

FiN - Bracknell March Timetable

Call or text Kara on 07914 669430 or Email: kara.hale@bucksmind.org.uk

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 nd Mar	<p>Kara A/L 11.00 – 12.00 Yoga @ Bracknell Open Learning Centre (Ros – Sport in Mind) 12.30 – 13.30 Dance Movement Psychotherapy Session with Jo @ Open Learning Centre 19.30 – 21.30 Quiz Night @ Peacocks Farm £1 pp (with Tony)</p>	<p>11.00 – 12.00 Walk @ Lily Hill 12.00 – 13.00 Lunch @ The Running Horse</p>	<p>13.30 – 15.30 Nature Crafts (Button Keyrings) @ Jealott’s 14.30 – 16.00 NEW* Mindfulness Meditation @ Lynwood Retirement Village 19.00-21.00 – MIND the Note @ Dedworth Library (MW, DW)</p>	<p>Kara in Health Maker Talk 2.00 – 3.00pm Walk for Wellbeing (South Hill Park – Sport in Mind)</p>	<p>13.00 – 14.00 Tai Chi @ Morgan Centre (Sport in Mind) 14.00 – 15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	<p>Sunday 8th March – Ice Hockey. 17.15pm Meet at gates, 18.00pm start. £13.50 pet ticket (With Chris and Tony)</p>
9 th Mar	<p>11.00 – 12.00 Yoga @ Bracknell Open Learning Centre (Ros – Sport in Mind) 12.30 – 13.30 Dance Movement Psychotherapy Session with Jo @ Open Learning Centre</p>	<p>11.00 – 12.00 Dog Walking @ Binfield Rescue Centre (come say hello to the rescue dogs) BRING WELLIES* 12.45 – 14.00 Lunch at TANGS (£8.50 pp)</p>	<p>13.30 – 15.30 Nature Crafts (Acrylic Pouring) @ Jealott’s 14.30 – 16.00 NEW* Mindfulness Meditation @ Lynwood 19.00-21.00 – MIND the Note @ Dedworth Library (MW, DW)</p>	<p>10.00 – 12.00pm Mindfulness Morning @ Bracknell Open Learning Centre (Past, present and future selves) 2.00 – 3.00pm Walk for Wellbeing (South Hill Park – Sport in Mind)</p>	<p>13.00 – 14.00 Tai Chi @ Morgan Centre (Sport in Mind) 14.00 – 15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	
16 th Mar	<p>Kara in Health Maker Talk 11.00 – 12.00 Yoga @ Bracknell Open Learning Centre (Ros – Sport in Mind) 12.30 – 13.30 Dance Movement Psychotherapy Session with Jo @ Open Learning Centre 19.30 – 21.30 Quiz Night @ Peacocks Farm £1 pp (with Tony & Kara)</p>	<p>11.00 – 12.00 Walk @ Lily Hill 12.00 – 13.00 Lunch @ The Running Horse 13.00 – 14.00 Planning Meeting @ The Running Horse</p>	<p>Kara at GP Event 13.30 – 15.30 Nature Crafts @ Jealott’s 14.30 – 16.00 Mindfulness Meditation @ Lynwood 19.00-21.00 – MIND the Note @ Dedworth Library (MW, DW)</p>	<p>10.30 – 11.30 Coffee Morning @ M&S Café (Bracknell Town Centre) 2.00 – 3.00pm Walk for Wellbeing (South Hill Park – Sport in Mind)</p>	<p>13.00 – 14.00 Tai Chi @ Morgan Centre (Sport in Mind) 14.00 – 15.30 Mindfulness Meditation @Dedworth MC 17.00 – 21.00 Feel God Festival @ Home on the High Street Slough</p>	<p>Sat 21st 14.00 – 16.00 Gardening @ Jealott’s (LATER STARTING TIME)</p>
23 rd Mar	<p>11.00 – 12.00 Yoga @ Bracknell Open Learning Centre (Ros – Sport in Mind) 12.30 – 13.30 Dance Movement Psychotherapy Session with Jo @ Open Learning Centre 13.30 – 15.00 Games and Nibbles @ Open Learning Centre</p>	<p>11.00 – 12.00 Dog Walking @ Binfield Rescue Centre (come say hello to the rescue dogs) BRING WELLIES*</p>	<p>13.30 – 15.30 Nature Crafts (Easter Decorations) @ Jealott’s 14.30 – 16.00 Mindfulness Meditation @ Lynwood 19.00-21.00 – MIND the Note @ Dedworth Library (MW, DW)</p>	<p>10.00 – 12.00pm Mindfulness Morning @ Bracknell Open Learning Centre (Resilience) 2.00 – 3.00pm Walk for Wellbeing (South Hill Park – Sport in Mind)</p>	<p>13.00 – 14.00 Tai Chi @ Morgan Centre (Sport in Mind) 14.00 – 15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	<p>Sat 28th 10.00 – 13.00pm Gardening @ Jealott’s (Peer Led –Morning sessions back on)</p>
30 th Mar	<p>Kara A/L 11.00 – 12.00 Yoga @ Bracknell Open Learning Centre (Ros – Sport in Mind) 12.30 – 13.30 Dance Movement Psychotherapy Session with Jo @ Open Learning Centre</p>	<p>11.00 – 12.00 Bowling @ Hollywood Bowl (£3) 12.30 – 14.00 Lunch at TANGS (£8.50 pp – Peer Led)</p>				

All activities are **free!** If you’re interested in joining our activities and becoming a Friends in Need member then please contact Kara (info above)

<u>OUR GROUPS</u>	<u>ADDRESSES FOR VENUES</u>
<p><u>Social and Wellbeing Group</u> Sometimes we have a talk, sometimes we chat or group members share their experiences on a wellbeing theme.</p> <p><u>Walks</u> We walk around the Bracknell area. Some long, some short, often with a coffee stop. South Hill park is often a top choice.</p>	<p><u>Bracknell Open Learning Centre</u> Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR. Free Parking. The OLC can be found from the Horse and Groom roundabout on the A322, taking the exit for Rectory Lane. Entrance to the Centre is via Chadwick Mews. The Centre can be reached by bus routes 171/172. Entrance to the OLC is via Reception.</p>
<p><u>Games Group</u> We play board games, cards, checkers, articulate, have a laugh and a cuppa.</p> <p><u>Ten Pin Bowling</u> Come and join us for some fun and a bit of exercise! £3.00 per game at Hollywood Bowl Bracknell</p>	<p><u>Binfield Dog Rescue</u> Address: Carters Hill, Billingbear, Wokingham RG40 5RR</p>
<p><u>Arts and Crafts</u> Making a range of different art and craft items for ourselves and for craft fairs.</p>	<p><u>Jealotts Hill Community Landshare</u> 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>Cinema Club</u> Tickets at Bracknell Odeon vary from £5-6. Free parking at the Peel Centre.</p>	
<p><u>The UP Group</u> 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>Pub Quiz</u> We either take part in a running pub quiz or one of our group compiles the quiz and we run it ourselves.</p> <p><u>Singing Group</u> We currently have a singing group running every Wednesday at Dedworth Library (Windsor) from 19.00pm.</p>	<p><u>South Hill Park</u> Ringmead, Bracknell, RG12 7PA. Free parking. South Hill Park is served well by local buses. From the Bus/Train station to Birch Hill Shops take buses 4, 171 or 172. It's then a five-minute walk to the Arts Centre.</p>
<p><u>Jealotts Hill Community Landshare</u> 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>	