Peers2Pals November 2026

Key WAM Bracknell Slough Online



mind in Berkshire

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w/c	Monday	Tuesday	Wednesday	Thursday	Friday
2nd					
9th	12.00-13.00 Coffee & Chat @ Bracknell (17-25 years)			10:30-11:30 Coffee & Chat @ Windsor (17-25 years)	
16th					
23rd	18.30-19.30 Online Quiz Night (Zoom link on page 2) (17-25 years)			12:00-13:00 Coffee & Art @ Slough (17-25 years)	
30th					

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Who's it for?

- Age: Young Adults aged between 17 – 25 years old.
- Connecting Minds (partnership activities with the Bracknell Forest Community Network) are for anyone aged between 17 – 35 years.
- Anybody living with a mental health condition and/or stress, loneliness and social isolation, and would like to improve this through peer support.
- Area: Living in the East Berkshire area or registered with an East Berkshire GP (Bracknell, WAM, Slough).



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What we offer:

- Fun and friendly peer support and social activities.

For example: online quiz, bowling, picnics and more!

- Opportunities for young adults to connect with peers who understand how they feel.
- Social and uplifting support in a safe, confidential and non-judgmental setting.



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New Member joining process:

1) Informal chat with your FiN/Peers2Pals area coordinator
2) If we are the right support for you, we will help you in completing our welcome & demographics form over the phone, in person or via email.
3) Once this has been completed, your coordinator will send you the welcome pack, timetable and zoom links. If you are over 18, we will also send you access to the General Friends in Need activities..

Further information:

- Individuals aged 18 and over can join in Friends in Need (FiN) activities/groups. The general FiN group has a variety of members and ages, whereas the Peers2Pals and Connecting Minds activities are specifically geared towards young adults.



Join our closed/private Facebook group for members!
https://www.facebook.com/groups/381070622926558

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Links to Sport in Mind East Berkshire Activities for anyone aged 17 and over: https://www.sportinmind.org/berkshire2

WAM and Slough: FREE activities such as Yoga, Mindfulness Walks, Badminton and Table Tennis and Tai Chi.

Bracknell: Cricket, Football, Walks, Badminton and Table Tennis, Yoga and Tai Chi.

Please click on the link for all SiM activities in your area or visit www.sportinmind.org

Contact for more information:

Matt Saunders

Sport In Mind

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Contact us!

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