Friends in Need

Peer Support Groups in East Berkshire

We are a **free peer support group** and **wellbeing community** for people affected by **mental heath 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

Join us on Facebook for our Closed FiN Group...

Friends In Need East Berkshire | Facebook

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

Friends in Need *** Please find all Zoom links on Page 2***

Online Activities November 2026

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING Give

mind Buckinghamshire

mind in Berkshire

Friends in need Windsor, Ascot, Maidenhead Slough & Bracknell

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2nd						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
9th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
16th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
23rd						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
30th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Part 1 Activities November 2026

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	
2nd	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor 14.00 - 15.00 Relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.00 – 15.00 Cycling with Jo & Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Christina @ Maidenhead 11 .00 - 13.30 - Art with Jo @ Windsor 13.00 - 14.30 - Coffee Meet Up with Phil & Jo @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead		
9th	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.00 – 15.00 Cycling with Jo & Phil @ Windsor	NEW! 11.30 – 13.00 - Walk, Chat, and Snack with Christina @ Maidenhead 11 .00 - 13.30 - Art with Jo @ Windsor 13.00 - 14.30 - Coffee Meet Up with Phil & Jo @ 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 November 2026

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
16th	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor 14.00 - 15.00 Relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.00 – 15.00 Cycling with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Kathryn @ Maidenhead 11 .00 - 13.00 -Art with Jo @ Windsor 13.00 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 – 12.30 Coffee Catch Up with Andrea @ Maidenhead 12.30 – 13.00 Chair Yoga with Hari @ Maidenhead	
23rd	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.00 – 15.00 Cycling with Jo & Phil @ Windsor 12.00 - 13.00 Gentle Walk with Tomek @ Maidenhead 19.30 – 21.00 Quiz with Phil @ Windsor	11 .00 - 13.30 - Art with Jo @ Windsor 13.00 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	
30th	12.00 - 13.00 Gentle Walk with Tomek @ Windsor 14.00 - 15.00 Relaxing Yoga with Jo @ Windsor				

Friends in Need Bracknell Activities November 2026

WC	Monday	Tuesday	Wed	Thursday	Friday
2nd			NEW DAY! 12.30 - 14.30 Walk and Wonder with Terry B Bracknell	10.00 - 12.00 Happiness Hub with Chloe & Kara from MHRN @ Bracknell	13.00 – 14.30 Wellbeing Workshop with Kevin @ Bracknell
9th	13.00 – 14.30 Christmas Card Making with Chloe @ Bracknell		13.00 – 15.00 Lunch with Chloe @ Brcknell		
16th		13.00 – 14.30 Discovery Sessions with Tash @ Bracknell			
23rd		NEW TIME! 18.30-20.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell	NEW DAY! 12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell	.	13.00 – 14.30 Thoughts and Ideas with Richard @ Bracknell
30th					

Coordinator - Chloe Benn **Tel**: 07443 715522 **Email:** chloe.benn@bucksmind.org.uk **Working days**: Mon & Thurs 09:00-17:00 & Tues 09:00-15:00, Fri 09:00-14:00

Friends in Need Slough Activities November 2026

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
2nd	12.30-14.30 Coffee with Sat @ Slough	12:30- 14:30 Lunch with Susan @ Burnham			
9th	12.00- 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	NEW! 14:00-16:00 Tea with Pony with Husna @ Slough		
16th	12.30-14.30 Lunch with Sat @ Langley	11.00 -13.00 Coffee and chat with Jane @ Slough		11.00-13.00 Read & Relax with Husna @ Slough	
23rd	12.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Jane @ Burnham	12.00-14.00 Chai and Chat with Syed @ Slough	13.30-15.30 The Snow Queen trail with Walk Jane @ Taplow	19:30 Micheal the Movie with Jane @ Burnham
30th	12.30-14.30 Coffee with Sat @ Slough				

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