

Friends in Need East Berkshire & Buckinghamshire – Virtual Dec 2020 Timetable

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
30 th Nov	<p>11.00 – 12.30 Art with Jo @ Facebook Live</p> <p>12.30-13.30 Paws for Pets with Linda @ Zoom</p> <p>NEW..! 19.30-20.15 Dance with Taira@ Zoom</p>	<p>10.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>14:00-15:00 Crafts with Yvonne @ FB Live</p> <p>15.00 – 16.00 Catch up with Sufia @ Zoom</p> <p>NEW..!19.00-20.00 Games with Colette @ Zoom</p> <p>21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live</p>	<p>09.30-10.30 Feel Good Group with Sufia @ Zoom</p> <p>10.30 – 11.30 Wednesday Words with Ansa @ Zoom</p> <p>12.30-13.30 Bucks Vol Meeting with Sufia @ Zoom</p> <p>13.30-14.30 Xmas Glam with Elouise @ Facebook Live</p> <p>19.00 - 20.00 Mind the Note Singing with Michael @ Zoom</p>	<p>10.00 – 10.45 Yoga with Laila @ Zoom</p> <p>11.00-12.00 Festive Fun with Darren & Elouise @ Zoom</p> <p>13.00-14.00 Journaling with Elouise @ Zoom</p> <p>14:00-15:00 Coffee & Chat with Charlene @ Zoom tbc</p> <p>19.00 – 20.30 Action for Happiness with Linda @ Zoom</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>11.00 – 12.00 Games with Colette @ Zoom</p> <p>14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live</p>	<p>Sat 12.00 – 13.00 Garden Gossip with Jane and Friends @ Zoom</p> <p>Sun 19.00 – 20.00 Quiz with Michelle, V, Phil , Sharon, Mandy, Jane and Darren @ Zoom</p>
7 th Dec	<p>11.00 – 12.30 Art with Jo @ Facebook Live</p> <p>12.30-13.30 Paws for Pets with Linda @ Zoom</p> <p>15.00- 15.45 Laughter Therapy with Carole @ Zoom</p> <p>NEW..! 19.30-20.15 Dance with Taira@ Zoom</p>	<p>10.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>14:00-15:00 Crafts with Yvonne @ FB Live</p> <p>15.00-16.00 Catch Up with Sufia @ Zoom</p> <p>NEW..!19.00-20.00 Games with Colette @ Zoom</p> <p>21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live</p>	<p>10.30 – 11.30 Wednesday Words with Ansa @ Zoom</p> <p>14.30-15.30 Xmas Glam with Elouise @ Facebook Live</p> <p>16.00 – 17.00 New Member Meeting with Charlene, Sufia & Ansa @ Zoom</p> <p>19.00 - 20.00 Mind the Note Singing with Michael @ Zoom</p>	<p>10.00 – 10.45 Yoga with Laila @ Zoom</p> <p>11.00-12.00 Festive Fun with Darren & Elouise @ Zoom</p> <p>12.00-13.00 Slough Volunteer Meeting with Charlene @ Zoom tbc</p> <p>13.00-14.00 Journaling with Elouise @ Zoom</p> <p>14:00-15:00 Coffee & Chat with Charlene @ Zoom tbc</p> <p>15.00-16.00 Candy Cane Heart Gift Making with Elouise @ Facebook Live</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>11.00 – 12.00 Games with Colette @ Zoom</p> <p>12.30-13.30 Christmas Jumper Day @ Zoom..</p> <p>14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live</p>	<p>Saturday : 19.00-20.00 FiN ‘Stayin In’ Disco! with Linda @ Zoom TBC</p> <p>Sun 19.00 – 20.00 Quiz with Darren @ Zoom</p>
14 th Dec	<p>11.00 – 12.30 Art with Jo @ Facebook Live</p> <p>12.30-13.30 Paws for Pets with Linda @ Zoom</p> <p>NEW..! 19.30-20.15 Dance with Taira@ Zoom</p>	<p>11.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>15.00-16.00 Catch Up with Sufia @ Zoom</p> <p>14:00-15:00 Crafts with Yvonne @ FB Live</p> <p>NEW..19.00-20.00 Games with Colette @ Zoom</p> <p>21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live</p>	<p>09. 30-10.30 Feel Good Group with Sufia @ Zoom</p> <p>10.30 – 11.30 Wednesday Words with Ansa @ Zoom</p> <p>13.00-14.00 Peer Volunteer Meeting with Ansa @ Zoom</p> <p>19.00 - 20.00 Mind the Note Singing with Michael @ Zoom</p>	<p>10.00 – 10.45 Yoga with Laila @ Zoom</p> <p>11.00-12.00 Festive Fun with Darren & Elouise @ Zoom</p> <p>13.00-15.00 FiN’s Funtastic Talent Show @ Zoom</p> <p>(all areas to join in and showcase their talents.. From singing to juggling and everything in between!!)</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>11.00 – 12.00 Games with Colette @ Zoom</p> <p>14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live</p>	<p>Sat 12.00 – 13.00 Garden Gossip with Jane and Friends @ Zoom</p> <p>Sun 19.00 – 20.00 Quiz with Michelle, V, Phil , Sharon, Mandy, Jane and Darren @ Zoom</p>
21 st Dec	<p>11.00 – 12.30 Art with Jo @ Facebook Live</p> <p>13.00-14.00 Peer Volunteer Meeting (all areas) with Kara</p>	<p>Sufia A/L until 05/01/21</p> <p>15.00-16.00 Catch Up with Darren @ Zoom</p> <p>14:00-15:00 Crafts with Yvonne @ FB Live</p> <p>NEW.. 19.00-20.00 Games with Colette @ Zoom</p>	<p>AK A/L until 04/01/21</p> <p>19.00 - 20.00 Mind the Note Singing with Michael @ Zoom</p>	<p>11.00-12.00 Festive Fun with Darren & Elouise @ Zoom</p> <p>13.00-14.00 Journaling with Elouise @ Zoom</p> <p>14:00-15:00 Coffee & Chat with Charlene @</p>	<p>10.00-11.00 Xmas Chat with Kara @ Zoom</p>	<p>Sun 19.00 – 20.00 Quiz with Michelle, V, Phil , Sharon, Mandy, Jane and Darren @ Zoom</p>

Friends in Need East Berkshire & Buckinghamshire – Virtual December 2020 Timetable

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
28th Dec	11.00 – 12.30 Art with Jo @ Facebook Live 10.00-11.00 Catch Up with Jane Barnett @ Zoom	14:00-15:00 Crafts with Yvonne @ FB Live 15.00 – 16.00 Catch up with Darren @ Zoom NEW..19.00-20.00 Games with Colette @ Zoom 21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	14.00-15.00 Festive Quiz with Phil @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	14.00 -15.00 Festive Fun with Darren @ Zoom (use the same link)	NEW YEAR'S DAY 11.00 – 12.00 Games with Colette @ Zoom	Sat 12.00 – 13.00 Garden Gossip with Jane and Friends @ Zoom Sun 19.00 – 20.00 Quiz with Michelle, V, Phil , Sharon, Mandy, Jane and Darren @ Zoom

*Please read disclaimer on page 6 regarding your participation in Tai Chi/Yoga.

All activities are **free!** If you're interested in joining our activities and becoming a Friends in Need member then please contact your area coordinator.

Details on page 6

Closed, Friends in Need Facebook Link: <https://www.facebook.com/groups/128815250860939/>

Continue on to next page for **PHYSICAL TIMETABLE.....**

Friends in Need East Berkshire & Buckinghamshire – Physical December 2020 Timetable

W/C	Monday	Tuesday	Wednesday	Thursday
30 th Nov		12.30-13.30 Walk with Elouise at Lily Hill Park 12.30 -14.00 Arts & Crafts @ Bucks Mind High Wycombe Art Room with Sufia 13.00 – 14.00 Windsor River Walk with Ansa	12.30-13.00 Walk with Chris Downes @ Lily Hill Park	14.30-15.30 Walk with Mhairi @ The Rye Park
7 th Dec		12.30-13.30 Walk with Elouise at Lily Hill Park 12.30 -14.00 Arts & Crafts @ Bucks Mind High Wycombe Art Room with Sufia 13.00-14.00 Walk with Ansa @ Braywick Nature Centre	12.30-13.00 Walk with Terry Boreham @ Lily Hill Park 12.00 – 13.00 Walk with Charlene @ Herschel Park tbc	14.30-15.30 Walk with Mhairi @ The Rye Park
14 th Dec		12.30-13.30 Walk with Elouise at Lily Hill Park 13.00 – 14.00 Windsor River Walk with Ansa 12.30 -14.00 Arts & Crafts @ Bucks Mind High Wycombe Art Room with Sufia	12.30-13.00 Walk with Chris Downes @ Lily Hill Park 12.00 – 13.00 Walk with Charlene @ Herschel Park Tbc	14.30-15.30 Walk with Mhairi @ The Rye Park
21 st Dec		12.30-13.30 Walk with Elouise at Lily Hill Park 12.30-14.00 Arts & Crafts @ Bucks Mind High Wycombe Art Room with Mhairi 13.00-14.00 Walk with Ansa @ Braywick Nature Centre	12.30-13.00 Walk with Chris Downes @ Lily Hill Park 12.00 – 13.00 Walk with Charlene @ Herschel Park tbc	14.30-15.30 Walk with Mhairi @ The Rye Park

Maidenhead: Braywick Nature Centre, Hibbert Road, Maidenhead SL6 1UU

Slough: Herschel Park, Upton Close, Slough SL1 2DG & Langley Park, Billet Lane, Iver, SLO 0LS

Bracknell: Lily Park, Running Horse, London Road, Bracknell, RG12 2UJ

Bucks: Rye Park, Bassetsbury Lane, High Wycombe HP11 1QX

Windsor: Car Park, Windsor Leisure Centre, Stovell Road SL4 5JB

Friends in Need East Berkshire & Buckinghamshire – Zoom links for FiN members

Day	Time	Activity	Zoom Link	Meeting ID	Password
Monday	12.30-13.30	Paws for Pets	https://us02web.zoom.us/j/86427177416?pwd=K1dyCnprR0I2eHBMV01oSFRiSmFvZz09	864 2717 7416	Pets
Monday	15.00-15.45	Laughter Therapy	https://us02web.zoom.us/j/89316926352?pwd=UTV1a0xWtk1iWlBwS3hoZkljL2Zydz09	893 1692 6352	270792
Monday	19.30-20.15	Dance with Taira	https://us02web.zoom.us/j/88438999344?pwd=c2hReEViMjgzU2hHWGh0YU04Wng3QT0	884 3899 9344	835800
Tuesday	10.00 – 11.00	Tai Chi with Catherine	https://us02web.zoom.us/j/89068569044?pwd=V3lwaWw1TnlyNEYvTWpLTUZLcGNVQT09	890 6856 9044	Friends123
Tuesday	15.00 – 16.00	Coffee & Catch Up with Sufia	https://us02web.zoom.us/j/84301385898?pwd=dDISd3pDOC9FTE5QVi83R2tIUW5qQT09	843 0138 5898	225812
Tuesday	12.30 -13.30	Bucks Peer Volunteer Meeting	https://us02web.zoom.us/j/81263494586?pwd=OXpKUVVlVWTFSTi93eE5EeTdDakNSZz09	ID 812 6349 4586	9Lardw
Wednesday	10.00-11.00	Feel Good Group	https://us02web.zoom.us/j/84924321737?pwd=Yy9EakNrNHZWnkIzc0hxM3huelV5QT09	849 2432 1737	634782
Wednesday	10.30 – 11.30	Wednesday words with Ansa	https://us02web.zoom.us/j/87185255069?pwd=ZC9TWXdlldHVwVGZldzdWYWFBRUhwQT09	871 8525 5069	Friends123
Wednesday	13.00 – 1400	WAM Volunteer Meeting	https://us02web.zoom.us/j/81007136067?pwd=SzZZd1ZwS0NHQTFma1Rka1VcVmZTZz09	810 0713 6067	223484
Wednesday	16.00 – 17.00	New member meeting	https://us02web.zoom.us/j/82456277297?pwd=bjFnMmNzbFROTmd0VzhuRGVsMklrQT09	824 5627 7297	Friends123
Wednesday	19.00 – 20.00	Mind the Note with Michael	https://us04web.zoom.us/j/2868792898?pwd=eHl2b0pzNThSTDhzekNzRjVCOFQrdz09	286 879 2898	sing

Day	Time	Activity	Zoom Link	Meeting ID	Password
Thursday	10.00 – 10.45	Yoga with Laila	https://us02web.zoom.us/j/86159681101?pwd=NGIH MjFmVDdxTk15VThVNHIidEhJQT09	861 5968 1101	915765
Thursday	12.00 -13.00	Slough Volunteer Meeting	https://us02web.zoom.us/j/8190941059?pwd=d3 c3bFZ3a2hlcXRsd1YvMHJRSnYzdz09	819 094 1059	5yNRHu
Thursday	13.00-14.00	Journaling with Elouise	https://us02web.zoom.us/j/82591229295?pwd=d 2Q1ZnBaeW9OWHIPRHUvNmptRS9Sdz09	Meeting ID: 825 9122 9295	586513
Thursday	14.00 – 15.00	Coffee & Chat with Charlene	https://us02web.zoom.us/j/8190941059?pwd=d3 c3bFZ3a2hlcXRsd1YvMHJRSnYzdz09	819 094 1059	5yNRHu
Thursday	19.00 – 20.30	Action for Happiness with Linda	https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GRO UP=GRP20%20(Slough)		
Thursday	13.00-15.00	FiN's Funtastic Talent Show	https://us02web.zoom.us/j/87987076947?pwd=RDF3 UVJtQmdXdmdhT01vQWhBUndrQT09	879 8707 6947	906136
Friday	10.00-11.00	Creative Writing	https://us02web.zoom.us/j/85411052045?pwd=TktpZ WVQYm1EcUEXSVpzMTdiZ1ZMZz09	854 1105 2045	340425
Tuesday & Friday	11.00 – 12.00	Games with Colette	https://us02web.zoom.us/j/89038931979?pwd=Tkd2 T3hCWmR6MjdFanVxcHBGcllMUT09	890 3893 1979	Friends123
Friday 11 th Dec	12.30-13.30	Christmas Jumper Day	https://us02web.zoom.us/j/86956784721?pwd=V2lCZ HI6bmlqN1BGR0RxVUllVm9Td309	869 5678 4721	471237
Xmas Day	10.00-11.00	Xmas Chat with Kara	https://us02web.zoom.us/j/89224695313?pwd=WH MyZXNQV3RCZkJVZUNnaIA5UEdyZz09	892 2469 5313	303711
Saturday	12.00 – 13.00	Gardening Gossip with Jane & Friends	https://us02web.zoom.us/j/88437729116?pwd=OS9x TGkyQ1FPNzhleTJuNWt2MTUydz09	884 3772 9116	Friends123

Day	Time	Activity	Zoom Link	Meeting ID	Password
Saturday	19.00-20.00	FiN Disco with Linda	https://us02web.zoom.us/j/89011957389?pwd=WmFTY2JSdWVyZk5qOFRpd1dITS9rZz09	890 1195 7389	351104
Sunday	19.00 – 20.00	Quiz Night with Michelle , V, Phil and Sharon	https://us02web.zoom.us/j/83489432014?pwd=ZmJiV3RVRDZ0aEt0a2VRYUJlFQVA0Zz09	834 8943 2014	Friends123
Monday 28 th Dec	10.00-11.00	Catch Up with Jane Barnett	https://us02web.zoom.us/j/85758039963?pwd=YTZ1VHBFc1BseDRMWnVWNHdETHJ5Zz09	857 5803 9963	904387
Wed 30 th Dec	14.00-15.00	Festive Quiz with Phil	https://us02web.zoom.us/j/85694307947?pwd=MXF6ckF2aXEyY2dkaThTMklJZDhDdz09	856 9430 7947	Passcode: 675827
31 st December	14.00-15.00	Festive Fun with Darren	https://us02web.zoom.us/j/84317527853?pwd=VjBhZ2QvUUhHSHhaZVlaazlodFJrQT09	843 1752 7853	614153

Friends in Need activities have now moved to Facebook Live via our closed FiN Facebook group.

Group name: **Friends in Need East Berkshire and Buckinghamshire**

Link: <https://www.facebook.com/groups/128815250860939/>



The FB group is open to all Friends in Need members. If you are not yet a member but you're interested in joining us for some online FiN activities, please contact your area coordinator on:

Team Lead & WAM Coordinator : Ansa Khan 07496 874882 ansa.khan@bucksmind.org.uk

Slough: Charlene Morgan 07950 303832 charlene.morgan@bucksmind.org.uk

Bracknell: Elouise Griffin Elouise.griffin@bucksmind.org.uk 07949 393434 & Kara Hale 07914 669430 kara.hale@bucksmind.org.uk

Buckinghamshire: Sufia Rahman 07914 669438 sufia.rahman@bucksmind.org.uk

Sport in Mind: <https://www.facebook.com/sportinmind/>

Jealott's Hill Community Landshare: <https://www.facebook.com/JealottsHillCommunityLandshare/>

For any information regarding Covid-19 please see the following guidelines:

Buckinghamshire Mind: <https://www.bucksmind.org.uk/covid-19-advice-and-guidance/>

Government guidelines: <https://www.gov.uk/coronavirus>

NHS information: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

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 member's personal responsibility for any risk or injury that they may sustain as a result of their participation. Their awareness of this risk releases the teacher and Buckinghamshire Mind from any liability claims. Should you become concerned with a potential medical condition resulting in injury you will consult their doctor before taking part.*

Friends in Need –Together We Can Do This!