



Friends in Need

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

Friends in Need is a friendly and welcoming peer-to-peer social support community for people to help each other with managing mental wellbeing and reduce loneliness and isolation.

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. Together, we help each other on our recovery journey.

Our activities are based on the Five Ways to Wellbeing:

Connected, Active, Notice, Learn, Give

Please contact: **Ansa Khan, Team Lead** on **07496 874882**
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 **mind** in Berkshire

 **mind** Buckinghamshire