

## 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
1st						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
8th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
15th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
22nd						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
29th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st		<p>10.30 – 12.00 Games with Phil @ Windso</p> <p>13.30 – 15.30 Cycling with Phil @ Windsor</p>	<p><b>TEMPORARY VENUE!</b></p> <p>10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead</p> <p>11 .00 - 13.30 Art with Jo @ Windsor</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>		
8th	<p>14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor</p>	<p>10.30 – 12.00 Games with Phil @ Windsor</p> <p>13.30 – 15.30 Cycling with Phil @ Windsor</p>	<p><b>NEW!</b></p> <p>10.30 – 12.00 - Colour and Chat with Christina @ Maidenhead</p> <p>11 .00 - 12.30 Art with Jo @ Windsor</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>		

# Friends in Need WAM Part 2 Activities June 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
15th		10.30 - 12.00 Games with Christina @ Windsor	<b>NEW VENUE!</b> 10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead  11.00 - 13.00 Art with Christina @ Windsor	<b>NEW!</b> 10:30-12:00 Boat Trip & Coffee with Christina @ Maidenhead	
22nd		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  Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead	<b>NEW VENUE!</b> 10.30 - 12.30 Upcycling Club with Cath @ Maidenhead
29th		10.30 - 12.00 Games with Phil @ Windsor  13.30 - 15.30 Cycling with Phil @ Windsor  19.30 - 21.00 Quiz with Phil @ Windsor			

WC	Monday	Tuesday	Wed	Thursday	Friday
1st				10.00 - 12.00 Happiness Hub with Chloe & Kara @ Bracknell	<b>VOLUNTEERS WEEK</b> 12.00-14.00 Volunteers Week Picnic @ Bracknell
8th	11.00 - 12.30 Arts & Crafts with Chloe @ Bracknell				<b>NEW!</b> 13.00-14.30 Music, Words & Wonder with Simon @ Bracknell
15th		<b>REFUGEE WEEK</b> 10.00-11.30 Coffee Morning with Chloe @ Bracknell		<b>NEW!</b> 10:30-12:00 Boat Trip & Coffee @ Maidenhead	13.00 – 14.30 Wellbeing Workshop with Kevin @ Bracknell
22nd		12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell  17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell		13.00 – 14.30 Chapter and Chat with Chloe @ Bracknell	13.30-15.30 Bracknell Forest Council Mental Health Recovery Network (MHRN) Client Celebration Event @ Bracknell
29th		12.30 - 14.30 Walk and Wonder with Simon @ Bracknell			

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
1st	12.30-2.30 Coffee/lunch with Sat @ Slough	12:15- 14:15 Lunch with Jane	12.30-14.30 Art/crafts with Faith @ Slough		
8th	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 Read & Relax with Husna @ Slough	
15th	13.00-15.00 – Lunch with Sat @ Slough	11.00 -13.00 Coffee and chat with Susan @ Taplow	12.30-14.30 Art/crafts with Maria @ Slough	<b>NEW!</b> 10:30-12:00 Boat Trip & Coffee @ Maidenhead	
22nd	12.00 – 14.00 – Art with Sat @ New Langley  14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Jane @ Burnham	12.00-14.00 Games with Syed @ Slough		
29th	14:00-16:00 – Coffee/Lunch with Sat @ Slough	11.00 -13.00 Coffee and Chat with Jane @ Burnham			