

| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------------------|---|--|---|----------|--------|--|
| 28 th | 19.00 - 20.00 Games with Colette @ Zoom | | | | | 19.00 - 20.00 Sunday Quiz - TBC @ Zoom |
| 4 th | 19.00 - 20.00 Games with Colette @ Zoom | 16.00 - 16.45 Dance with Taira @ Zoom (NEW ZOOM LINK ON PAGE 2) | | | | 19.00 - 20.00 Sunday Quiz - TBC @ Zoom |
| 11 th | 19.00 - 20.00 Games with Jane @ Zoom | | 18.30-19.15 Laughter Therapy with Carole @ Zoom | | | 19.00 - 20.00 Sunday Quiz with Jane @ Zoom |
| 18 th | 19.00 - 20.00 Games with Colette @ Zoom | | | | | 19.00 - 20.00 Sunday Quiz - TBC @ Zoom |
| 25 th | 19.00 - 20.00 Games with Jane @ Zoom | | | | | 19.00 - 20.00 Sunday Quiz - TBC @ Zoom |

Friends in Need WAM Activities August 2025



| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------------------|--|---|---|--|---|---|
| 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 @ 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 *Prize for the winner! *Weather-dependent | 10.30 – 12.30 Upcycling Club with Cath @ Maidenhead 13.00 – 15.00 Cycling with Jo & Phil @ Windsor | |
| 4 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 @ 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 |
| 11 th | | NEW! 13.00 – 15.00 – Walk with Colette @ Maidenhead | 10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.00 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 NEW! 13.00 – 15.00 - Outdoor Sketch with Jo @ Windsor *Weather dependent | 10.30 – 12.30 Upcycling Club with Cath @ Maidenhead 13.00 – 15.00 Cycling with Jo & Phil @ Windsor | |
| 18 th | 14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor | 10.30 - 12.00 Games with Phil @ Windsor NEW! 12.00-14.00 Picnic with Andrea & Cath @ Maidenhead *please bring your own food & drink | 10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.00 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 | 13.00 – 15.00 Cycling with Jo & Phil @ Windsor | Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor |
| 25 th | | 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 @ 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 & Phil @ Windsor | |

Friends in Need Bracknell Activities August 2025



| WC | Monday | Tuesday | Wed | Thursday | Friday |
|------------------|---|--|---|---|---|
| 28 th | | | | | |
| 4 th | | 12.30 - 14.30 Walk with Chloe @ Bracknell | 12.00 – 14.00 Buffet Lunch with Simon @ Bracknell | 10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Bracknell | |
| 11 th | 11.00 – 12.00 Movement to Music with Ayesha @ Bracknell | 12.30 - 14.30 Walk with Terry B @Bracknell | 17.30 - 19.30 Dinner with Simon @ Bracknell | | 12.00-15.00 “Holiday at Home” @ Bracknell |
| 18 th | 17.00 – 18.30 Colour and Chat with Leann @ Bracknell | 12.30 - 14.30 Walk with Terry P @ Bracknell | | 10.30 - 12.00 Art with Chloe @ Bracknell | 13.00 – 14.30 Bring & Share with Terry P @ Bracknell |
| 25 th | BANK HOLIDAY | 12.30 - 14.30 ‘Sculpture Trail’ with Terry B @ Bracknell | | 17.30-19.00 Drink & Chat with Terry B @ Bracknell | 13.00 – 14.30 Watch and Wonder with Terry P @ Bracknell |

Friends in Need Slough Activities August 2025



| W/C | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------------------|---|---|---|---|--------|---------|
| 28 th | 12.00 – 14.00 – Art with Sat @ Langley 14.15-16.00 - Coffee with Sat @ Slough | 11.00 -13.00 Coffee and chat Susan @ Burnham | | | | |
| 4 th | 12.30-14.30 - Coffee with Sat @ Slough | 12:15- 14:00 Lunch with Jane @ Taplow | 12.30-14.30 Art/crafts with Faith @ Slough | 11.00-13.00 Coffee Morning and Games with Syed @ Slough | | |
| 11 th | 12.00 – 14.00 – Art with Sat @ Langley 14.15-16.00 - Coffee with Sat @ Slough | 11.00 -13.00 Arts with Sudi and Susan @ Burnham | | | | |
| 18 th | 10:30-12:00 Gardening Club with Faith & Home Start @ Slough 12.30-14.30 – Lunch with Sat @ Langley | 11.00 -13.00 Coffee and chat with Jane @ Tapow | 12.30-14.30 Art/crafts with Nicola @ Slough | 11.00-13.00 Coffee Morning and Games with Syed @ Slough | | |
| 25 th | 12.00-14.00 - Coffee with Sat @ Slough | 11.00 -13.00 Coffee and chat with Husna & Susan @ Burnham | | | | |



Friends in Need
August 2025



**Friends
in need**

Windsor, Ascot,
Maidenhead
Slough & Bracknell



Links to Sport in Mind East Berkshire & Buckinghamshire Activities

<https://www.sportinmind.org/berkshire2>

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 97378

Office 0118 9479762

matthew.saunders@sportinmind.org

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.”