

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 th	19.00 - 20.00 Games with Jane / Colette @ Zoom					19.00 - 20.00 Sunday Quiz – TBC @ Zoom
7 th	19.00 - 20.00 Games with Jane @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom (NEW ZOOM LINK ON PAGE 2)				19.00 - 20.00 Sunday Quiz – TBC @ Zoom
14 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 – TBC @ Zoom
21 st	19.00 - 20.00 Games with Jane / Colette @ Zoom					19.00 - 20.00 Sunday Quiz – TBC @ Zoom
28 th	19.00 - 20.00 Games with Jane / Colette @ Zoom					19.00 - 20.00 Sunday Quiz – TBC @ Zoom

Friends in Need WAM Activities July 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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 - 13.00 Art with Jo @ Clewer @ 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
7 th		10.30 - 12.00 Games with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.00 Art with Jo @ Clewer @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	NEW! 13.00 – Outdoor Sketch with Jo @ Windsor *Weather-dependent *Please bring a blanket or chair if desired	
14 th	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 - 13.00 Art with Jo @ Clewer @ 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 13.00 – 15.00 Cycling with Jo & Windsor	
21 st		10.30 - 12.00 Games with Phil @ Windsor 19.00 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.00 Art with Jo @ Clewer @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	13.00 – 15.00 Cycling with Jo & Phil @ Windsor	Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor
28 th	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 - 13.00 Art with Jo @ Clewer @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead NEW! 11.30 – Windsor Treasure Hunt with Phil @ Windsor *Prize for the winner! *Weather-dependent	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead 13.00 – 15.00 Cycling with Jo & Phil @ Windsor	

Friends in Need Bracknell Activities July 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
30 th		12.30 - 14.30 Walk with Terry P	13.00 - 15.00 Buffet Lunch with Simon	10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN	
7 th	17.00 – 18.30 Colour and Chat with Chloe & new volunteer Leann	12.30 - 14.30 Walk with Chloe			13.00 – 14.30 Watch and Wonder with Terry P
14 th	11.00 – 12.00 Movement to Music with Ayesha	11.00 – 13.00 Pottery Painting with Chloe cost: £5. Get creative and have fun - LIMITED SPACES – please contact Chloe to book your space.	17.30 - 19.30 Dinner with Simon	NEW ACTIVITY 10.00 - 12.00 Coffee Morning with Chloe Come along for tea, coffee, cake and friendly chats.	13.00 – 14.30 Music & Words with Bob
21 st	11.00 – 12.30 Art with Sally	12.30 - 14.30 Walk with Terry B			
28 th			INTERNATIONAL DAY OF FRIENDSHIP 13.30 - 15.30 Picnic NEW 17.30-19.30 Happiness Hub Brand new evening Happiness Hub hosted by Kara from BFCN.		

Friends in Need Slough Activities July 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 th		12:00-14:00 Lunch with Jane @ Taplow		11.00-13.00 Coffee Morning and Games with Syed @ Slough		
7 th	New activity 10:30-12:00 Gardening Club with Faith @ Slough	11.00 -13.00 Arts with Sudi and Susan @ Burnham 13.00 - 15.00 –Knitting blanket project with Sue and Husna @ Colnbrook	12.30-14.30 Art/crafts with Nicola @ Slough			Sunday 13 th at 2pm visit with Jane @ Taplow
14 th	12.00 – 14.00 – Art with Faith @ Langley 14.15-16.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and chat with Jane @ Taplow	1	11:00-14:00 FIN Relaunch Party @ JIMIC @ Slough		
21 st	New activity 10:30-12:00 Gardening Club with Faith @ Slough 12:30- Lunch with Sat @ Red Lion 1 St Mary's Rd, Slough SL3 7EN	11.00 -13.00 Coffee and chat with Husna & Susan @ Burnham	12.30-14.30 Art/crafts with Faith @ Slough		14:00- 16:00 Afternoon tea with Jane and Sussan	
28 th	12.00 – 14.00 – Art with Sat 14.15-16.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and chat Susan @ Burnham				

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.”