



Wellbeing Matters

Come and join our friendly and welcoming peer support community for people helping each other with managing mental wellbeing and reduce loneliness and isolation.

Friends in Need is a FREE peer support service, run by Buckinghamshire Mind.

Come along to our new coffee morning and games plus other fun activities & positively support your mental wellbeing.

Every other Thursday
11am-1pm
JMIC, 83 Stoke Poges Lane, Slough, SL1 3NY

We can't wait to meet you!

Ansa Khan 07496 874882

www.bucksmind.org.uk

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 **mind**
in Berkshire

 **mind**
Buckinghamshire