Astro-Turf Pitches, Salt Hill Park, Slough, SL1 3SS
- Sport in Mind Tai Chi: The Club Room, Ground Floor in Arbour Park, Stoke Road, Slough SL2 5AY

# Young Minds Quiz Night

Date: Monday 20th of June

(Every 3rd Monday of the month)

Time: 19.30 - 21.30pm

Cost: £1 cash pp for quiz.

Location: Peacocks Farm, Bracknell. [Peacock Lane, Bracknell RG12 8SS](#)

Transport: Bus route from town centre: 108 towards Jennettes Park.  
Stops near peacocks farm or Uber.

*Partnership activity: Run by James from the Bracknell Forest  
Community Network and Kara from Friends in Need, Bracknell.*

# Young Adults Friends in Need

## Who's it for?

- Age: Young Adults aged between 17 – 25 years old.
- Scope: Living with mild-to-moderate mental health conditions such as: depression, anxiety, stress and/or loneliness and social isolation.
- Area: Living in the East Berkshire area or registered with an East Berkshire GP (Bracknell, WAM, Slough).



# Young Adults Friends in Need

## What we offer:

- Fun and free of charge peer support/social activities.

*For example: TV Club, Dance/movement group, walks, bowling, pub quizzes, yoga etc.*

- Opportunities for young adults to connect with peers who understand how they feel.
- Social support in a safe, confidential and non-judgmental setting.



# Young Adults Friends in Need

## Further information:

- Individuals aged 18 and over can join the 'general' FiN activities/groups.
- Young Adult Volunteer opportunities with FiN.

*For anyone interested in running or supporting activities.*

## Joining process:

- 1) Informal chat with their FiN area coordinator
  - 2) If suitable they will complete a FiN welcome & demographics form over the phone, in person or via email.
  - 3) Once this has been received, they will be sent the FiN welcome pack, FiN timetable and zoom links.
- *Closed Facebook group for Young Adult FiN Members & general members \*However, they must be a member before they can join.*
  - [\(20+\) Young Adults Friends in Need \(17 - 25\) - East Berkshire | Facebook](#)



# Contact us on....

- Windsor, Ascot and Maidenhead: please email Laura Nash  
[Laura.Nash@bucksmind.org.uk](mailto:Laura.Nash@bucksmind.org.uk) Tel: 07944 896353 (Mon, Tues, Weds, Fri)
- Slough: please email Charlene Morgan  
[charlene.morgan@bucksmind.org.uk](mailto:charlene.morgan@bucksmind.org.uk) Tel: 07950 303832 (Tues – Fri)
- Bracknell: please email Elouise Emily Griffin  
[Elouise.Griffin@bucksmind.org.uk](mailto:Elouise.Griffin@bucksmind.org.uk) Tel: 07949393434 (Tues, Thurs & Friday)
- Or please email  
[kara.hale@bucksmind.org.uk](mailto:kara.hale@bucksmind.org.uk) Tel: 07914 669430 (Monday's)

