

Online Activities January 2024

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st			NEW: 10.00-13.30 Understanding Mental Health Medication - Online Workshop run by Bucks Mind (call Ansa for more info to get Teams Link) 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 Sunday 5 th Quiz with Mandy @ Zoom
8 th	11:00 – 12:00 Book Club with Nicole @ Zoom	NEW: 10.00-1.30- Coping with Celebrations & Anniversaries - Online Workshop run by Bucks Mind (call Ansa for more info to get Teams Link) 17.00-18.00 Soundbath Meditation with Linda @ Facebook Live 19.00 - 20.00 Games with Colette @ Zoom	NEW: 14.00 – 15.00 Beating the winter blues Workshop @ Zoom with Neil			
15 th		17.00 – 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom	15.30 - 17.00 Bracknell Peer Volunteer Meeting & Planning with Elouise @ Zoom	NEW: 13.00 - 14.00 Meeting your needs to reduce anxiety workshop on Zoom with Tammy NEW: 10.00-1.30- Mindfulness - Online Workshop run by Bucks Mind (call Ansa for more info to get Teams Link)	17.30-18.15 Laughter Therapy with Carole @ Zoom 10.00 - 11.00 Creative Writing with Terry @ Zoom	19.00 – 20.00 Sun 19 th Quiz with Mandy @ Zoom
22nd		17.00-18.00 Soundbath Meditation with Linda @ Facebook Live 19.00 - 20.00 Games with Colette @ Zoom				19.00 – 20.00 Sunday 26 th Quiz with Mhairi @ Zoom
29 th		17.00 – 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom				

Friends in Need WAM Activities January 2024

W/ C	Monday	Tuesday	Wednesday	Thursday	F	Weekend
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1st	11.00 – 13.30 Art with Meena in Windsor 13.30-14.30- Coffee Meet Up with Jo and Phil in Windsor	NEW: 10.00-13.30 Understanding Mental Health Medication workshop in Windsor (call Ansa for more information) 10.30 – 12.00 Games with Phil in Windsor	13.00.14.00- Cycling with Phil & Jo from Windsor . Please contact Jo or Phil to confirm. 19.00-21.00 Mind The Note with Mike in Windsor	11.30-13.00 Coffee Catch Up with Josephine in Maidenhead		
8th	11.00 – 13.30 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Jo and Phil in Windsor	10-12pm Happiness Hub Drop in Ascot (first Tuesday of every month) 10.30 – 12:00 Games with Phil in Windsor	10.30-12.30 -Craft and Chat with Sudi & Meena in Maidenhead 13.00.14.00- Cycling with Phil & Jo from Windsor . Please contact Jo or Phil to confirm. NEW: 09.00-12.30- Coping with Celebrations & Anniversaries in Windsor (call Ansa for more information)	11.30-13.00 Coffee Catch Up with Josephine in Maidenhead 10.00-11.00- Gentle relaxing Yoga with Jo in Windsor		
15th	11.00 – 13.30 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Jo and Phil in Windsor	10.30 – 12:00 Games with Phil in Windsor NEW: 10.00 13.30- Mindfulness in Windsor (call Ansa for more information)	10.30-12.30 -Craft and Chat with Sudi & Meena in Maidenhead 13.00.14.00- Cycling with Phil & Jo from Windsor . Please contact Jo or Phil to confirm. 19.00-21.00 Mind The Note with Mike in Windsor	11.30-13.00 Coffee Catch Up with Josephine in Maidenhead		
22nd	11.00 – 13.30 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Jo and Phil in Windsor	10.30 – 12:00 Games with Phil in Windsor 19.00-21.00 Quiz Night with Phil in Windsor.	10.30-12.30 -Craft and Chat with Sudi & Meena in Maidenhead 13.00.14.00- Cycling with Phil & Jo from Windsor . Please contact Jo or Phil to confirm.	11.30-13.00 Coffee Catch Up with Josephine in Maidenhead 10.00-11.00- Gentle relaxing Yoga with Jo in Windsor		
29th	11.00 – 13.30 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Jo and Phil in Windsor	10.30 – 12:00 Games with Phil in Windsor	10.30-12.30 -Craft and Chat with Sudi & Meena in Maidenhead 11.30.14.00- Cycling with Phil & Jo from Windsor . Please contact Jo or Phil to confirm. 19.00-21.00 Mind The Note with Mike in Windsor			

Friends in Need Bracknell Activities January 2024



WC	Monday	Tuesday	Wed	Thursday	Friday
1st		Elouise on a/l 12.30-14.30 Walk & Pub Lunch with Terry B in Bracknell	Elouise on a/l	Elouise on a/l (Online) 10.00-11.00 Creative Writing with Terry P @ Zoom 10.00 - 13.00 The Happiness Hub Drop in Bracknell <i>Open to public. Come and meet friends, enjoy a cuppa and find out about local support services near you</i>	Elouise on a/l 14.00 – 15.30 Words for the New Year with Terry P in Easthampstead <i>Bring along words of inspiration, hope, motivation, new opportunity, for 2024 - a book, song, lyrics, poem to share with the group.</i>
8th		12.30 - 14.30 Dog Friendly Walk and Pub Lunch with Bob in Bracknell		10.45 - 12.30 Arts and Crafts with Sally, Sudi and Elouise in Bracknell – Still Life Painting 15.00 - 17.00 Bowling and Arcade Games with Elouise in Bracknell <i>£3.32pp a game, book your space with Elouise.</i>	14.00 – 15.30 Watch and Wonder with Terry P & Elouise – Themed around Blue Monday In Easthampstead <i>Come along to watch a TED talk around a topic of wellbeing. Chat and discuss.</i>
15th		12.30-14.30 Walk & Pub Lunch with Terry B in Bracknell NEW TIME: 15.00 - 16:30 Board Games and a Cuppa with Elouise in Bracknell <i>Join us for a cuppa, and a range of games, puzzles etc.</i>	15.30 - 17.00 Bracknell Peer Volunteer Meeting with Elouise @ Zoom (Online)	10.00 - 11.00 Creative Writing with Terry P @ Zoom (Online) 10.45 - 12.30 Arts and Crafts with Sally, Sudi and Elouise in Bracknell – Decoupage Winter Lantern Jars	14.00 - 15.30 Bring Something Blue for Blue Monday [Show, Share & Wonder] with Terry P and Elouise in Easthampstead
22nd		12.30 - 14.30 Dog Friendly Walk and Pub Lunch with Bob in Bracknell			14.00 – 15.30 Watch and Wonder with Terry P & Terry B in Easthampstead <i>Come along to watch a TED talk around a topic of wellbeing. Chat and discuss</i>
29th	12.30 - 14.00 Lunch Buffet with Simon in Bracknell (9.99pp)	12.30-14.30 Walk & Pub Lunch with Terry P in Bracknell			

Contact your coordinator:



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

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
1st	BANK HOLIDAY – ELEANOR NOT WORKING	12.00-14.00 Lunch with Eleanor, in Beaconsfield	12.30-14.30 Art with Faith in Slough		
8 th	12.00 – 14.00 – Art with Faith in Slough 14.30 - 16.00 - Coffee with Sat in Slough	11.00- 13.00 Art & Crafts with Sudi and Eleanor in Burnham	12.30-14.30 Games with Sat in Slough	11.00-13.00 Coffee Morning and crochet with Amina in Slough	
15 th	12.30 – 14.30 – Lunch with Sat in Slough	11.00-13.00 Coffee and chat with Susan in Burnham	12.30-14.30 Decorative painted porcelain plates with Eleanor in Slough		
22nd	12.00 – 14.00 – Winter collage with Eleanor in Slough 14.30 - 16.00 - Coffee with Sat in Slough	11.00-13.00 Film and popcorn with Jane in Burnham	12.30-14.30 Fimo (like) little animal creations with Nicola in Slough	11.00-13.00 Coffee Morning and crochet with Amina and Eleanor in Slough NEW - 14.00 - 15.00 Bowling with Eleanor in Slough *£6.00 per ticket if full lane – book with Eleanor	
29 th	12.00 – 14.00 – Art with Faith in Slough 14.30 - 16.00 - Coffee with Sat in Slough	11.00-13.00 Sunset canvasses with Eleanor in Burnham	12.30 - 14.30 Games with Sat in Slough		

Contact your coordinator:



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

Friends in Need South Bucks Activities January 2024



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st		13.30 – 15.30 Get Crafting over tea & coffee with Filipa in High Wycombe Sufia Annual Leave	NEW 11.00-13.00 New year Coffee Meet Up with Toby in High Wycombe Sufia Annual Leave	13.00 - 16.00 Jigsaw Club with Filipa in High Wycombe (all materials provided for free)		
8 th	New 12.00 – 13.30 Fun Music for beginners with Filipa in High Wycombe	11.30-12.45 New year Breakfast meet up in High Wycombe 13.30-15.30 Get Crafting over tea & coffee with Filipa in High Wycombe	11.00-13.00 Coffee Meet Up with Toby in High Wycombe	13.00 - 16.00 Jigsaw Club with Filipa in High Wycombe (all materials provided for free)	14.00-15.30 Lunch/coffee meet up (optional lunch) with Shannon in High Wycombe	Sunday 14 th 13.30 – 15.30 Museum visit, Amersham FREE ENTRY Followed by lunch and coffees/ please feel free to bring sandwiches
15 th	New 12.00 – 13.30 Fun Music for beginners with Filipa in High Wycombe New 14.00 – 16.30 New year movie with free popcorn and Hot chocolate (projector show) with Jane in High Wycombe	13.30-15.30 Get Crafting over tea & coffee with Mhairi in High Wycombe	11.00-13.00 Coffee Meet Up with Toby in High Wycombe	13.00 - 16.00 Jigsaw Club with Filipa in High Wycombe (all materials provided for free) NEW 16.20-18.00 New year bowling with Toby in High Wycombe £3.42		
22nd	New 12.00 – 13.30 Fun Music for beginners with Filipa in High Wycombe	13.30-15.30 Get Crafting over tea & coffee with Filipa in High Wycombe	11.00-13.00 Coffee Meet Up with Toby in High Wycombe	13.00 - 16.00 Jigsaw Club with Filipa in High Wycombe (all materials provided for free)		
29 th	New 12.00 – 13.30 Fun Music for beginners with Filipa in High Wycombe	13.30-15.30 Get Crafting over tea & coffee with Mhairi in High Wycombe Sufia Annual Leave	11.00-13.00 Coffee Meet Up with Toby in High Wycombe			

Contact your coordinator



Sufia Rahman 07914 669438
Sufia.Rahman@bucksmind.org.uk
 Tues, Wed, Thurs

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
1st	Bank Holiday – Nicole on Annual Leave		14:30-16:15 Arts and Crafts with Nicole in Aylesbury	16:00 – 17:30 Board Games with Pete in Steeple Claydon		
8th	11:00 – 12:00 Book Club with Nicole (Virtual Group)	12:00pm – 13:30pm Coffee and catch up with Pete in Aylesbury	14:30 – 16:15 Arts and Crafts with Nicole in Aylesbury	16:00 – 17:30 Board Games with Pete in Steeple Claydon		
15th	14:00 – 16:00 Coffee Meet Up with Nicole in Aylesbury	12:00pm – 13:30pm Coffee and catch up with Pete in Aylesbury	14:30-16:15 Arts and Crafts with Nicole in Aylesbury	16:00 – 17:30 Board Games with Pete in Steeple Claydon		
22nd	14:30 – 16:15 Board Games with Nicole in Aylesbury	12:00pm – 13:30pm Coffee and catch up with Pete in Aylesbury	14:30-16:15 Arts and Crafts with Nicole in Aylesbury	16:00 – 17:30 Board Games with Pete in Steeple Claydon		
29th	Nicole on Annual Leave	12:00pm – 13:30pm Coffee and catch up with Pete in Aylesbury	14:30-16:15 Arts and Crafts with Nicole in Aylesbury	16:00 – 17:30 Board Games with Pete in Steeple Claydon		

Contact your coordinator



Nicole Connors
Nicole.connors@bucksmind.org.uk
07376 650129
Monday, Wednesday, Thursday

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.

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



[Friends In Need East Berkshire and Buckinghamshire | Facebook](#)



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.”