

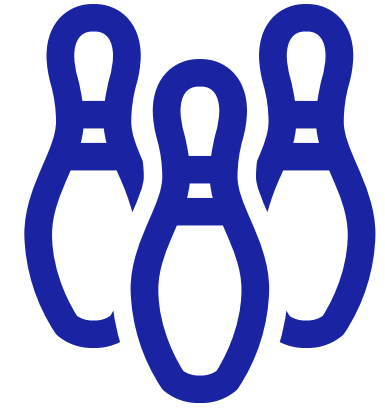
# Peers2Pals December Timetable 2023

Key  WAM  Bracknell  Slough  Online



W/C	Monday	Tuesday	Wednesday	Thursday
4th		<b>Tuesday 5th - 19.00 - 21.30</b> <b>Young Mindz &amp; Peers2Pals Bowling Night with Elouise and James</b> ❖ (£3.32 per game) ❖ (17-35yrs)		
11th			<b>Wednesday 13th - 17.30 - 19.30 Young Mindz &amp; Peers2Pals Meal &amp; Quiz/Games with Solveig</b> ❖ 2 meals for £10.99 before 6pm, however no requirement to have a meal! :-) ❖ (17-35yrs)	
18th			<b>NEW Wednesday 22nd - 14.00 - 16.00 Peers2Pals Sustainable Creative Christmas Cards with buttons with Eleanor and Donna @ Building Bridges, Maidenhead (Opposite Superdrug in the Nicholson Centre)</b> <b>All materials provided</b> ❖ (17-25yrs)	
25th	<b>Christmas Day</b>			

# Young Mindz Pool/ Bowling Night with Elouise (Peers2Pals) & James (BFCN)



Age: 17-35

Time: 19.00 - 21.30pm

Cost: £1.50 pp per game for pool, £3.30 for bowling pp per game.

Location: Hollywood Bowl @ The Point, Bracknell RG12 1EN.

*Partnership activity: Run by James from the Bracknell Forest Community Network and Elouise from Peers2Pals & Friends in Need Bracknell.*

**For more info or to book on please email: [Elouise.Griffin@bucksmind.org.uk](mailto:Elouise.Griffin@bucksmind.org.uk) or 07949393434 or email James at [bfcn@bracknell-forest.gov.uk](mailto:bfcn@bracknell-forest.gov.uk)**

# Young Mindz Quiz Night with James (BFCN)



Age: 18-35

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.*

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# Young Mindz Meal and Games Night with Solveig

Age: 17-35

Time: 5.30pm - 7.30pm

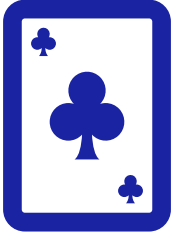
Location: The Weathervane, Arlington Square, Wokingham Road, RG42 1NA

Daytime value menu available till 6pm, with 2 mains from £9.99. Tuck into your faves, at the fraction of the price! Want to make a real meal of it? Add a starter or dessert for only £2.49!

....OR Available from 6pm its spectacular pie and pud nights! Selection of pies and desserts for only £8.99.

Other snacks/menu items are available but NO REQUIREMENT TO HAVE A MEAL if you are not hungry and do not wish to eat, just come along for the FUN!

**For more info contact [elouise.griffin@bucksmind.org.uk](mailto:elouise.griffin@bucksmind.org.uk) or call 07949 393434 or you can email James at [bfcn@bracknell-forest.gov.uk](mailto:bfcn@bracknell-forest.gov.uk)**



# Peers2Pals

## Who's it for?

- Age: Young Adults aged between 17 – 25 years old.
- Young Mindz (partnership activities with the Bracknell Forest Community Network) are for anyone aged between 17 – 35 years.
- Anybody living with a mental health condition and/or stress, loneliness and social isolation, and would like to improve this through peer support.
- Area: Living in the East Berkshire area or registered with an East Berkshire GP (Bracknell, WAM, Slough).





# Peers2Pals

## What we offer:

- Fun and free to access peer support and social activities.

*For example: quiz nights, bowling, arts and crafts, coffee meet ups and more!*

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



# Peers2Pals

## New Member joining process:

- 1) Informal chat with your FiN/Peers2Pals area coordinator
- 2) If we are the right support for you, we will help you in completing our welcome & demographics form over the phone, in person or via email.
- 3) Once this has been completed, your coordinator will send you the welcome pack, timetable and zoom links. If you are over 18, we will also send you access to the General Friends in Need activities..

## Further information:

- Individuals aged 18 and over can join in Friends in Need (FiN) activities/groups. The general FiN group has a variety of members and ages, whereas the Peers2Pals and Young Mindz activities are specifically geared towards young adults.



**Join our closed/private Facebook group for members!**  
**<https://www.facebook.com/groups/38107062292655>**

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Buckinghamshire



in Berkshire





# Peers2Pals November 2023

Links to Sport in Mind East Berkshire Activities for anyone aged 17 and over: <https://www.sportinmind.org/berkshire2>

**WAM and Slough:** FREE activities such as Yoga, Mindfulness Walks, Badminton and Table Tennis and Tai Chi.

**Bracknell:** Cricket, Football, Walks, Badminton and Table Tennis, Yoga and Tai Chi.

*Please click on the link for all SiM activities in your area or visit [www.sportinmind.org](http://www.sportinmind.org)*

**Contact for more information:**

**Matt Saunders**

**Sport In Mind**

**Development Officer (East Berkshire and Bucks)**

**Mobile 07823 973782**

**Office 0118 9479762**

**Matt Saunders @ 07823 973782**

**or email [matthew.saunders@sportinmind.org](mailto:matthew.saunders@sportinmind.org)**



# Contact us!

- Windsor, Ascot and Maidenhead: please email Meena  
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