

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2 nd	19.00 - 20.00 Games with Jane / Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
9 th	19.00 - 20.00 Games with Jane / Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom (NEW ZOOM LINK ON PAGE 2)				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
16 th	19.00 - 20.00 Games with Jane / Colette @ Zoom		18.30-19.15 Laughter Therapy with Carole @ Zoom			19.00 - 20.00 Sunday Quiz with Mandy/Jane @ Zoom
23 ^d						19.00 - 20.00 Sunday Quiz with Mandy/Jane @ Zoom
30 th	19.00 - 20.00 Games with Jane / Colette @ Zoom					

Friends in Need WAM Activities June 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2nd	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor, NEW! 19.00 - 21.00 Live quiz with Mandy @ Maidenhead		10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.00 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead		Sunday: 19.00-21.00 Mind he Note with Mike @ Windsor
9th		10.30 - 12.00 Games with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead		
16 th	13.00 - 15.00 Cycling with Jo & Phil @ Windsor 14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead A sustainable, eco-friendly crafting and upcycling group	Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor
23 ^d	13.00 - 15.00 Cycling with Jo & Phil @ Windsor	10.30 - 12.00 Games with Phil @ Windsr 19.00 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Sudi @ Maidenhead 11.00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead		
30 th	13.00 - 15.00 Cycling with Jo & Phil @ Windsor	10.30 - 12.00 Games with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead A sustainable, eco-friendly crafting and upcycling group	

Friends in Need Bracknell Activities June 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
2 nd	13.00 - 15.00 Pizza Hut Buffet Lunch with Simon @ Bracknell	12.30 - 14.30 Walk with Terry P @ + refreshments @ Bracknell	NATIONAL VOLUNTEERS' WEEK 10.00 - 12.00 Celebratory Breakfast @ Bracknell A get together for Bracknell volunteers and members, to celebrate how wonderful our volunteers are!	10.00 - 12.00 Happiness Hub @ Bracknell	13.15 - 14.45 Watch and Wonder with Terry P @ Bracknell
9 th		12.30 - 14.30 Walk with Chloe @ refreshments @ Bracknell		17.30 - 19.00 Colour and Chat with Chloe @ Bracknell	14.30 - 16.30 Bracknell Forest Community Network's Annual Summer Picnic @ Bracknell Bring a blanket/chair and a packed lunch, enjoy some outdoor games and activities.
16 th	17.30 - 19.30 Dinner with Simon @ Bracknell		INTERNATIONAL PICNIC DAY 12.30 - 14.30 Walk and picnic with Terry B @ Bracknell	12.00 - 13.30 New Member Meet Up with Chloe @ Bracknell A chance for new members to join Chloe and existing members for a drink and chat.	
23 rd	NEW ACTIVITY 11.00 - 12.00 Movement to Music with Ayesha @ Bracknell Get your day off to a good start by moving your body and releasing those endorphins!	12.30 - 14.30 Walk with Chloe & refreshments @ Bracknell			13.15 - 14.45 Watch and Wonder with Terry P @ Bracknell
30 th	11.00 - 12.30 Art with Sally @ Bracknell				

Friends in Need Slough Activities June 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd	12:00-14.00 - Coffee with Sat @ Slough	12:15- 14:00 Lunch with Susan @ Taplow	10:30- 12:00 Art: beyond belief Photography programme Session 6 with Syed @ Slough 12.30-14.30 Art/crafts with Husna @ Slouough	11.00-13.00 Coffee Morning with Syed @ Slough		
9th	12.00 – 14.00 – Art with Faith @ Langley 12.15-14.00 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Susan @ Burnham Library Windsor Lane, Burnham, SL1 7HR 13.00 - 15.00 –Crochet with Sue and Patie @ Colnbrook	10:30- 12:00 Art: beyond belief Photography programme Session 7 with Syed @ Slouough			
16 th	12:00-14.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and chat with Susan @ Taplow	10:30- 12:00 Art: beyond belief Photography programme Session 8 with Syed @ Slough 12.30-14.30 Art/crafts with Nicola @ Slough	11.00-13.00 Coffee Morning and Games with Syed @ Slough		
23 ^d	12.00 – 14.00 – Art with Sat @ Langley 12.15-14.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Ted Talk with Husna & Jane @ Burnham				
30 th	12:30-14:00- Lunch with Sat @ Slough					

Friends in Need



Peer Support Groups in East Berkshire

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 East Berkshire. 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

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.



“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 a mental health problem.

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.”