

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2 nd		14.00-15.00 – Financial Foundations with NatWest Bank @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
9 th	19.00 - 20.00 Games with Colette @ Zoom	14.00-15.00 – Financial Foundations with NatWest Bank @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
16 th	19.00 - 20.00 Games with Colette @ Zoom	14.00-15.00 – Financial Foundations with NatWest Bank @ Zoom				19.00 - 20.00 Sunday Quiz with Mandy (TBC) @ Zoom
23 rd	19.00 - 20.00 Games with Colette @ Zoom	14.00-15.00 – Financial Foundations with NatWest Bank @ Zoom				

Friends in Need WAM Part 1 Activities February 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2 nd	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo Redford & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 - 12.30 Upcycling Club with Cath @ Maidenhead	
9 th		10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo Redford & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead		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



W/ C	Monday	Tuesday	Wednesday	Thursday	Friday
16 th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Christina @ Maidenhead 11.00 - 13.30 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo Redford & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 - 12.30 Upcycling Club with Cath @ Maidenhead
23 rd	NEW! 14.45 - 15.45 Snack & Chat with Christina @ Maidenhead	10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor 19.30 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo Redford & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	

Friends in Need Bracknell Activities February 2026



WC	Monday	Tuesday	Wed	Thursday	Friday
2 nd	12.30 - 14.30 Walk and Wonder with Chloe @ Braacknell		12.00 – 14.00 Buffet Lunch with Simon @ Bracknell	10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Bracknell	NEW: 13.00 – 14.30 Thoughts and Ideas with Richard @ Bracknell
9 th	11.00 – 12.30 Valentine’s Arts & Crafts with Chloe @ Bracknell		17.30-19.30 Dinner with Simon @ Bracknell		
16 th			12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell		13.00 – 14.30 Chapter and Chat with Chloe @ Bracknell
23 rd	NEW: 12.00-14.00 Darts with Chloe @ Bracknell			11.00-12.00 New Member Meet Up with Chloe @ Bracknell	

Friends in Need Slough Activities February 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
2 nd	14:00-16:00 – Coffee/Lunch with Sat @ Slough	12:15 Lunch with Jane @ Maidenhead	10:30- 12:00 Art beyond belief Photography programme Session 5 with Husna @ Slough 12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Chai and chat Syed @ Slough	14:00-16:00 Cliveden Snowdrop walk & Tea with Jane @ Taplow
9 th	12.00 – 14.00 – Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Jane @ Burnham 13.00 - 15.00 –Knitting with Patie @ Colnbrook	10:30- 12:00 Art beyond belief Photography programme Session 6 with Husna @ Slough		
16 th	12.30-14.30 – Lunch with Sat @ Slough	11.00 -13.00 Coffee and Pancakes with Jane @ Burnham	10:30- 12:00 Art beyond belief Photography programme Session 7 with Husna @ Slough 12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Read & Relax with Husna @ Slough	
23 rd	12.00 – 14.00 – Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee Chat with Susan @ Burnham	10:30- 12:00 Art beyond belief Photography programme Session 8 with Husna @ Slough		

Coordinator- Husna Younis **Tel:** 07385 687455 **Email:** Husna.younis@bucksmind.org.uk **Working days:** Mon-Thurs 09:00 - 15:45