

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
29 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
6 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
13 th	19.00 - 20.00 Games with Colette @ Zoom		18.30-19.15 Laughter Therapy with Carole @ Zoom			
20 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 with Mandy @ Zoom
27 th	19.00 - 20.00 Games with Colette @ Zoom					

Friends in Need WAM Part 1 Activities October 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
29 th	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	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	
6 th		10.30 - 12.00 Games with Phil @ Windsor NEW! 13.30 – 15.30 Maidenhead Guided Walk with Jane	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	Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor
13 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 @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	14.00 – 16.00 Cycling with Jo & Phil @ Windsor	NEW - Saturday: 11.00 – 13.00 Stroll and Natter with Jane @ Maidenhead

Coordinator: Christina Wagner - **Tel:** 07496 063675 - **Email:** Christina.wagner@bucksmind.org.uk - **Working days:** Mon- Thurs: 09.00-15.30

Friends in Need WAM Part 2 Activities October 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
20 th		10.30 - 12.00 Games with Phil @ Windsor NEW! 10.30 – 14.30 Cliveden Guided Walk and Lunch with Christina	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 OPEN TO ALL AREAS: 12.00-14.00 Bring & Share with Terry P @ Bracknell 14.00 – 16.00 Cycling with Jo & Phil Meeting point: Windsor Leisure Centre, SL4 5JB	
27 th	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	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 NEW! 13.00 – 15.00 Eton Walk with Colette	

Coordinator: Christina Wagner - **Tel:** 07496 063675 - **Email:** Christina.wagner@bucksmind.org.uk - **Working days:** Mon- Thurs: 09.00-15.30

Friends in Need Bracknell Activities October 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
29 th				10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Maidenhead	13.00 – 14.30 Mindfulness with Richard @ Bracknell
6 th		12.30 - 14.30 Walk with Chloe @ Bracknell	12.00 – 14.00 Buffet Lunch with Simon @ Brackne;;		WORLD MENTAL HEALTH DAY 10.00 - 12.00 'Tea & Talk' with Chloe & Bracknell Forest Community Network @ Bracknell
13 th	11.00 - 12.30 Art with Chloe @ Bracknell	LAST CHANCE BEFORE BOWLING CLOSURES 12.00-14.00 Bowling with Terry B @ Bracknell	17.30 - 19.30 Dinner with Simon @ Bracknell		13.00 – 14.30 Watch and Wonder with Terry P @ Bracknell
20 th		OPEN TO ALL AREAS 10.30 – 14.30 Cliveden Guided Walk and Lunch with Chloe			OPEN TO ALL AREAS 12.00-14.00 Bring & Share with Terry P @ Bracknell
27 th		12.30 - 14.30 Walk with Terry @ Bracknell		11.00-12.00 New Member Meet Up @ Bracknell	

Friends in Need Slough Activities October 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
29th	12.300-14.30 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan & Husna @ Burnham			
6th	10:30-12:00 Gardening Club with Faith & Home Start @ Slough 12.30-14.30 - Coffee with Sat @ Slough	12.00 -2.00 Lunch with Susan @ Taplow	12.30-14.30 Art/crafts with Nicola @ Slough		
13th	12.00 – 14.00 – Art with Sat @ Slough 14.15-16.15 – Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Jane @ Burnham 13.00 – 15.00 – Poppy Knitting project with Patie @ Colnbrook		1.00-13.00 Chai and Chat with Syed @ Slough	
20th	10:30-12:00 Gardening Club with Faith & Home Start @ Slough 12.30 Lunch with Sat @ Iver	NEW Activity 10.30 – 14.30 Cliveden Guided Walk and Lunch with Husna	12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Read & Relax: A Quick Read Club with Husna @ Slough	OPEN TO ALL AREAS: 12.00-14.00 Bring & Share with Terry P @ Bracknell
27th	12.00 – 14.00 – Art with Faith @ Langley 14.15-16.15 – Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan @ Burnham 14:00- 16:00 Birds of Prey event with Jane @ Dorney			