

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.



Friends in need

Windsor, Ascot,
Maidenhead
Slough & Bracknell

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st	19.00 - 20.00 Games with Colette @ Zoom					
8th	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
15th	19.00 - 20.00 Games TBC @ Zoom		18.30-19.15 Laughter Therapy with Carole @ Zoom			19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
22nd	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
29 th	19.00 - 20.00 Games with Jane @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Activities September 2025

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st		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 @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	14.00 – 16.00 Cycling with Jo & Phil @ Windsor	Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor
8th	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 @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB 11.00 - 13.30 Art with Jo Redford @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 – 12.30 Upcycling Club with Cath	
15th	NEW! 13.00 – 14.30 Flower Arranging with Christina & Sudi @ Windsor Please bring gardening gloves and a vase/jars if desired *RVSP needed – please contact Christina if you'd like to attend	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 @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	14.00 – 16.00 Cycling with Jo & Phil @ Windsor	Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor
22nd	NEW! 13.00 – 15.00 Walk with Colette *Weather dependent	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 @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead 14.00 – 16.00 Cycling with Jo & Phil @ Windsor	NEW! Sunday: 13:30 - 16:00 Eton College Museums with Colette
29th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 19.00 - 21.00 Quiz with Phil @ Windsor				

Friends in Need Bracknell Activities September 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
1st				10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Bracknell	
8th	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 Terry P @ Bracknell	12.00 – 14.00 Buffet Lunch with Simon @ Bracknell		13.00 – 14.30 Watch and Wonder with Terry P @ Bracknell
15th	17.00 – 18.30 Colour and Chat with Leann @ Bracknell Colouring materials will be provided or just come along for a chat! Meet at bottle banks within Running Horse car park.	12.30 - 14.30 Walk with Terry B @ Bracknell	17.30 - 19.30 Dinner with Simon @ Bracknell		13.00 – 14.30 Mindfulness with Richard @ Bracknell
22nd		12.30 - 14.30 Walk with Terry P @ Bracknell		11.00 - 12.30 Art with Chloe @ Bracknell 17.30-19.00 Drink & Chat with Terry B @ Bracknell	13.00 – 14.30 Watch and Wonder with Terry P @ Bracknell
29th		12.30 - 14.30 Walk with Chloe @ Bracknell .			

Friends in Need Slough Activities September 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st	10:30-12:00 Gardening Club with Faith & Home Start @ Slough 12.30-14.30 - Coffee with Sat @ Slough	12:00- 14:00 Lunch with Jane @ Taplow		11.00-13.00 Chai and Chat with Syed @ Mosque Slough		
8th	12.00 – 14.00 – Art with Sat @ Langley 12.15-14.15 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Jane @ Burham 13.00 – 15.00 – Poppy Knitting project with Patie @ Colnbrook		New activity 11.00-13.00 Read & Relax: A Quick Read Club with Husna @ Slough		
15th	10:30-12:00 Gardening Club with Faith & Home Start @ Slough 12.30-14.30 – Lunch with Sat @ Slough	Cliveden Heritage day and coffee meet up with Jane @ Cliveden	12.30-14.30 Art/crafts with Nicola @ Slough	11.00-13.00 Chai and Chat with Syed @ Mosque Slough		
22nd	12.00 – 14.00 – Art with Faith @ Langley 12.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan @ Burnham		New activity 11.00-13.00 Read & Relax: A Quick Read Club with Husna @ Slough		
29th	12.300-14.30 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan & Husna @ Burnham				



Friends in Need
September 2025



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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

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“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.”