

# FRIENDS IN NEED

April 2018 Newsletter

Hi FiN members

Hope you are all feeling happy and healthy now that Spring is almost here! I'm feeling excited about our future and we are all working to make this an even more amazing peer support group in East Berkshire.

I'd like to say a big thank you to all of our wonderful peer volunteers! Your commitment, support and generosity is so greatly appreciated!

If you would like to get more involved and have a chat about becoming a peer volunteer, please let your coordinators know: The next training will be in May.

Happy Easter Holidays to you all from your FiN team: Debbie, Sufia, Kara and Ansa

## Survey

Thank you to everyone who has completed our online survey on survey monkey. If you haven't managed to do it as yet, please let your coordinator know so that we can help you if needed.

## Active

### Breakfast and walk at Salt Hill Park

Thank you Sufia for organising this. It was lovely to meet our new Slough members.



Upcoming dates for us to all get together in addition to regular activities

- 2 April – Easter Egg Hunt at Spencer Denney, Windsor with Phil
- 9 April – Curry Night @ Kashmiri Karahi, Slough 10
- April – Quiz Night, Alma Social Club, Windsor with Debbie, Sufia, Kara and Ansa
- 18 April - Facebook Training at Discovery 3, Maidenhead with coordinators
- 18 April – Lauren as Maria Callas, Norderm Farm, Maidenhead with Debbie
- 23 April – Evening at Windsor Races
- 24 April – Flowers for Relaxation, Slough creation with Flowerz by Suzanne
- 27 April – Trip to Milestones Museum with Debbie

## Connect Learn Quiz Night

Thank you to Mark who organises a fabulous Quiz. If anyone else would like to organise the next one, please let me know as Mark is on holiday this month. Maybe you could buddy up and do this as a double act. The next quiz will take place at Alma Social Club, Windsor on Thursday 19 April 2018

## Connect Give Bunny Bingo

I hope you enjoyed this event as much as I did. It was great to see so many of you there. Thank you for your kind tombola donations: We raised £60 towards craft resources. Thanks also to Mark and Andy who were excellent Bunny Bingo callers. I was particularly impressed by Michelle and V's bingo skills and by the Birdie Song Dancing at the end! Marvellous!

## Learn Connect

### Facebook training

If you are worried about Facebook but might like to be a bit more informed about privacy settings, etc, ask us about the excellent Facebook training so that you can keep updated and in touch, outside of activities or arrange meet ups with other members.

## Connect Learn Notice Active Give

### Mind the Note

Come and join us to sing with Mike for our wellbeing every Wednesday at the Community Room at Dedworth Library at 1900-2100. It's fun and uplifting. You don't need to have talent or experience! We will be entering a community choir competition too! How exciting! Did you know that.....Researchers at the University of Gothenburg, Sweden, found that choristers' heartbeats synchronise when they sing together, bringing about a calming effect that is as beneficial to our health as yoga.

## Julie McVea

Well done to Mind the Note and everyone who sang with us at Julie's Life Celebration.

I think she was smiling down on us.

We will miss you Julie, your kindness, your sense of humour and your feisty spirit! You were one of a kind and a friend to many.



UP Group

UP Group is a confidential, free and friendly listening group based in Windsor.

If you are experiencing mental health problems or know someone who is, come along to UP and start feeling supported.

We have guest speakers and special events!

For further information please visit [www.upgroupwindsor.com](http://www.upgroupwindsor.com) Or find us on Facebook

We meet at The Baptist Church - every other Thursday - 7.30pm - 9.00pm

Victoria Street • Windsor SL4 1EH

## Connect Give

### The UP Group Windsor

If you would like to talk about how you are feeling, please come and visit UP at the Windsor Baptist Church every other Thursday evening at 1930-2100.



## Connect Learn Notice Active

### Trips

Please can you let your coordinators know if you would like to come to any of the events and trips mentioned above.

We try to have a member's trip choice per month, so please let us know if there is anywhere you would like to go!

## Connect Learn Active Notice Give

### Jealotts Gardening Club

Thank you to everyone who came to find out more about our Gardening Club at Jealotts Landshare. We hope you enjoyed your afternoon tea with us. Let's really make a go of this! Come and join me in my wellies on Wednesday 4 April 2018!

### Jealotts Naturecraft

Fun every Wednesday with Kara: Bird boxes, scarecrows, bug hotels. What ideas do you have?