

Online Activities May 2024

W/ C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
29th			20.30-21-30 Soundbath Meditation with Linda @ Facebook Live			19.00 -20.00 Sunday Quiz with Mandy @ Zoom
6 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
13	19.00 - 20.00 Games with Colette @ Zoom		15.00-16.00 Bracknell Peer Volunteer Meeting & Planning with Ansa @ Zoom		18.00-18.45 Laughter Therapy with Carole @ Zoom	19.00 -20.00 Sunday Quiz with Mandy @ Zoom
20 th	19.00 - 20.00 Games with Colette @ Zoom					
27 th	BANK HOLIDAY		20.30-21-30 Soundbath Meditation with Linda @ Facebook Live			19.00 -20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Activities May 2024



W/ C	Monday	Tuesday	Wednesday	Thursday	Fri	Weekend
29th	11.00-13.30 Art with Jo 13.30-14.30- Coffee Meet Up with Phil & Jo	10.30- 12.00 Games with Phil 19.00 -21.00 Quiz with Phil	10.30-12.30 -Craft and Chat with Sudi @ 13.00-14.00 Cycling with Phil & Jo	11.30-13.00 Coffee Catch Up with Josephine	13.30-14.30 Gentle relaxing Yoga with Jo	
6th	BANK HOLIDAY 11.00-13.30 Art with Jo 13.30-14.30- Coffee Meet Up with Phil & Jo	10.30- 12.00 Games with Phil 19.00 -21.00 Quiz with Phil	10.30-12.30 -Craft and Chat with Sudi 19.00-21.00 Mind The Note with Mike.			
13th			10.30-12.30 -Craft and Chat with Sudi 13.00-14.00 Cycling with Phil & Jo	11.30-13.00 Coffee Catch Up with Josephine	13.30-14.30 Gentle relaxing Yoga with Jo	
20th	11.00-13.30 Art with Jo 13.30-14.30 - Coffee Meet Up with Phil & Jo	10.30- 12.00 Games with Phil	10.30-12.30 -Craft and Chat with Sudi 13.00-14.00 Cycling with Phil & Jo 19.00-21.00 Mind The Note with Mike.	11.30-13.00 Coffee Catch Up with Josephine		
27th	11.00-13.30 Art with Jo 13.30-14.30- Coffee Meet Up with Phil & Jo	10.30- 12.00 Games with Phil	10.30-12.30 -Craft and Chat with Sudi 13.00-14.00 Cycling with Phil & Jo			

Friends in Need Bracknell Activities May 2024



WC	Monday	Tuesday	Wed	Thursday	Friday
29th		12.30 - 14.30 Walk and Lunch with Terry P			
6th		12.30 - 14.30 Walk & Lunch with Terry B		NEW 11.00 - 12.30 Coffee and Chat with Sally	
13		12.30 - 14.30 Walk & Lunch with Bob	15.00.16.00 Bracknell PV Meeting with Ansa @ Zoom (Online)		Coffee Meet Up with Bob
20th		NEW 12.30-14.30 Picnic		NEW 11.00 - 12.30 Coffee and Chat with Sally	
27th	12.30 - 14.00 - Lunch Buffet	12.30 - 14.30 Walk and Lunch with Terry P			Coffee Meet Up with Bob

W/c	Monday	Tuesday	Wednesday	Thursday	Friday
29 th	14.30 - 16.00 - Coffee with Sat	11.00-13.00 Coffee & Chat with Susan	12.30-14.30 Art with Faith @	11.00-13.00 Coffee Morning and crochet with Amina	
6 th	BANK HOLIDAY 14.30-16.00 - Coffee with Sat	12.15 -14..15 Lunch with Susan 13.00 - 15.00 - Mindfulness Meditation with Patie & Molly		11.00-13.00 Coffee Morning and crochet with Amina	
13 th	12.30 - 14.30 - Lunch with Sat	11.00 - 13.00 Art & Crafts with Sudi and Susan	12.30-14.30 Art/Games with Sat	11.00-13.00 Coffee Morning and crochet with Amina	
20 th	2.00 - 14.00 - Art with Faith 14.30 - 16.00 - Coffee with Sat	11.00 -13.00 Coffee and chat with TBC		11.00-13.00 Coffee Morning and crochet with Amina	
27 th	Bank Holiday 14.30 - 16.00 - Coffee with Sat	11.00 -13.00 Coffee & Chat with TBC		11.00-13.00 Coffee Morning and crochet with Amina	

Friends in Need South Bucks Activities May 2024



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
29 th	New 11.30-13.00 Fun Music for beginners	13.30 – 15.30 Get Crafting over tea & coffee		11.00-12.30 Coffee with Mhairi 13.00 - 16.00 Jigsaw Club with Filipa		
6 th	BANK HOLIDAY	13.30- 15.30 Get Crafting over tea & coffee	11.30-13.00 Coffee Meet Up at with Toby	11.00-12.30 Coffee with Mhairi		
13 th	New 11.30-13.00 Fun Music for beginners	13.30- 15.30 Get Crafting over tea & coffee		13.00 - 16.00 Jigsaw Club with		
20 th	New 11.30-13.00 Fun Music for beginners	13.30- 15.30 Get Crafting over tea & coffee	11.30-13.00 Coffee Meet Up with Toby	13.00 - 16.00 Jigsaw Club with Filipa		
27 th	BANK HOLIDAY	13.30- 15.30 Get Crafting over tea & coffee		13.00 - 16.00 Jigsaw Club with Filipa		

Contact Team Lead: Ansa Khan 07496 874882 ansa.khan@bucksmind.org.uk



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
29th		12:00pm – 13:30pm Coffee and catch up with Pete	14:30-16:15 Arts and Crafts with Chris	16:00 – 17:30 Board Games with Pete		
6th	BANK HOLIDAY	12:00pm – 13:30pm Coffee and catch up with Pete	14.30 - 16.15 Arts and Crafts with Chris	16:00 – 17:30 Board Games with Pete		
13	14:00 – 16:00 Coffee Meet Up with Chris	12:00pm – 13:30pm Coffee and catch up with Pete	14.30 - 16.15 Arts and Crafts with Chris	16:00 – 17:30 Board Games with Pete		
20th	14:30 – 16:15 Board Games with Chris	12:00pm – 13:30pm Coffee and catch up with Pete	14:30 – 16:15 Arts and Crafts with Chris	16:00 – 17:30 Board Games with Pete		
27th	BANK HOLIDAY	12:00pm – 13:30pm Coffee and catch up with Pete	14:30-16:15 Arts and Crafts with Chris	16:00 – 17:30 Board Games 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 – 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.





Friends in Need
May 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 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.”