

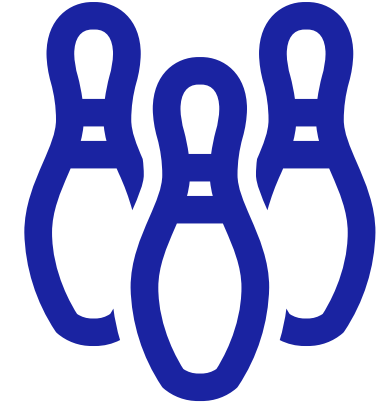
# Peers2Pals March Timetable 2024

Key  WAM  Bracknell  Slough  Online



| W/C              | Monday | Tuesday                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                              |
|------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  |        |                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                       |
| 4 <sup>th</sup>  |        | <p><b>Tuesday 5<sup>th</sup> - 19.00 - 21.30 Young Mindz &amp; Peers2 Pals Bowling Night with Solveig</b></p> <ul style="list-style-type: none"><li>❖ (£3.32 per game)</li><li>❖ (17-35yrs)</li></ul> |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                       |
| 11 <sup>th</sup> |        |                                                                                                                                                                                                       | <p><b>Wednesday 13<sup>th</sup> - 17.30 - 19.30 Young Mindz &amp; Peers2Pals Meal and Games with Solveig &amp; Daria</b></p> <ul style="list-style-type: none"><li>❖ 2 meals for £10.99 before 6pm, however no requirement to have a meal! :-)</li><li>❖ (17-35yrs)</li></ul> | <p><b>Thursday 14<sup>th</sup> – 14.00 - 15.00 Online Mindful Colouring with Eleanor @ Zoom meeting</b></p> <ul style="list-style-type: none"><li>❖ Meeting ID: 818 4527 4145</li><li>Passcode: 579498</li><li>❖ (17-25yrs)</li></ul> |
| 18 <sup>th</sup> |        |                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                               | <p><b>NEW Thursday 21<sup>st</sup> – 19.30 - 21.30 Young Mindz and Peers2Pals Musical Bingo</b></p> <ul style="list-style-type: none"><li>❖ £2 pp in cash to enter</li><li>❖ (17-35yrs)</li></ul>                                     |

# Young Mindz Pool/ Bowling Night with Solveig & Daria



Age: 17-35

Time: 19.00 - 21.30pm

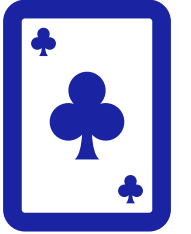
Cost: £1.50 pp per game for pool, £3.30 for bowling pp per game.

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

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

**For more info or to book on please email [Solveig.Christiansen@bracknell-forest.gov.uk](mailto:Solveig.Christiansen@bracknell-forest.gov.uk)**

# Young Mindz Meal and Games Night with Solveig & Daria



Age: 17-35

Time: 5.30pm - 7.30pm

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

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 or to book please email: [Solveig @ Solveig.Christiansen@bracknell-forest.gov.uk](mailto:Solveig.Christiansen@bracknell-forest.gov.uk)*



# Young Mindz & P2P Musical Bingo Night with Charlotte (Mad Millennials) and Solveig (BFCN)



Age: 17-35

Time: 19.30 - 21.30pm

Cost: £2 cash pp for musical bingo.

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 Solveig from the Bracknell Forest Community Network & Volunteer for Friends in Need.*

**For more info or to book on please email: [Elouise.griffin@bucksmind.org.uk](mailto:Elouise.griffin@bucksmind.org.uk) or email Solveig @ [Solveig.Christiansen@bracknell-forest.gov.uk](mailto:Solveig.Christiansen@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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 **mind** Friends  
in need  
Buckinghamshire

 **mind**  
in Berkshire





# Peers2Pals February 2024

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!

- Team Lead: Ansa Khan  
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