

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
30 th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
6 th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
13 th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
20 th						
27 th						

Friends in Need WAM Part 1 Activities April 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 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 19.30 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Christina @ Maidenhead 11.00 - 13.30 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	Bank holiday	
6 th	Bank holiday	10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road Windsor, SL4 4JW 13.30 - 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 12.30 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		

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 April 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	
13 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 - 11.30 -Craft and Chat with Christina @ Maidenhead 11.30 – 12.30 NatWest Financial Session: Fraud and Scams with Christina @ 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 TBC @ Maidenhead	
20 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 @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead NEW! 10.30 – 13.30 Blossom Art with Christina @ Cliveden		
27 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 19.30 – 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with TBC @ Maidenhead 11.00 - 13.30 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		

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 April 2026



WC	Monday	Tuesday	Wed	Thursday	Friday
30 th				10.00 - 12.00 Happiness Hub with Chloe & Rachel @ Bracknell	Bank holiday
6 th	Bank holiday	SPECIAL EVENT: 10.00 - 15.00 World Health Day @ Bracknell			NEW: 13.00 - 14.30 Wellbeing Workshop with Kevin @ Bracknell
13 th	11.00 - 12.30 Arts & Crafts with Chloe @ Bracknell	12.30 - 14.30 Walk and Wonder with Simon @ Bracknell			NEW: 13.00 - 14.30 Discovery Sessions with Tash @ Bracknell
20 th		12.30 - 14.30 Walk and Wonder with Chloe @ Bracknell 17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bagshot		NEW: 11.00 - 12.00 Coffee Morning with Kevin & Tash @ Bracknell	NEW LOCATION: 13.00 - 14.30 Chapter and Chat with Chloe @ Bracknell
27 th		12.30 - 14.30 Walk and Wonder with Simon @ Bracknell		12.00-14.00 Darts with Chloe @ Bracknell	

Friends in Need Slough Activities April 2026



W/ C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 th		11.00 -13.00 NATWEST session; Financial Wellbeing @ Burnham				
6 th	14:00-16:00 – Coffee/Lunch with Sat @ Slough	12:15- 14:15 Lunch with Jane @ Marlow	12.30-14.30 Art/crafts with Faith @ Slough			
13 th	13.00- 14.00 Art with Sat @ New Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Susan @ Burnham 13.00 - 15.00 –Knitting with Patie @ Colnbrook	11.00-13.00 Men's Group Games with Syed @ Slough			
20 th	12.30-14.30 – Lunch with Sat @ Slough	11.00 -13.00 Coffee and chat with Jane @ Burnham	12.30-14.30 Art/crafts with Faith @ Slough	NEW! 10.30 – 13.30 Blossom Art with Husna @ Cliveden		
27 th	12.00 – 14.00 – Art with Sat @ New Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Chat and check in with Susan @ Burnham 11.00 -13.00 Coffee and Chat with @ Burnham		11.00-13.00 Read & Relax with Husna @ Slough		