

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
MAR 2nd	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne</p> <p>13.00-14.00 Gym @Everyone Active</p>	<p>11.30 – 13.00 Stress Workshop @ the Future Works, SL1 1XU</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</p> <p>12.30-15.30 Photography workshop with Mark @ Memorial gardens, SL2 4NZ</p> <p>19.00-21.00 – MIND the Note singing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active</p> <p>12.00-13.00 Badminton @Everyone Active</p> <p>14.30-16.30 Portrait Art @ Tesco CR with Amber</p>	<p>14.00-15.30 Meditation with LC at Dedworth Medical Centre SL4 5JL</p>	
MAR 9th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne</p> <p>13.00-14.00 Gym @Everyone Active</p>	<p>11.00 – 13.00 Coffee Morning @ Burnham Library with Sufia</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</p> <p>12.30-14.30 Knitting @ 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</p> <p>12.00-13.00 Badminton @Everyone Active</p> <p>14.30-16.30 Portrait Art @ Tesco CR with Amber</p> <p>1930-2100 UP Group @ Windsor Baptist church</p>	<p>14.00-15.30 Meditation with LC at Dedworth Medical Centre SL4 5JL</p>	
MAR 16th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne</p> <p>13.00-14.00 Gym @Everyone Active</p>	<p>11.00 – 13.00 Coffee Morning @ Burnham Library</p> <p>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</p> <p>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</p> <p>12.00-13.00 Badminton @Everyone Active</p> <p>14.30-16.30 Portrait Art @ Tesco CR with Amber</p>	<p>14.00-15.30 Meditation with LC at Dedworth Medical Centre SL4 5JL</p> <p>17.00-21.00 Feel Good Festival@ Home on the Highstreet with Linda</p>	
MAR 23rd	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne</p> <p>13.00-14.00 Gym @Everyone Active</p>	<p>11.00 – 13.00 Coffee Morning @ Burnham Library with Nicky</p> <p>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</p> <p>12.30-14.30 Wool Bird Making @ Tesco CR with Nicky</p> <p>19.00-21.00 – MIND the Note singing group @ Dedworth Library</p>	<p>11..00 -12.00 Table Tennis @Everyone Active</p> <p>12.00-13.00 Badminton @Everyone Active</p> <p>14.30-16.30 Coffee &amp; Games @ Tesco CR with Yvonne</p> <p>19.30-- 21.30 Quiz Night @ The Acre, Victoria Street, Windsor SL4 1EN</p> <p>1930-2100 UP Group @ Windsor Baptist church</p>	<p>14.00-15.30 Meditation with LC at Dedworth Medical Centre SL4 5JL</p>	
MAR 30th	<p>12.00-14.00 Crafts @ Home on the High St. with Yvonne</p> <p>13.00-14.00 Gym @Everyone Active</p>	<p>11.00 – 13.00 Coffee Morning @ Burnham Library</p> <p>15.00- 16.00 Football @Everyone Active</p>				

<u>OUR GROUPS</u>	<u>ADDRESSES FOR VENUES</u>
<p><b><u>Social and Wellbeing Group</u></b></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><b><u>Tesco Community Room &amp; Café</u></b></p> <p>Brunel Way, Wellington Street, SL1 1XW. In Slough town centre, next to the bus and train stations.</p>
<p><b><u>Walks</u></b></p> <p>We walk around local parks some long, some short, may enjoy some shared lunch after</p>	<p><b><u>Home on the High Street</u></b></p> <p>Unit 43/45 The Observatory, Slough, SL1 1LE. (At the old Topshop, adjacent Santander bank, on Slough High Street)</p>
<p><b><u>Jealotts Hill Community Landshare</u></b></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><b><u>Jealotts Hill Community Landshare</u></b></p> <p>Wellers Lane, Warfield, Bracknell, <b>RG42 6BQ</b> (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: <b>RG42 6HP</b>).</p>
<p><b><u>Everyone Active</u></b></p> <p>Sporting activities are held at The Centre, Farnham Road, Slough, SL1 4UT.</p>	
<p><b><u>Member meet ups</u></b></p> <p>Enjoy a catch up, with tea coffee and biscuits at Tesco café 1<sup>st</sup> floor, Brunel Way, Wellington St</p>	<p><b><u>Black Park</u></b></p> <p>Black Park Rd, Slough SL3 6DS</p>
<p><b><u>The UP Group</u></b></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><b><u>Salt hill park</u></b></p> <p>You can access the park from the A4 Bath Road opposite the old Town Hall. <b><i>Upton Court Park Upton Road Slough SL3 7LU</i></b></p>
	<p><b><u>Langley Park</u></b></p> <p>Billet Lane , Slough SLO 0LS. Parking is £3.70 for 3 Hours</p>
<p><b><u>Pub Quiz</u></b></p> <p>Group pub quiz lead by FiN volunteers in George Green</p>	<p><b><u>The Future Works</u></b></p> <p>Brunel Way , Slough SL1 1XU. Located next to Slough Bus station</p>
<p><b><u>Mind the Note singing Group</u></b></p> <p>We currently have a singing group running every Wednesday at Dedworth Library (Windsor) from 19.00pm.</p>	<p><b><u>The George Pub</u></b></p> <p>12 Post Office Lane, George Green, SL3 6AX</p>