

Online Activities April 2024

W/ C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st	<b>EASTER MONDAY</b>	16.00 - 16.45 Dance with Taira @ Zoom  20.30-21.30 Soundbath Meditation with Linda @ Facebook Live				19.00-20.00 Sunday Quiz with Mandy @ Zoom
8th	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom				
15th	19.00 - 20.00 Games with Colette @ Zoom	20.30-21.30 Soundbath Meditation with Linda @ Facebook Live	15.00-16.30 Bracknell Peer Volunteer Meeting & Planning with Ansa @ Zoom		17.30-18.15 Laughter Therapy with Carole @ Zoom	19.00-20.00 Sunday Quiz with Mandy @ Zoom
22nd			14.00-15.00 Managing Change Workshop @ Zoom with Neil			
29th						19.00-20.00 Sunday Quiz with Mandy @ Zoom

# Friends in Need WAM Activities April 2024



W/ C	Monday	Tuesday	Wednesday	Thursday	Fri	Weekend
1st	<b>EASTER MONDAY</b>	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.	11.30-13.00 Coffee Catch Up with Josephine in Maidenhead	13.30-14.30 Gentle relaxing Yoga with Jo In Windsor	
8 <sup>th</sup>	10.45 -13.15 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Phil & Jo in Windsor	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 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		
15 <sup>th</sup>	10.45-13.15 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Phil & Jo in Windsor	10.30-12:00 Games with Phil in Windsor	10.30-12.30-Craft and Chat with Sudi & Meena in Maidenhead 13.00-4.00 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	
22nd	10.45-13.15 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Phil & Jo 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. 19.00-21.00 Mind The Note with Mike in Windsor	11.30-13.00 Coffee Catch Up with Josephine in Maidenhead		
29 <sup>th</sup>	10.45-13.15 Art with Jo in Windsor 13.30-14.30- Coffee Meet Up with Phil & Jo in Windsor	10.30-12:00 Games with Phil in Windsor				

# Friends in Need Bracknell Activities April 2024



WC	Monday	Tuesday	Wed	Thursday	Friday
1st	<b>EASTER MONDAY</b>	12.30 - 14.30 Walk and Lunch with Bob in Bracknell			
8 <sup>th</sup>		12.30 - 14.30 Walk & Lunch with Bob in Bracknell		<b>NEW</b> 11.00 - 12.30 Coffee and Chat with Sally in Bracknell	
15 <sup>th</sup>		12.30 - 14.30 Walk & Lunch with Terry B in Bracknell	11.00-12.30 Bracknell PV Meeting with Ansa @ Zoom <b>(Online)</b>		13.00-14.00 Coffee Meet Up with Bob in Bracknell
22 <sup>nd</sup>		12.30 - 14.30 Walk and Lunch with Terry B in Bracknell		<b>NEW</b> 11.00 - 12.30 Coffee and Chat with Sally in Bracknell	
29 <sup>th</sup>	12.30 - 14.00 - Lunch Buffet with Simon in Bracknell (9.99pp)	12.30 - 14.30 Walk and Lunch with Terry B in Bracknell			

w/c	Monday	Tuesday	Wednesday	Thursday	Friday
1st	<b>EASTER MONDAY</b> 14.30 - 16.00 - Coffee with Sat in Slough		12.30-14.30 Art with Faithin Slough		
8th	12.00 – 14.00 – Art with Sat in Langley 14.30-16.00- Coffee with Sat in Slough	11.00 - 13.00 Art & Crafts with Sudi and Susan in Burnham 13.00- 15.00 – Mindful Colouring with Patie in Colnbrook			
15th	12.30 – 14.30 – Lunch with Sat in Iver	11.00 - 13.00 Coffee & Chat with Susan in Burnham	12.30-14.30 Art with Nicola in Slough	11.00-13.00 Coffee Morning and crochet with Amina in Slough	13.30 - 15.30 Spring Walk with Yvonne in Slough *subject to weather
22nd	12.00 – 14.00 – Art with Faithin Langley 14.30 – 16.00 - Coffee with Sat in Slough	11.00-13.00 Coffee and chat with Susan in Slough		11.00-13.00 Coffee Morning and crochet with Amina in Slough	
29th	14.30 – 16.00 - Coffee with Sat in Slough	11.00-13.00 Coffee & Chat with Susan in Burnham			



W/ C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st	<b>EASTER MONDAY</b>					
8 <sup>th</sup>	<b>New</b> 11.30-13.00 Fun Music for beginners with Filipa in High Wycombe	13.30-15.00 Get Crafting over tea & coffee in High Wycombe with Filipa	11.30-13.00 Coffee Meet Up in High Wycombe with Toby			
15 <sup>th</sup>	<b>New</b> 11.30-13.00 Fun Music for beginners in High Wycombe with Filipa	13.30-15.30 Get Crafting over tea & coffee in High Wycombe with Filipa		13.00- 16.00 Jigsaw Club in High Wycombe with Filipa ( all materials provided for free )		
22 <sup>nd</sup>	<b>New</b> 11.30-13.00 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 )		
29 <sup>th</sup>	<b>New</b> 11.30-13.00 Fun Music for beginners in High Wycombe with Filipa	13.30-15.30 Get Crafting over tea & coffee in High Wycombe with Filipa				



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
1st	<b>EASTER MONDAY</b>	12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete		16:00 – 17:30 Board Games in Steeple Claydon with Pete		
8th		12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete		16:00 – 17:30 Board Games in Steeple Claydon with Pete		
15th		12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14.30 - 16.15 Arts and Crafts in Aylesbury with (to be confirmed)			
22nd		12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14:30 - 16:15 Arts and Crafts in Aylesbury with (to be confirmed)	16:00 – 17:30 Board Games in Steeple Claydon with Pete		
29th		12:00pm – 13:30pm Coffee and catch up in Aylesbury with Pete	14:30-16:15 Arts and Crafts in Aylesbury with (to be confirmed)	16:00 – 17:30 Board Games in Steeple Claydon with Pete		

# 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](mailto: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



**Friends in Need**  
**April 2024**



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](http://www.sportinmind.org) for more information.*

**PLEASE CONTACT:**

Matt Saunders

Sport In Mind

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*“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 mental health problems.*

*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.”*