

# 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](mailto: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
5 <sup>th</sup>	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
12 <sup>th</sup>	19.00 - 20.00 Games with Colette @ Zoom		18.30-19.15 Laughter Therapy with Carole @ Zoom			19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
19 <sup>th</sup>	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
26 <sup>th</sup>	19.00 - 20.00 Games with Colette @ Zoom	14.00-15.00 – Financial Foundations with NatWest Bank @ Zoom ( click on the link on page 3)				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

# Friends in Need WAM Part 1 Activities January 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
5 <sup>th</sup>	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Clewer Parish Hall, Windsor, SL4 5EW	10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road Windsor, SL4 4JW  13.30 - 15.30 Cycling with Jo & Phil Meeting point: Windsor Leisure Centre, SL4 5JB *Coffee stop at the Crocus Café	10.30 - 12.30 -Craft and Chat with Cath @ Green Skills Library, Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB  11.00 - 13.30 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW  13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Costa Coffee, 209 Dedworth Rd. Filling Station	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead Community Centre, SL6 7HY	10.30 – 12.30 Upcycling Club with Cath @ Building Bridges, The Nicholson Centre, Maidenhead, SL6 1LB	
12 <sup>th</sup>	13.30 – 14.30 WAM PV Meeting @ Windsor	10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road Windsor, SL4 4JW  13.30 – 15.30 Cycling with Jo & Phil Meeting point: Windsor Leisure Centre, SL4 5JB *Coffee stop at the Crocus Café	10.30 - 12.30 - Craft and Chat with Cath @ Green Skills Library, Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB  11.00 - 13.30 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW  13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Costa Coffee, 209 Dedworth Rd. Filling Station	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead Community Centre, SL6 7HY		<p><b>Saturday:</b> 11.00 – 13.00 Stroll and Natter with Jane @ Grenfell Park, Maidenhead, SL6 1HG Meeting point: entrance by the car park (free parking) *Weather dependent *Coffee stop at café *Opportunity to play outdoor table tennis</p>

W/ C	Monday	Tuesday	Wednesday	Thursday	Friday
19 <sup>th</sup>	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Clewer Parish Hall, Windsor, SL4 5EW	10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road Windsor, SL4 4JW  13.30 - 15.30 Cycling with Jo & Phil Meeting point: Windsor Leisure Centre, SL4 5JB *Coffee stop at the Crocus Café	10.30 - 12.30 -Craft and Chat with Christina @ Green Skills Library, Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB  11.00 - 13.00 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW  13.30 - 14.30 - Coffee Meet Up with Jo @ Costa Coffee, 209 Dedworth Rd. Filling Station	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead Community Centre, SL6 7HY	10.30 - 12.30 Upcycling Club with Cath @ Building Bridges, The Nicholson Centre, Maidenhead, SL6 1LB
26 <sup>th</sup>		10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road, Windsor, SL4 4JW  13.30 - 15.30 Cycling with Jo & Phil Meeting point: Windsor Leisure Centre, SL4 5JB *Coffee stop at the Crocus Café  19.30 - 21.00 Quiz with Phil @ The Hope Pub, 7 Alma Rd, Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Green Skills Library, Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB  11.00 - 13.30 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW  13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Costa Coffee, 209 Dedworth Rd. Filling Station	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead Community Centre, SL6 7HY	

# Friends in Need Bracknell Activities January 2026



WC	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5<sup>th</sup></b>		<p><b>12.30 - 14.30 Walk and Wonder with Terry B @ South Hill Park + refreshments @ Atrium, RG12 7PA</b>            A gentle walk in nature, noticing the sights, sounds, and textures around us. Meet outside main entrance of SHP.</p>	<p><b>12.00 - 14.00 Buffet Lunch with Simon @ Tangs, The Lexicon, RG12 1BG</b></p>	<p><b>10.00 - 12.00 Happiness Hub with Chloe &amp; Kara from BFCN @ Brew Coffee Bar, Town Square, RG12 1BH</b></p>	<p><b>NEW: 13.00 - 14.30 Thoughts and Ideas with Richard @ Easthampstead Baptist Church, RG12 7NS</b>            A safe, friendly and non-judgmental space to listen and share experiences around a chosen topic.</p>
<b>12<sup>th</sup></b>			<p><b>11.00 - 12.30 Arts &amp; Crafts with Chloe @ Brew Coffee Bar, Town Square, RG12 1BH</b>            Personalise your own 'Kindness Jar' and fill with handwritten notes of happy memories, things you're grateful for, affirmations, or uplifting quotes. Jars and decorating materials will be provided.</p>		
<b>19<sup>th</sup></b>	<p><b>13.00-15.00 'Blue Monday' Happiness Hub drop in @ Open Learning Centre, RG12 7GR</b>            Join Chloe and fellow Happiness Hub partners to learn more about local Bracknell services, community resources, enjoy a hot beverage and take part in some creative craft activities.</p>	<p><b>12.30 - 14.30 Walk and Wonder with Chloe @ Lily Hill Park + refreshments @ Running Horse pub, RG12 2UJ</b>            A gentle walk in nature, noticing the sights, sounds, and textures around us. Meet at bottle banks within Running Horse car park.</p> <p>11.30-12.30 Bracknell PV Meeting</p>			<p><b>NEW: 13.00 - 14.30 Chapter and Chat with Chloe @ Easthampstead Baptist Church, RG12 7NS</b>            This new monthly book club is a relaxed space for readers who enjoy slowing down and connecting - both with books and with each other. Books will be provided.</p>
<b>26<sup>th</sup></b>				<p><b>11.00-12.00 New Member Meet Up with Chloe @ M&amp;S Café, The Lexicon, Bracknell, RG12 1BD</b>            A chance for new members (and old) to get together for a drink and chat.</p>	

# Friends in Need Slough Activities January2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
5 <sup>th</sup>	12.30-14.30 - Coffee with Sat @ Tesco Extra Café, Brunel Way, Slough, SL1 1XW	10:30 Breakfast With Jane @ Hiller Garden Center Pump Ln S, Marlow SL7 3RB (Half price vouchers available please RSPV with Jane).	12.30-14.30 Art/crafts with Faith @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY	11.00-12.00 New Member Meet Up with Husna @ Gregg's 231 High St, Slough SL11BY A chance for new members (and old) to get together for a drink and chat.	
12 <sup>th</sup>	12.00 – 14.00 – Art with Sat @ New Langley Community Association 27 Harrow Rd, Langley, Slough SL3 8SH  14.15-16.15 - Coffee with Sat @ Tesco Extra Café, Brunel Way, Slough, SL1 1XW	11.00 -13.00 Arts with Sudi @ Burnham Library Windsor Lane, Burnham, SL1 7HR  13.00 - 15.00 –Knitting with Patie @ Colnbrook & Poyle United Reformed Church, High Street, Colnbrook, SL3 0JZ	10:30-12:00 Art beyond belief Photography programme Session 1 with Husna @ The Curve, Slough SL1 1XY (Room 1)  12.30-13.30 Slough Peer Volunteer meeting with Husna. @ Dunelm Café.	11.00-13.00 Chai and chat Syed @ JMIC, 83 Stoke Pages Lane, Slough, SL1 3NY	
19 <sup>th</sup>	12.30-14.30 – Lunch with Sat @ The Harvester 374 London Rd, Langley, Slough SL3 7HX	11.00 -13.00 Coffee and chat with Jane @ Huntswood Golf Club Taplow Common Rd, Taplow, Slough SL1 8LS	10:30-12:00 Art beyond belief Photography programme Session 2 with Husna @ The Curve, Slough SL1 1XY (Room 1)  12.30-14.30 Art/crafts with Faith @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY	11.00-13.00 Read & Relax with Husna @ The Curve (first floor) William St, Slough SL1 1XY (Books will be provided).	
26 <sup>th</sup>	12.00 – 14.00 – Art with Sat @ New Langley Community Association 27 Harrow Rd, Langley, Slough SL3 8SH  14.15-16.15 - Coffee with Sat @ Tesco Extra Café, Brunel Way, Slough, SL1 1X	11.00 -13.00 Coffee Chat and quiz with Jane @ Burnham Library Windsor Lane, Burnham, SL1 7HR	10:30-12:00 Art beyond belief Photography programme Session 3 with Husna @ The Curve, Slough SL1 1XY (Room 1)		13.00-15.00 Coffee and chat with Jane @ Iver Flowerland Norwood Ln, Iver SL0 0EW