

Friends in Need East Berkshire & Buckinghamshire – Virtual November 20 Timetable

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
26 th Oct	11.00 – 12.30 Art with Jo @ Facebook Live 15.00 – 16.00 Coffee Catch Up with Elouise & Kara @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 5 14:00-15:00 Crafts with Yvonne @ FB Live 15.00 – 16.00 Catch up with Sufia @ Zoom 21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 16.00 – 17.00 New Member Meeting with Charlene, Sufia & Ansa @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 5 14:00-15:00 Coffee & Chat with Charlene @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sun 19.00 – 20.00 Quiz with Michelle, V, Phil , Sharon, Mandy, Jane and Darren @ Zoom
2 nd Nov	11.00 – 12.30 Art with Jo @ Facebook Live 15.00- 15.45 Laughter Therapy with Carole @ Zoom AK annual leave all week	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 5 12.30-13.30 Peer Volunteer Meeting with Sufia @ Zoom 15.00-16.00 Catch Up with Sufia @ Zoom 14:00-15:00 Crafts with Yvonne @ FB Live NEW..! 19.00-20.00 Games with Colette @ Zoom 21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	13.00 – 14.00 (Monthly) Peer Volunteer Meeting with Kara @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 5 12.00-13.00 Slough Volunteer Meeting with Charlene @ Zoom 14:00-15:00 Coffee & Chat with Charlene @ Zoom 19.00 – 20.30 Action for Happiness with Linda @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sat 12.00 – 13.00 Garden Gossip with Jane and Friends @ Zoom Sun 19.00 – 20.00 Quiz with Darren @ Zoom
9 th Nov	11.00 – 12.30 Art with Jo @ Facebook Live New.. 14.00-15.00 Journaling with Elouise @ Zoom (taster session)	11.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 5 15.00-16.00 Catch Up with Sufia @ Zoom 14:00-15:00 Crafts with Yvonne @ FB Live NEW.. 19.00-20.00 Games with Colette 21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 13.00-14.00 Peer Volunteer Meeting with Ansa @ Zoom 16.00 – 17.00 New Member Meeting with Charlene, & Ansa @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 5 12.00-14.00 - Goal Setting Workshop with Marianna @ Zoom 14:00-15:00 Coffee & Chat with Charlene @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sat: 11.00-18.00 Feel Good Festival @ Zoom (see attached leaflet to register) Sun 19.00 – 20.00 Quiz with Michelle, V, Phil , Sharon, Mandy, Jane and Darren @ Zoom
16 th Nov	11.00 – 12.30 Art with Jo @ Facebook Live NEW.. 19.30-20.15 Dance with Taira @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 51 15.00-16.00 Catch Up with Sufia @ Zoom 14:00-15:00 Crafts with Yvonne @ FB Live NEW.. 19.00-20.00 Games with Colette 21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 10.00-11.00 Feel Good Group @ Zoom with Sufia 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 5 12.00-14.00 - Goal Setting Workshop with Marianna @ Zoom 14:00-15:00 Coffee & Chat with Charlene @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	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

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

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
23rd Nov	11.00 – 12.30 Art with Jo @ Facebook Live NEW..! 19.30- 20.15 Dance with Taira @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom *Page 5 14:00-15:00 Crafts with Yvonne @ FB Live 15.00 – 16.00 Catch up with Sufia @ Zoom NEW..19.00-20.00 Games with Colette 21.00 – 21.45 Guided Meditation for Relaxation with Singing Bowls with Linda @ Facebook Live	10.30 – 11.30 Wednesday Words with Ansa @ Zoom 16.00 – 17.00 New Member Meeting with Charlene, Sufia & Ansa @ Zoom 19.00 - 20.00 Mind the Note Singing with Michael @ Zoom	10.00 – 10.45 Yoga with Laila @ Zoom *Page 5 12.00-14.00 - Goal Setting Workshop with Marianna @ Zoom 14:00-15:00 Coffee & Chat with Charlene and Sufia @ Zoom	11.00 – 12.00 Games with Colette @ Zoom 14.00 – 15.00 Mindful Meditation with Sacred Sound with Linda @ Facebook Live	Sun 19.00 – 20.00 Quiz with Michelle, V, Phil, Sharon, Mandy, Jane and Darren @ Zoom

*Please read disclaimer on page 5 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 5.

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 November 20 Timetable

W/C	Monday	Tuesday	Wednesday	Thursday
2 nd Nov	11.00 -12.00 Walk with Kara & Elouise @ Lily Hill Park (optional picnic 12.00-12.45) (Ansa annual leave all week)		12.00 – 13.00 @ Coffee Meet Up with Charlene @ Langley Park (meeting point: Car Park)	15.00-16.00 Walk with Mhairi @ The Rye Park
9 th Nov	11.00 -12.00 Walk with Kara & Elouise @ Lily Hill Park (optional picnic 12.00-12.45)	13.00 -14.00 Arts & Crafts @ Bucks Mind High Wycombe Art Room with Sufia 13.00-14.00 Walk with Ansa @ Braywick Nature Centre	12.00 – 13.00 Walk with Julia @ Herschel Park	15.00-16.00 Walk with Mhairi @ The Rye Park
16 th Nov	11.00 -12.00 Walk with Kara & Elouise @ Lily Hill Park (optional picnic 12.00-12.45)	13.00 – 14.00 Windsor River Walk with Ansa	12.00 – 13.00 Walk with Charlene @ Herschel Park 11.30 – 13.00 Coffee Meet Ups @ The Front Room Café HW with Sufia	15.00-16.00 Walk with Mhairi @ The Rye Park
23 rd Nov	11.00 -12.00 Walk with Kara & Elouise @ Lily Hill Park (optional picnic 12.00-12.45)	13.00 -14.00 Arts & Crafts @ Bucks Mind High Wycombe Art Room with Sufia 13.00-14.00 Walk with Ansa @ Braywick Nature Centre	12.00 – 13.00 Walk with Charlene @ Herschel Park 11.30 – 13.00 Coffee Meet Ups @ The Front Room Café HW with Sufia	15.00-16.00 Walk with Mhairi @ The Rye Park
30 th Nov	11.00 -12.00 Walk with Kara & Elouise @ Lily Hill Park (optional picnic 12.00-12.45)			

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: Meeting Point: Alexandra Gardens, Barry Avenue Windsor SL4 3HY

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

Day	Time	Activity	Zoom Link	Meeting ID	Password
Monday	14.00 – 15.00pm	Journaling with Elouise	https://us02web.zoom.us/j/81495752421?pwd=bnlTWmZFNHhvRVh6ZndzWTlWajN4dz09	814 9575 2421	309338
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 – 11.00pm	Tai Chi with Catherine	https://us02web.zoom.us/j/89068569044?pwd=V3lw aWw1TnlyNEYvTWpLTUZLcGNVQT09	890 6856 9044	Friends123
Tuesday	15.00 – 16.00pm	Coffee & Catch Up with Sufia	https://us02web.zoom.us/j/84301385898?pwd=dDIS d3pDOC9FTE5QVi83R2tlUW5qQT09	843 0138 5898	225812
Tuesday	12.30 -13.30	Bucks Peer Volunteer Meeting	https://us02web.zoom.us/j/81263494586?pwd=OXpKUVlVWFSTi93eE5EeTdDakNSZz09	ID 812 6349 4586	9Lardw
Tuesday	19.00-20.00	Games with Colette	https://us02web.zoom.us/j/84087964354?pwd=di9USDJSYkxXRGYwdWFuQTZsbjJHUT09	840 8796 4354	276393
Wednesday	10.00-11.00	Feel Good Group	https://us02web.zoom.us/j/84924321737?pwd=Yy9EakNrNHZWnkIzc0hxM3huelV5QT09	849 2432 1737	634782
Wednesday	10.30 – 11.30am	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 – 17.00pm	New member meeting	https://us02web.zoom.us/j/82456277297?pwd=bjFn MmNzbFROTmd0VzhuRGVsMklrQT09	824 5627 7297	Friends123

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

Day	Time	Activity	Zoom Link	Meeting ID	Password
Wednesday	19.00 – 20.00pm	Mind the Note with Michael	https://us04web.zoom.us/j/2868792898?pwd=eHI2b0pzNThSTDhzekNzRjVCOFQrdz09	286 879 2898	sing
Thursday	10.00 – 10.45am	Yoga with Laila	https://us02web.zoom.us/j/86159681101?pwd=NGlHMjFmVDdxTk15VThVNHIidEhJQT09	861 5968 1101	915765
Thursday	12.00 -13.00	Slough Volunteer Meeting	https://us02web.zoom.us/j/8190941059?pwd=d3c3bFZ3a2hlcXRsd1YvMHJRSnYzdz09	819 094 1059	5yNRHu
Thursday	12.00-14.00	Goal Setting with Marianna	https://us02web.zoom.us/j/82905327143?pwd=MmwwUTdFM2VqcU00Rlh3QXlaODJtUT09	829 0532 7143	109827
Thursday	14.00 – 15.00pm	Coffee & Chat with Charlene	https://us02web.zoom.us/j/8190941059?pwd=d3c3bFZ3a2hlcXRsd1YvMHJRSnYzdz09	819 094 1059	5yNRHu
Thursday	19.00 – 20.30pm	Action for Happiness with Linda	Sign up via website: https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GROUP=GRP20%20(Slough)		
Friday	11.00 – 12.00pm	Games with Colette	https://us02web.zoom.us/j/89038931979?pwd=Tkd2T3hCWmR6MjdFanVxcHBGcllmUT09	890 3893 1979	Friends123
Saturday	12.00 – 13.00	Gardening Gossip with Jane & Friends	https://us02web.zoom.us/j/88437729116?pwd=OS9xTGkyQ1FPNzhleTJuNWt2MTUydz09	884 3772 9116	Friends123
Sunday	19.00 – 20.00pm	Quiz night with Michelle , V, Phil and Sharon	https://us02web.zoom.us/j/83489432014?pwd=ZmJiV3RVRDZ0aEt0a2VRYUIFQVA0Zz09	834 8943 2014	Friends123

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!