

## 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                                              |
|------|--------|---------|-----------|----------|--------|------------------------------------------------------|
| 31st |        |         |           |          |        | 19.00 - 20.00<br>Sunday Quiz<br>with Mandy @<br>Zoom |
| 7th  |        |         |           |          |        | 19.00 - 20.00<br>Sunday Quiz<br>with Mandy @<br>Zoom |
| 14th |        |         |           |          |        | 19.00 - 20.00<br>Sunday Quiz<br>with Mandy @<br>Zoom |
| 21st |        |         |           |          |        | 19.00 - 20.00<br>Sunday Quiz<br>with Mandy @<br>Zoom |
| 28th |        |         |           |          |        | 19.00 - 20.00<br>Sunday Quiz<br>with Mandy @<br>Zoom |

| W/C  | Monday                                                                               | Tuesday                                                                                                 | Wednesday                                                                                                                                                                                  | Thursday                                                          | Friday                                                         | Weekend |
|------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------|---------|
| 31st | BANK HOLIDAY                                                                         | <div>10.30 - 12.00 Games with Phil @ Windsor</div> <div>13.30 – 15.30 Cycling with Phil @ Windsor</div> | <div>10.30 - 12.30 -Craft and Chat with Christina @ Maidenhead</div> <div>11 .00 - 12.30 Art with Jo Redford @ Windsor</div> <div>13.30 - 14.30 - Coffee Meet Up with Phil @ Windsor</div> | <div>11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead</div> |                                                                |         |
| 7th  | <div>NEW!</div> <div>11:00 – 12:30 Coffee and Chat with Christina @ Maidenhead</div> | <div>10.30 - 12.00 Games with Phil @ Windsor</div> <div>13.30 – 15.30 Cycling with Phil @ Windsor</div> | <div>10.30 – 12.00 - Craft and Chat with Cath @ Maidenhead</div> <div>11 .00 - 12.30 Art with Jo Redford @ Windsor</div> <div>13.30 - 14.30 - Coffee Meet Up with Phil @ Windsor</div>     | <div>11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead</div> | <div>10.30 – 12.30 Upcycling Club with Cath @ Maidenhead</div> |         |

# Friends in Need WAM Part 2 Activities September 2026



| W/C  | Monday                                                        | Tuesday                                                                                                                                              | Wednesday                                                                                                                                                                         | Thursday                                                                                                                           | Friday                                                       |
|------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| 14th | 14.00 - 15.00<br>Gentle relaxing<br>Yoga with Jo @<br>Windsor | 10.30 - 12.00 Games with<br>Phil @ Windsor<br><br>13.30 - 15.30 Cycling with Phil @<br>Windsor                                                       | 10.30 - 12.30 -Craft and Chat with Cath @<br>Maidenhead<br><br>11 .00 - 13.00 Art with Jo @ Clewer @<br>Windsor<br><br>13.30 - 14.30 - Coffee Meet Up with Jo & Phil<br>@ Windsor | 11.30 - 12.30 Coffee Catch Up<br>with Andrea @ Maidenhead<br><br><b>NEW!</b><br>12.30 - 13.00 Chair Yoga with<br>Hari @ Maidenhead |                                                              |
| 21st |                                                               | 10.30 - 12.00 Games with<br>Phil @ Windsor<br><br>13.30 - 15.30 Cycling with Jo & Phil<br>@ Windsor                                                  | 10.30 - 12.30 -Craft and Chat with TBC @<br>Maidenhead<br><br>11 .00 - 13.30 Art with Jo @ Windsor<br><br>13.30 - 14.30 - Coffee Meet Up with Jo & Phil<br>@ Windsor              | 11.30 - 13.00 Coffee Catch Up<br>with Andrea @ Maidenhead                                                                          | 10.30 - 12.30<br>Upcycling Club<br>with Cath @<br>Maidenhead |
| 28th | 14.00 - 15.00<br>Gentle relaxing<br>Yoga with Jo @<br>Windsor | 10.30 - 12.00 Games with Phil @<br>Windsor<br><br>13.30 - 15.30 Cycling with Jo & Phil<br>@ Windsor<br><br>19.30 - 21.00 Quiz with Phil @<br>Windsor | 10.30 - 12.30 -Craft and Chat with Cath @<br>Maidenhead<br><br>11 .00 - 13.30 Art with Jo @ Windsor<br><br>13.30 - 14.30 - Coffee Meet Up with Jo & Phil<br>@ Windsor             |                                                                                                                                    |                                                              |

# Friends in Need Bracknell Activities September 2026



| WC               | Monday                                           | Tuesday                                                                                                  | Wed | Thursday                                                                                           | Friday                                                    |
|------------------|--------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 31st             | <b>BANK HOLIDAY</b>                              |                                                                                                          |     | 10.00 - 12.00 Happiness Hub with Chloe & Kara from MHRN @ Bracknell                                | 13.00 – 14.30 Wellbeing Workshop with Kevin @ Bracknell   |
| 7th              |                                                  |                                                                                                          |     | <b>WORLD SUICIDE PREVENTION DAY</b><br>12.00 – 14.00 Community event with Chloe & MHRN @ Bracknell | 13.00 – 14.30 Discovery Sessions with Tash @ Bracknell    |
| 14th             |                                                  | <b>NEW LOCATION</b><br>12.30 - 14.30 Walk and Wonder with Chloe @ Frost Folly & refreshments @ Bracknell |     | 11.00-12.00 New Member Meet Up with Chloe @ Bracknell                                              |                                                           |
| 21st             | 11.00 - 12.30 Origami art with Kevin @ Bracknell | 17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell                                            |     |                                                                                                    | 13.00 – 14.30 Thoughts and Ideas with Richard @ Bracknell |
| 28 <sup>th</sup> |                                                  |                                                                                                          |     |                                                                                                    |                                                           |

# Friends in Need Slough Activities September 2026



| W/<br>C          | Monday                                                                                | Tuesday                                                                                      | Wednesday                                    | Thursday                                     | Weekend                                                            |
|------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------|--------------------------------------------------------------------|
| 31st             | <b>BANK HOLIDAY</b>                                                                   | 12:15- 14:15 Lunch with Susan @ Marlow                                                       |                                              |                                              |                                                                    |
| 7th              | 12.30-14.30 Coffee with Sat @ Slough                                                  | 11.00 -13.00 Arts with Susan @ Burnham<br><br>13.00 - 15.00 –Knitting with Patie @ Colnbrook | 12.30-14.30 Art/crafts with Faith @ Slough   |                                              | Sunday 13.00-15.00 Taplow Court tea and gardens with Jane @ Taplow |
| 14th             | 12.00- 14.00 Art with Husna @ New Langley                                             | 11.00 -13.00 Coffee and chat with Jane @ Taplow                                              |                                              |                                              |                                                                    |
| 21st             | 12:30pm – Lunch with Sat @ Langley                                                    | 11.00 -13.00 Coffee and Chat with Jane @ Burnham                                             | 12.30-14.30 Art/crafts with Faith @ Slough   | 11.00-13.00 Read & Relax with Husna @ Slough |                                                                    |
| 28 <sup>th</sup> | 12.00- 14.00 Art with Sat @ New Langley<br><br>14.15-16.15 - Coffee with Sat @ Slough | 11.00 -13.00 Coffee and Chat with Susan @ Burnham                                            | 12.00-14.00 Chai and Chat with Syed @ Slough |                                              |                                                                    |

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