

Online Activities February 2024

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
29 th			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 Soundbath Meditation with Linda @ Facebook Live	19.00 -20.00 Sunday 4 th Quiz with Mandy @ Zoom
5 th		NEW: 10.00-13.30- Getting a good night's sleep Online workshop (call Ansa for more info to get Teams Link) 17.00 - 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom	15.00-16.30 Bracknell Peer Volunteer Meeting & Planning with Ansa @ Zoom			
12 th	11:00 – 12:00 Book Club with Nicole @ Zoom	17.00 - 17.45 Dance with Taira @ Zoom	NEW: 14.00. - 15.00 Aspects of Love workshop on Zoom with Neil		10.00 - 11.00 Creative Writing with Terry @ Zoom	
19 th		17.00 - 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom		NEW: 13.00 - 14.00 The power of positive thinking workshop on Zoom with Tammy	17.30-18.15 Laughter Therapy with Carole @ Zoom 19.00-20.00 Soundbath Meditation with Linda @ Facebook Live	
26 th		17.00 - 17.45 Dance with Taira @ Zoom 19.00 - 20.00 Games with Colette @ Zoom	NEW: 10.00-13.30 Owing Recovery Workshop (call Ansa for Teams link)			

Friends in Need WAM Activities February 2024

W/ C	Monday	Tuesday	Wednesday	Thursday	Fri	Wee kend
29 th	11.00 – 13.30 Art with Jo in Windsor 13.30-14.30 - Coffee Meet Up with Phil & Jo 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	10.30-12.30 Craft and Chat with Sudi 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	13.30-14.30-Gentle relaxing Yoga with Jo in Windsor	
5 th	11.00 – 13.30 Art with Phil in Windsor 13.30-14.30 - Coffee Meet Up with Phil in Windsor	10.30 – 12:00 Games with Phil in Windsor 19.00-21.00 Quiz with Mandy in Maidenhead	10.30-12.30 - Craft and Chat with Sudi in Maidenhead 13.00.14.00- Cycling with Phil from Windsor Please contact Jo or Phil to confirm. NEW: 10.00-13.30- Getting a good night's sleep in Windsor (call Ansa for more information)			
12 th	11.00 – 13.30 Art with Phil in Windsor 13.30-14.30 - Coffee Meet Up with Phil in Windsor	10.30 – 12:00 Games with Phil in Windsor.	10.30-12.30 - Craft and Chat with Sudi in Maidenhead 13.00.14.00- Cycling with Phil 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	13.30-14.30-Gentle relaxing Yoga with Jo in Windsor	
19 th	11.00 – 13.30 Art with Phil in Windsor 13.30-14.30 - Coffee Meet Up with Phil in Windsor	10.30 – 12:00 Games with Phil in Windsor. 19.00-21.00 Pub Quiz with Phil in Windsor	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		
26 th	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 in Maidenhead 13.00.14.00- Cycling with Phil & Jo from Windsor . Please contact Jo or Phil to confirm. NEW: Owning Recovery Workshop in Windsor (call Ansa for more Info) 19.00-21.00 Mind The Note with Mike in Windsor	11.30- 13.00 Coffee Catch Up with Josephine in Maidenhead		

Friends in Need Bracknell Activities February 2024



WC	Monday	Tuesday	Wed	Thursday	Friday
29 th		12.30 - 14.30 Walk and Lunch with Terry P in Bracknell			14.00 – 15.30 Words and Wonder with Terry P in Easthampstead <i>Bring along words of meaning e.g book, song, lyrics, poem to share with the group.</i>
5 th		NEW 12.30-14.30 Dog Friendly Walk & Lunch with Bob in Bracknell	15.00-16.30 Bracknell PV Meeting with Ansa @ Zoom (Online)	NEW 11.00 - 12.30 Coffee and Chat with Sally in Bracknell	14.00 – 15.30 Show, Share and Wonder with Terry P in Easthampstead <i>Bring along and object of meaning to share with the group; e.g picture, heirloom, keepsake, etc</i>
12 th		12.30 - 14.30 Walk & Lunch with Terry B in Bracknell			14.00 – 15.30 Watch and Wonder with Terry P and Ansa in Easthampstead <i>Come along to watch a TED talk around a topic of wellbeing. Chat and discuss</i>
19 th		12.30-14.30 Dog Friendly Walk & Lunch with Bob in Bracknell 15.00 – 16.30 Board Games and a Cuppa with Bob in Bracknell <i>Join us for a cuppa, and a range of games, puzzles etc.</i>		NEW 11.00 - 12.30 Coffee and Chat with Sally in Bracknell	14.00 – 15.30 Words and Wonder with Terry P in Easthampstead <i>Bring along words of meaning e.g book, song, lyrics, poem to share with the group.</i>
26 th	12.30 - 14.00 - TANGS Lunch Buffet with Simon in Bracknell (9.99pp)	12.30 - 14.30 Walk and Lunch with Terry B in Bracknell			

Friends in Need Slough Activities February 2024



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
29 th	12.00 – 14.00 – Art with Faith in Langley 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	11.00-13.00 Coffee Morning and crochet with Amina in Slough	
5 th	12.00 – 14.00 – Art with Eleanor in Langley 14.30 - 16.00 - Coffee with Sat in Slough	12.15 -14..15 Lunch with Susan in Taplow NEW - 13.00 - 15.00 – Health and wellbeing advice and questions answered with Dr Abe and Patie in Colnbrook	12.30-14.30 Mosaic coasters with Faith in Slough	11.00-13.00 Coffee Morning and crochet with Amina in Slough	
12 th	Eleanor Annual Leave 12.00 – 14.00 – Art with Faith in Langley 14.30 - 16.00 - Coffee with Sat in Slough	Eleanor Annual Leave 11.00 - 13.00 Art & Crafts with Sudi and Susan in Burnham	Eleanor Annual Leave 12.30-14.30 Heart cards with Nicola in Slough	Eleanor Annual Leave 11.00-13.00 Coffee Morning and crochet with Amina in Slough	
19 th	Eleanor Annual Leave 12.30 – 14.30 – Lunch with Sat in Iver	Eleanor Annual Leave 11.00 -13.00 Coffee and chat with Susan in Burnham	Eleanor Annual Leave 12.30-14.30 Games with Sat in Slough	Eleanor Annual Leave 11.00-13.00 Coffee Morning and crochet with Amina in Slough	NEW - 12.30 - 14.30 Early Spring Walk with Yvonne in Slough *subject to weather
26 th	12.00 – 14.00 – Art with Faith in Langley 14.30 - 16.00 - Coffee with Sat in Slough	11.00 -13.00 Coffee Art giraffes with Eleanor in Burnham	12.30-14.30 Dotted postcard project with Eleanor in Slough	11.00-13.00 Coffee Morning and crochet with Amina & Eleanor in Slough NEW - 14.00 - 15.00 Bowling with Eleanor in Slough *£6.00 per ticket if reach numbers – book with Eleanor	

Contact your coordinator:



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

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
29 th	New 12.00 – 13.30 Fun Music for beginners in High Wycombe with Filipa	13.30 – 15.30 Get Crafting over tea & coffee in High Wycombe with Filipa SUFIA ANNUAL LEAVE	11.30-13.00 Coffee Meet Up in High Wycombe with Toby	13.00 - 16.00 Jigsaw Club in High Wycombe with Filipa (all materials provided for free)		Sunday 4th Feb, 12.00 – 14.00 West Wycombe Snowdrops walk with Jane £2-3
5 th	New 12.00 – 13.30 Fun Music for beginners in High Wycombe with Filipa	13.30- 15.30 Get Crafting over tea & coffee in High Wycombe with Filipa Chinese New year themed	11.30-13.00 Coffee Meet Up in High Wycombe with Toby New 15.00 – 16.30 Lunch with Toby in High Wycombe	13.00 - 16.00 Jigsaw Club in High Wycombe with Filipa (all materials provided for free)		
12 th	New 12.00 – 13.30 Fun Music for beginners in High Wycombe with Filipa	New 11.00 - 12.30 Pancake day meet up with Shannon in High Wycombe 13.30- 15.30 Get Crafting over tea & coffee in High Wycombe with Filipa Carnaval themed	11.30-13.00 Coffee Meet Up in High Wycombe with Toby	13.00 - 16.00 Jigsaw Club in High Wycombe with Filipa (all materials provided for free) SUFIA ANNUAL LEAVE		
19 th	New 12.00 – 13.30 Fun Music for beginners in High Wycombe with Filipa	11.30- 12.45 Breakfast meet up in High Wycombe 13.30- 15.30 Get Crafting over tea & coffee in High Wycombe with Filipa	11.30-13.00 Coffee Meet Up in High Wycombe with Toby	13.00 - 16.00 Jigsaw Club in High Wycombe with Filipa (all materials provided for free)		
26 th	New 12.00 – 13.30 Fun Music for beginners in High Wycombe with Filipa	13.30- 15.30 Get Crafting over tea & coffee in High Wycombe with Filipa	11.30-13.00 Coffee Meet Up in High Wycombe with Toby	13.00 - 16.00 Jigsaw Club in High Wycombe with Filipa (all materials provided for free)		



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
29th	Nicole on Annual Leave	12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14:30-16:15 Arts and Crafts in Aylesbury with Nicole	16:00 – 17:30 Board Games in Steeple Claydon with Pete		
5th	12:00 – 13.30 Lunch in Aylesbury with Nicole	12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14:30 – 16:15 Arts and Crafts in Aylesbury with Nicole	16:00 – 17:30 Board Games in Steeple Claydon with Pete		
12th	11:00 – 12:00 Book Club with Nicole (Virtual Group) 14:00 – 15:30 Coffee Meet Up in Aylesbury with Nicole	12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14:30-16:15 Arts and Crafts in Aylesbury with Nicole	16:00 – 17:30 Board Games in Steeple Claydon with Pete		
19th	Nicole on Annual Leave	12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	Nicole on Annual Leave	Nicole on Annual Leave 16:00 – 17:30 Board Games in Steeple Claydon with Pete		
26th	14:30 – 16:15 Board Games in Aylesbury with Nicole	12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14:30-16:15 Arts and Crafts in Aylesbury with Nicole	16:00 – 17:30 Board Games in Steeple Claydon with Pete		

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.



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

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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.”