

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27th			19.00 – 20.30 Action for Happiness sign up for this via the link below: https://actionforhappiness.org		10.00-11.00 Creative Writing with Terry @ Zoom	19.00 -20.00 3 rd Dec - Sunday 5 th Quiz with Mandy @ Zoom
4th		17.00 - 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom	15.30 - 17.00 Bracknell Peer Volunteer Meeting & New Year Planning with Elouise @ Zoom	13.00 – 14.00 Manging your Anxiety in social situations workshop on zoom with Tammy		
11th	10:00 – 11:00 Book Club with Nicole @ Zoom	17.00 - 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom		17.00-18.00 Soundbath Meditation with Linda @ Facebook Live	17.30-18.15 Laughter Therapy with Carole @ Zoom 10.00 - 11.00 Creative Writing with Terry @ Zoom	19.00 -20.00 Sun 19th Quiz with Mandy @ Zoom
18th		19.00 - 20.00 Games with Colette @ Zoom	14.00- 15.00 Wellbeing over Christmas @ Zoom with Neil			19.00 -20.00 Sun 19th Quiz with Mandy @ Zoom
25 th				17.00-18.00 Soundbath Meditation with Linda @ Facebook Live		19.00 -20.00 Sun 19th Quiz with Mandy @ Zoom

Friends in Need Zoom Links for Online Activities

December 2023

Day	Time	Activity	Zoom Link	Meeting ID	Password
Monday	10.00 - 11.00	Book Club with Nicole	https://us02web.zoom.us/j/83110067166?pwd=a1VyZm5jUHNkMytoK1prYWJVTDhSdz09	831 1006 7166	041923
Monday	16.00 - 16.45	Laughter Therapy with Carole	https://us02web.zoom.us/j/89729438085?pwd=NHNiNXltZHY1S0dxUkRqdUhDMlZXUT09	897 2943 8085	HAHAHA
Tuesday	19.00 - 20.00	Games with Colette	https://us02web.zoom.us/j/89844213335?pwd=NDBnbmZ5NFhmMEVlT3MxeG9zcTVnQT09	898 4421 3335	859682
Tuesday	16.00 - 16.45	Dance with Taira	https://us02web.zoom.us/j/89919616722?pwd=VHg3RzJ5eXlHRWVZZDVzSWFkNkFNUT09	899 1961 6722	221284
Wednesday	14.00-15.00	Wellbeing over Christmas with Neil	https://us02web.zoom.us/j/85627393149?pwd=UXpmbFFjdk9RS1V5UHlmU0piYzNTQT09	856 2739 3149	017893
Wednesday	15.30 - 17.00	Bracknell Peer Volunteer Meeting with Louise	https://us02web.zoom.us/j/86018889051?pwd=Qk5Edi9saXF4cJSVnEreXlUYmZrQT09	860 1888 9051	804725
Wednesday	19.00 - 20.00	Portuguese for Beginners with Filipa	https://us02web.zoom.us/j/84301409923?pwd=YjhOM2l2WVNVeUJvYk5MRVJMeDZTZz09	843 0140 9923	259532
Thursday	11.00 - 12.00	North Bucks Peer Volunteer Meeting with Nicole	https://us02web.zoom.us/j/87222747729?pwd=NkxuMGtGbmtUZVNEYmRMYzB0SmJFUT09	872 2274 7729	487743
Thursday	13.00-14.00	Managing Social Situations with Tammy	https://us02web.zoom.us/j/83051458298?pwd=SGFmN2l1MQy9WMWMrUTRxUStkMlUwdz09	830 5145 8298	840064
Friday	10.00 - 11.00	Creative Writing with Terry	https://us02web.zoom.us/j/87609478689?pwd=eIZiSE5peDV2NmZhUTBOZEE1OHFKdz09	876 0947 8689	766344
Sunday	19.00 - 20.00	Quiz Night	https://us02web.zoom.us/j/86095873242?pwd=SEI4TGp2VWNRK0JNUmRNVWZTWU5RZz09	860 9587 3242	620224

Friends in Need WAM Activities December 2023



w/c	Monday	Tuesday	Wednesday	Thursday	Fri
27 th Nov	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p> <p>13.30-14.30- Coffee Meet Up with Jo and Phil at Costa Dedworth Rd. Filling Station</p>	<p>10.30 – 12.00 Games with Phil @ All Saints Church, Dedworth Rd, Windsor SL4 4JW</p>	<p>10.30-12.30 Craft and Chat with Sudi @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB</p> <p>14:00 -15.00- Cycling with Phil & Jo from Windsor. Please contact Phil & Jo to confirm.</p> <p>19.00-21.00 Mind The Note with Mike. The Hope. 7 Alma Road. Windsor. SL4 3HR</p>	<p>11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY</p>	
4 th	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p> <p>13.30-14.30 - Coffee Meet Up with Jo and Phil at Costa Dedworth Rd. Filling Station</p>	<p>10-12pm Happiness Hub Drop in @ Sun Café 17-19 High Street, Sunninghill. Ascot. SL5 9NG (first Tuesday of every month)</p> <p>NEW: 10.00-13.30 Online Understanding Depression Workshop run by Bucks Mind (call Ansa for more info and to get Teams Link)</p> <p>10.30 – 12:00 Games with Phil @ All Saints Church, Dedworth Road, SL4 4JW</p>	<p>NEW 09.00 – 12.30 Understanding Depression Workshop run by Bucks Mind @ Windsor Family Hub 65 Alma Road SL4 3HD (call Ansa for more information)</p> <p>10.30-12.30-Craft and Chat with Sudi & Meena @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB</p>	<p>11.30-13.00 Coffee Catch Up with @ Maidenhead Community Centre SL6 7HY with Ansa</p>	
11 th	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p> <p>13.30-14.30 - Coffee Meet Up with Jo and Phil at Costa Dedworth Rd. Filling Station</p>	<p>10.30 – 12:00 Games with Phil @ All Saints Church, Dedworth Road. Windsor. SL4 4JW</p>	<p>10.30-12.30-Craft and Chat with Sudi & Meena @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB</p> <p>NEW: 11.00-13.00 Online Understanding run by Bucks Mind Panic Workshop (call Ansa for more info to get Teams Link)</p> <p>14:00 -15.00-Cycling with Phil & Jo from Windsor Leisure Centre Please contact Jo or Phil to confirm</p> <p>19.00-21.00 Mind The Note with Mike. The Hope. 7 Alma Road. Windsor. SL4 3HR</p>	<p>10.00-11.00-Gentle relaxing Yoga with Jo 12th Windsor Scout Hut, Maidenhead Road, Windsor, SL4 5EJ</p> <p>11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY</p>	
18 th	<p>11.00 – 12.45 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p> <p>13.00-15.00 WAM Xmas Lunch Fully booked</p>	<p>10.30 – 12:00 Games with Phil @ All Saints Church, Dedworth Road. Windsor. SL4 4JW</p> <p>19.00-21.00 Quiz with Mandy at The Hope, 7 Alma Road, Windsor SL4 3 HR</p>	<p>14:00 -15.00-Cycling with Phil & Jo from Maidenhead Bridge Gardens. Please contact Jo or Phil to confirm</p>	<p>11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY</p>	
25 th	<p>Xmas Day</p>	<p>Boxing Day</p>	<p>19.00-21.00 Mind The Note with Mike. The Hope. 7 Alma Road. Windsor. SL4 3HR</p>		

Friends in Need Bracknell Activities December 2023



WC	Monday	Tuesday	Wed	Thursday	Friday
27th	12.30 - 14.00 - TANGS Lunch Buffet with Simon @ TANGS, The Lexicon, RG12 1BG (9.99pp)	12.30-14.30 Walk & Pub Lunch with Bob @ Lily Hill Park and The Running Horse RG12 2UJ [Meeting point: back of car park next to bottle banks]		13.00 - 14.00 New Member Meet Up with Louise @ The Atrium Bar Café, South Hill Park RG12 7PA	14.00 – 15.30 Words and Wonder with Terry P & Louise @ Easthampstead Baptist Church RG12 7NS <i>Bring along words of meaning e.g book, song, lyrics, poem to share with the group.</i>
4th		12.30-14.30 Walk & Pub Lunch with Bob @ South Hill Park & Golden Farmer Pub RG12 7DE [Meeting point: By the Wilde Theatre at front of SHP Building] NEW 15.30 - 17.00 FIN Bracknell Volunteers Festive Celebration – Afternoon Cuppa and Cake @ BREW, Easthampstead Works, The Lexicon	NEW 11.00 - 12.00 Good Morning Coffee and Chat with Louise @ The Atrium Bar, South Hill Park RG12 7PA 15.30 - 17.00 Bracknell Volunteer Meeting & New Year Planning with Louise @ Zoom (Online)	10.45 - 12.30 Arts and Crafts with Sudi & Louise @ Priestwood Community Centre RG42 1TU – Christmas Wreath Making Workshop <i>12 spaces available. No cost. Please book your space with Louise before end of day Tuesday 5th.</i> 10.00 - 13.00 The Happiness Hub Drop in @ BREW Café, Easthampstead Works, Bracknell <i>Open to public. Come and meet friends, enjoy a cuppa and find out about local support services near you</i>	NEW 14.00 – 15.30 FIN Christmas Social with Louise & Terry P @ Easthampstead Baptist Church RG12 7NS <i>Join us in your festive gear for a christmas quiz, mince pies, eggnog, card making and a singalong!</i>
11th		NEW 12.00 - 14.00 FiN Bracknell Christmas Lunch @ The Horse And Groom, Bagshot Rd, Bracknell RG12 9RB <i>Please book with Louise before Wednesday 29th Nov.</i>		10.45 - 12.30 Arts and Crafts with Sudi & Louise @ Priestwood Community Centre RG42 1TU – Making Clay Christmas Decorations <i>No booking needed.</i>	14.00 – 15.30 Watch and Wonder with Terry P & Terry B @ Easthampstead Baptist Church RG12 7NS <i>Come along to watch a TED talk around a topic of wellbeing. Chat and discuss.</i>
18th	12.30 - 14.00 - TANGS Lunch Buffet with Simon @ TANGS, The Lexicon, RG12 1BG (9.99pp)	12.30 - 14.30 Walk and Lunch with Terry B @ Lily Hill Park and Running Horse RG12 2UJ [Meeting point: back of car park next to bottle banks] 15.30 - 17.00 Board Games and a Cuppa with Louise @ The Open Learning Centre RG12 7GR <i>Join us for a cuppa, and a range of games, puzzles etc.!</i>	Elouise on Annual Leave	Elouise on Annual Leave NEW Festive Cinema Evening with Terry B @ Odeon Bracknell, The Point, Skimped Hill Lane <i>Time and film to be confirmed – email & text will be sent to announce details by 15/23</i>	Elouise on Annual Leave
25 th	Merry Christmas!	Boxing Day	Elouise on Annual Leave	Elouise on Annual Leave	Elouise on Annual Leave

Contact your coordinator:



Elouise Griffin
Elouise.Griffin@bucksmind.org.uk
07949 393434
Tues, Weds, Thurs, Fri

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27th	<p>12.00 – 14.00 – Art with Faith @ Langley Pavilion, Langley Road, SL3 8BS</p> <p>14.30 - 16.00 - Coffee with Sat @ Tesco Extra Café, Brunel Way, Slough, SL1 1XW</p>	<p>11.00 -13.00 Coffee Morning with Eleanor @ Burnham Library, Windsor Lane, Burnham, SL1 7HR</p>	<p>12.30-14.30 Arts and Crafts with Eleanor @ Club Room Arbour Park Stadium, Stoke Road, Slough, SL2 5AY</p>	<p>11.00-13.00 Coffee Morning and crochet with Eleanor @ Jamia Masjid & Islamic Centre, 83 Stoke Poges Lane, Slough, SL1 3NY</p>		<p>Sat 02/12 NEW – 11.00 – 13.00 Walk followed by coffee and chat with Jane @ Burnham Park/Hall, Windsor Lane, Slough, SL1 7HR</p>
4th	<p>12.00 – 14.00 – Art with Faith @ Langley Pavilion, Langley Road, SL3 8BS</p> <p>14.30 - 16.00 - Coffee with Sat @ Tesco Extra Café, Brunel Way, Slough, SL1 1XW</p>	<p>NEW - 12.00-14.00 Slough members Christmas lunch Fully Booked</p>	<p>12.30-14.30 Christmas Crafts with Yvonne @ Club Room Arbour Park Stadium, Stoke Road, Slough, SL2 5AY</p>			<p>Sat 09/12 NEW – 11.00 – 13.00 Christmas Market and seeing real reindeer! with Faith @ Burnham Park/Hall, Windsor Lane, Slough, SL1 7HR</p>
11th	<p>12.00 – 14.00 – Wreaths with Eleanor @ Langley Pavilion, Langley Road, SL3 8BS</p> <p>14.30 - 16.00 - Coffee with Sat @ Tesco Extra Café, Brunel Way, Slough, SL1 1XW</p>	<p>11.00 - 13.00 Coffee morning with Susan @ Burnham Library, Windsor Lane, Burnham, SL1 7HR</p>	<p>12.30-14.30 Christmas Crafts with Yvonne @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY</p>	<p>11.00-13.00 Coffee Morning and crochet with Amina and Eleanor @ Jamia Masjid & Islamic Centre, 83 Stoke Poges Lane, Slough, SL1 3NY</p>	<p>NEW - 14.00 - 15.00 Bowling with Coco @ Salt Hill Activity Centre, Bath Road, Slough, SL1 3SS £7.20 per ticket – book with Eleanor</p>	
18th	<p>12.30 – 14.30 – Lunch with Sat @ Harvester Montague Arms, 374 London Road, Langley, Slough, SL3 7HX</p>	<p>11.00 -13.00 Elf Movie and Christmas snacks with Jane @ Burnham Library, Windsor Lane, Burnham, SL1 7HR</p>	<p>12.30-14.30 Art and Crafts with Nicola @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY</p>	<p>NEW – 11.00 – 12.30 Volunteer Seasonal Coffee and Cake with Eleanor @ Costa Coffee, Slough Retail Park, 12 Twines Lane, Slough, SL1 5AL invitation only by email</p>		
25th	<p>Bank Holiday – Eleanor not working</p>	<p>Bank Holiday – Eleanor not working</p>	<p>Eleanor not working</p>	<p>Eleanor not working</p> <p>NEW – 11.00 – 13.00 Coffee and chat with Jane @ Starbucks in Sainsburys, Lake End Road, Taplow, SL6 0QH</p>	<p>Eleanor not working</p>	

Contact your coordinator:



Eleanor Berrouane
 07534 174461
 Eleanor.Berrouane@bucksmind.org.uk
 Mon to Thurs

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27th	12.00 - 13.30 Fun Music for beginners @ Bucks Mind HW HP11 2QR with Filipa	13.30 - 15.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2QR Art Room with Filipa		New 13.00 - 16.00 Jigsaw Club @ Bucks Mind HW HP11 2QR Art room with Filipa (all materials provided for free)		
4th	12.00 - 13.30 Fun Music for beginners @ Bucks Mind HW HP11 2QR with Filipa	13.30- 15.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2QR Art Room with Filipa Christmas themed	11.00-13.00 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Toby New 14.00 - 16.30 Christmas movie with free popcorn and Hot chocolate (projector show) with Jane @ Bucks Mind offices HW	New 13.00 - 16.00 Seasonal meet up snacks and games @ Bucks Mind HW HP11 2QR with Filipa Music show with our South Bucks members		
11th	12.00 - 13.30 Fun Music for beginners @ Bucks Mind HW HP11 2QR with Filipa New 20.00 Christmas Music Bingo @ spindle thread HW with Shannon £5 per person.	13.15 Christmas lunch (pre-booked lunch) please contact Sufia	11.00-12.45 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Jane New 16.00- 18.00 Christmas bowling @ Hollywood Bowl Eden Centre HW with Toby £3.42	13.00 - 16.00 Jigsaw Club @ Bucks Mind HW HP11 2QR Art room with Filipa (all materials provided for free)		
18th	12.00 - 13.30 Fun Music for beginners @ Bucks Mind HW HP11 2QR with Filipa	13.30- 15.30 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2QR Art Room with Mhairi Christmas themed	11.00-13.00 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Toby	10.45- 12.00 Breakfast meet up @ Chai Wala 30 White hart street HW (next to sports direct) New Christmas tree festival @ All saint's church HW (please meet outside church entrance at 12.10pm) with Jane Sufia Off PM		
25 th	Christmas Day Sufia Off	Boxing Day Sufia Off	11.00-13.00 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Jane Sufia Off	New 14.00 - 16.00 End of year curry meet up with Mhairi @ falcon Pub HW Sufia Off		

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
27th	14.30 - 16.15 Board Games @ Granville Street Church, Granville Street, Aylesbury, HP20 1UR with Nicole	12:00pm - 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Pete	14:30-16:15 Arts and Crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Nicole	16:00 - 17:30 Board Games @ Molly's Community Café, 44 West Street, Buckingham, MK18 2NS with Pete		
4th	Nicole on Annual Leave	12:00pm - 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Pete	14:30 - 16:15 Arts and Crafts @ Granville Street Church, Granville St, Aylesbury, HP20 2JR with Nicole	16:00 - 17:30 Board Games @ Molly's Community Café, 44 West Street, Buckingham, MK18 2NS with Pete		
11th	11:00 - 12:00 Book Club with Nicole (Virtual Group) 12.10 - 14.30 North Bucks Member Christmas Meal @ The Harvester, Bicester Road, Aylesbury, HP19 8BU with Nicole	12:00pm - 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Pete		16:00 - 17:30 Board Games @ Molly's Community Café, 44 West Street, Buckingham, MK18 2NS with Pete		
18th	14:00 - 16:00 Coffee Meet Up @ Iannelli's Coffee Shop, 18 Hale Leys Shopping Centre, Aylesbury, HP20 1ST with Nicole	12:00pm - 13:30pm Coffee and catch up @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury HP20 1UR with Pete	14:30-16:15 Arts and Crafts @ Granville Street Church, Granville St, Aylesbury HP20 2JR with Nicole	16:00 - 17:30 Board Games @ Molly's Community Café, 44 West Street, Buckingham, MK18 2NS with Pete		
25 th	Nicole on Annual Leave	Nicole on Annual Leave	Nicole on Annual Leave	Nicole on Annual Leave		



Friends in Need

Peer Support Groups in East Berkshire & Buckinghamshire

We are a **free peer support group** and **wellbeing community** for people affected by **mental health problems, loneliness & social isolation**. 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**.



We put together a timetable of events and activities for members to attend that promote these values. As a FIN member, people are signed up for their local group, however, members are welcome to access all activities across Berks and Bucks. If you would like to attend an activity in a different area, please contact the area co-ordinator in advance of the day to confirm you will be attending.

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 – 07496 874882

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.



Buckinghamshire

**Friends
in need**

Windsor, Ascot &
Maidenhead
Slough, Bracknell
Buckinghamshire

Links to Sport in Mind East Berkshire & Buckinghamshire Activities

<https://www.sportinmind.org/berkshire2>

<https://www.sportinmind.org/buckinghamshire>

Please click on the link for all SiM activities in your area or visit www.sportinmind.org for more information.

PLEASE CONTACT:

Matt Saunders

Sport In Mind

Development Officer (East Berkshire and Bucks)

Mobile 07823 973782

Office 0118 9479762

matthew.saunders@sportinmind.org

“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.”