

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
29th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
6th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
13th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
20th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
27th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Part 1 Activities July 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
29th		10.30 – 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	*MUDEFORD BEACH TRIP ALL DAY NEW VENUE! 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		
6th		10.30 – 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	NEW VENUE! 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 VENUE! 10.30 – 12.30 Upcycling Club with Cath @ 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 July 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
13th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Christina @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor	NEW VENUE! 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 - 12.30 Coffee Catch Up with Andrea @ Maidenhead NEW! 12.30 - 13.00 Chair Yoga with Hari @ Maidenhead Come along for some relaxing and restorative chair yoga!	
20th	NEW! 11:00-13:00 Butterfly Trail with Christina @ Maidenhead	10.30 - 12.00 Games with Christina @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor	NEW VENUE! 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 VENUE! 10.30 - 12.30 Upcycling Club with Cath @ Maidenhead
27th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Christina @ Windsor 13.30 - 15.30 Cycling with Phil @ Windsor 19.30 - 21.00 Quiz with Phil @ Windsor	NEW VENUE! 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	

Friends in Need Bracknell Activities July 2026



WC	Monday	Tuesday	Wed	Thursday	Friday
29th			MUDEFORD BEACH TRIP ALL DAY	10.00 - 12.00 Happiness Hub with Chloe & Kara from MHRN @ Bracknell	13.00 – 14.30 Thoughts and Ideas with Richard @ Bracknell
6th		12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell			
13th		12.30 - 14.30 Walk and Wonder with Simon @ Bracknell		NEW TIME 12.30 – 14.00 Chapter and Chat with Chloe @ Bracknell	
20th	11.00 - 12.30 Paper Art with Kevin @ Bracknell	17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell			13.00 – 14.30 Discovery Sessions with Tash @ Bracknell
27th		12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell		INTERNATIONAL FRIENDSHIP DAY 12.00-13.30 Picnic with Chloe @ Bracknell	13.00-14.30 Music, Words & Wonder with Simon @ Bracknell

Friends in Need Slough Activities July 2026



W/ C	Monday	Tuesday	Wednesday	Thursday	Friday
29th	14:00-16:00 – Coffee/Lunch with Sat @ Slough	11.00 -13.00 Coffee and Chat with Jane @ Burnham	BEACH TRIP ALL DAY		
6th	12.30-2.30 Coffee/lunch with Sat @ Slough	12:15- 14:15 Lunch with Jane @ Slough	12.30-14.30 Art/crafts with Faith @ Slough		
13th	13.00- 14.00 Art with Sat @ 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 Read & Relax with Husna @ Slough	
20th	13.00-15.00 – Lunch with Sat @ Colnbrook	11.00 -13.00 Coffee and chat with Jane @ Taplow	12.30-14.30 Art/crafts with Sat @ Slough		
27th	2.00 – 14.00 – Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan @ Burnham	12.00-14.00 Games with Syed @ Slough		

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