

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
APR 1st			<p>11.15- 12.15 Yoga @ Kingsway United Reformed Church, 11 Church Street, SL1 1SZ</p> <p>19.00-21.00 – MIND the Note singing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active 12.00-13.00 Badminton @Everyone Active</p> <p>14.30-16.30 Art @ Tesco CR</p>	<p>14.00-15.30 Meditation with LC at Dedworth Medical Centre</p>	
APR 6th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne 13.00-14.00 Gym @Everyone Active</p>	<p>15.00-16.00 Football @Everyone Active</p>	<p>11.15- 12.15 Yoga @ Kingsway United Reformed Church, 11 Church Street, SL1 1SZ 12.30-14.30 Macramé @ Tesco CR with Teresa</p> <p>19.00-21.00 – MIND the Note singing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active 12.00-13.00 Badminton @Everyone Active 14.30-16.30 Art @ Tesco CR</p> <p>1930-2100 UP Group @ Windsor Baptist church</p>	<p>14.00-15.30 Meditation with LC at Dedworth Medical Centre</p>	
APR 13th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne 13.00-14.00 Gym @Everyone Active</p>	<p>11.45 – 13.30 Bowling @ Salt Hill Activity Centre, SL1 3SS £4pp 15.00-16.00 Football @Everyone Active</p>	<p>11.15- 12.15 Yoga with sport in mind @ Kingsway United Reformed Church, 11 Church Street, SL1 1SZ 12.30-14.30 Mosaic tile craft @ Tesco CR</p> <p>19.00-21.00 – MIND the Note singing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active 12.00-13.00 Badminton @Everyone Active 12.00-13.00 Book Club @ Curve Library 14.30-16.30 Art @ Tesco CR 1930-2100 UP Group @ Windsor Baptist church</p>	<p>14.00-15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	
APR 20th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne 13.00-14.00 Gym @Everyone Active</p>	<p>11.00 – 13.00 Coffee Morning @ Burnham Library 15.00-16.00 Football @Everyone Active</p>	<p>11.15- 12.15 Yoga with sport in mind @ Kingsway United Reformed Church, 11 Church Street, SL1 1SZ 12.30-14.30 Belly dancing @ Tesco CR with Nicky 19.00-21.00 – MIND the Note sing-ing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active 12.00-13.00 Badminton @Everyone Active 14.30-16.30 Art @ Tesco CR</p>	<p>14.00-15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	
APR 27th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne 13.00-14.00 Gym @Everyone Active</p>	<p>11.00 – 13.00 Coffee Morning @ Burnham Library 15.00- 16.00 Football @Everyone Active</p>	<p>11.15- 12.15 Yoga with sport in mind @ Kingsway United Reformed Church, 11 Church Street, SL1 1SZ 12.00-13.30 Nature Walk @ Burnham Park, SL1 7HR 19.00-21.00 – MIND the Note singing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active 12.00-13.00 Badminton @Everyone Active 14.30-16.30 Coffee & Games @ Tesco CR with Yvonne 19.30-21.00 Quiz Night £1pp @ The George Pub, SL3 6AX</p>		

<u>OUR GROUPS</u>	<u>ADDRESSES FOR VENUES</u>
<p><u>Social and Wellbeing Group</u></p> <p>Sometimes we have a talk, sometimes we chat or group members share their experiences on a wellbeing theme with some mindfulness</p>	<p><u>Tesco Community Room & Café</u></p> <p>Brunel Way, Wellington Street, SL1 1XW. In Slough town centre, next to the bus and train stations.</p>
<p><u>Walks</u></p> <p>We walk around local parks some long, some short, may enjoy some shared lunch after</p>	<p><u>Home on the High Street</u></p> <p>Unit 43/45 The Observatory, Slough, SL1 1LE. (At the old Topshop, adjacent Santander bank, on Slough High Street)</p>
<p><u>Jealotts Hill Community Landshare</u></p> <p>This is our gardening project and nature craft venue. Come and help us choose what to grow, grow it, then eat it! We also run a nature craft session every Wednesday.</p>	<p><u>Jealotts Hill Community Landshare</u></p> <p>Wellers Lane, Warfield, Bracknell, RG42 6BQ (works on google maps). Near Hawthorn Hill on the Ascot Road (A330) the turning for Ferny Grove Farm Shop should be on your left-hand side. Carry on the A330 and the next right should be Wellers Lane. Turn on to Wellers Lane and you'll find the gate for the land share shortly on your right-hand side next to Penfurzen lane. (It is tucked away, alternative postcode: RG42 6HP).</p>
<p><u>Everyone Active</u></p> <p>Sporting activities are held at The Centre, Farnham Road, Slough, SL1 4UT.</p>	
<p><u>Member meet ups</u></p> <p>Enjoy a catch up, with tea coffee and biscuits at Tesco café 1st floor, Brunel Way, Wellington St</p>	<p><u>Black Park</u></p> <p>Black Park Rd, Slough SL3 6DS</p>
<p><u>The UP Group</u></p> <p>We meet every other Thursday to offer each other support through chatting and listening. We also have an interesting guest speaker offering advice or giving information to help us cope with depression and anxiety.</p>	<p><u>Salt hill park</u></p> <p>You can access the park from the A4 Bath Road opposite the old Town Hall. <i>Upton Court Park Upton Road Slough SL3 7LU</i></p>
	<p><u>Langley Park</u></p> <p>Billet Lane , Slough SLO 0LS. Parking is £3.70 for 3 Hours</p>
<p><u>Pub Quiz</u></p> <p>Group pub quiz lead by FiN volunteers in George Green</p>	<p><u>The Future Works</u></p> <p>Brunel Way , Slough SL1 1XU. Located next to Slough Bus station</p>
<p><u>Mind the Note singing Group</u></p> <p>We currently have a singing group running every Wednesday at Dedworth Library (Windsor) from 19.00pm.</p>	<p><u>The George Pub</u></p> <p>12 Post Office Lane, George Green, SL3 6AX</p>