

Group activities are usually overseen by the coordinator or peer volunteer, who is supported by a second volunteer. Their initials are listed after the activity. If you might be interested in becoming a volunteer, please speak to Ansa Khan. We also include Sport in Mind activities, which are led by a trained coach. We are lucky to have such great volunteers. We are a peer support group and if a volunteer isn't there, groups can still go ahead and members can organise activities and support each other.

- Jo Chapman (JC)
- Linda Ciardiello (LC)
- Mike Howell (MH)
- Carole Easton (CE)
- Michelle Hollis Hunt (MHH)
- Phil Healey (PH)
- Linda Smith (LS)
- Mandy Taylor (MT)
- Jane Barnett (JB)

Everyone in the group has a chance to contribute their ideas and feedback at a monthly group planning session, listed on the timetable.

Crafts are planned at a monthly planning session, led by peer volunteers. You can also attend these sessions.

Usual Locations for Friends in Need Activities:

(RVS) Maidenhead Community Centre 42 York Rd Maidenhead SL6 1SH

(SA) Salvation Army East Rd Maidenhead SL6 1PJ

(TA) The Acre Donnelly House, Victoria Street SL41 EN

(ALS) All Saints Church Dedworth Rd Windsor SL4 4JW

(DL) Dedworth Library Smiths Lane Windsor SL4 4PE

(SD) Spencer Denney Park Corner Windsor SL4 4EB

(URC) United Reformed Church, West St, Maidenhead, SL6 1RL

Jealotts Landshare Jealotts Hill Community Landshare Wellers Lane Warfield RG42 6QB

(DMC) Dedworth Medical Centre 80 Vale Road, Windsor, SL4 5JL

(WBC) Windsor Baptist Church Victoria Street, Windsor, SL4 1WH

W/C	Monday	Tuesday	Wednesday.	Thursday	Friday	Sat/Sun
Sun 1 st	<p>11.00-13.00 Art with PH @ SD</p> <p>15.00-16.00 Tai Chi, Sport in Mind @URC</p>	<p>10.30-12.30 Scrabble @ ALS (PH)</p> <p>13.30-15.30 Crafternoon @ SA Jewellery Making with Collett</p>	<p>13.30-15.30 Jealotts Naturecraft with Kara</p> <p>12.30-15.00 Photography Workshop @ Stoke Poges Memorial Gardens, Church Lane, SL2 4NZ</p> <p>14.30- 16.00 Mindfulness Meditation with LC @ Lynwood Village, Rise Road, Sunninghill, SL5 OFG with LC</p> <p>19.00-21.00 – MIND the Note @ Dedworth Library (with Mike)</p>	<p>10.30-11.30 Yoga @ RVS with Sport in Mind</p> <p>14.00-16.00 Reiki with Carole at DMC</p> <p>11.30-13.00 Social, and Coffee @ RVS (PH)</p>	<p>11.00-13.00 Table Tennis/Badminton Magnet Leisure Centre with Mervin</p> <p>14.00-15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	
9 th	<p>11.00-13.00 Art with Jo @ SD</p> <p>15.00-16.00 Tai Chi, Sport in Mind @URC</p>	<p>10.30-12.30 Scrabble@ ALS (PH)</p> <p>13.00-15.00 Crafternoon @ SA Decoupage Bottles</p>	<p>13.30-15.30 Jealotts Naturecraft with Kara</p> <p>12.00-14.00 Wednesday Words to Share.. A poem, an article, a chapter from a book @ All Saints Dedworth</p> <p>14.30- 16.00 Mindfulness Meditation with LC @ Lynwood Village, Rise Road, Sunninghill, SL5 OFG with LC</p> <p>19.00-21.00 – MIND the Note @ Dedworth Library (with Mike)</p>	<p>10.30-11.30 Yoga @ RVS with Sport in Mind</p> <p>11.30-13.00 Social, and Coffee @ RVS (PH)</p> <p>14.00-16.00 Reiki with Carole at DMC</p> <p>19.30-21.00 UP Group Night @ (WBC) Windsor Baptist Church</p>	<p>11.00-13.00 Table Tennis/Badminton Magnet Leisure Centre with Mervin</p> <p>14.00-15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	<p>14..0-17.00 Daffodil Tea @ St Mary's Church Village Hall Pyrton OX49 5LX with Lorraine</p>
16 th	<p>11.00-13.00 Art with Jo @ SD</p> <p>15.00-16.00 Tai Chi, Sport in Mind @URC</p> <p>13.00-14.00 Planning Meeting @ ALS</p> <p>Cinema Night with Linda (TBC)</p>	<p>10.30-12.30 Scrabble @ ALS (PH)</p> <p>13.30 -15.30 Crafternoon @ SA</p>	<p>13.30 -15.30 Jealotts Naturecraft with Kara</p> <p>14.30- 16.00 Mindfulness Meditation with LC @ Lynwood Village, Rise Road, Sunninghill, SL5 OFG with LC</p> <p>19.00-21.00 – MIND the Note @ Dedworth Library (with Mike)</p>	<p>10.30-11.30 Yoga @ RVS with Sport in Mind</p> <p>14.00-16.00 Reiki with Carole at DMC</p> <p>11.30.13.00 Social & Coffee RVS PH)</p>	<p>11.00-13.00 Table Tennis/Badminton Magnet Leisure Centre with Mervin</p> <p>14.00-15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p>	<p>14..0-17.00 Daffodil Tea @ St Mary's Church Village Hall Pyrton OX49 5LX with Lorraine</p>
23 rd	<p>11.00-13.00 Art with Jo @ SD</p> <p>15.00-16.00 Tai Chi, Sport in Mind @URC</p>	<p>10.30 12.30 Scrabble @ ALS (PH)</p> <p>13.30-15.30 Crafternoon @ SA</p> <p>AK LEAVE</p>	<p>13.30-15.30 Jealotts Naturecraft with Kara</p> <p>14.30- 16.00 Mindfulness Meditation with LC @ Lynwood Village, Rise Road, Sunninghill, SL5 OFG with LC</p> <p>19.00-21.00 – MIND the Note @ Dedworth Library (with Mike)</p> <p>AK LEAVE</p>	<p>10.30-11.30 Yoga @ RVS with Sport in Mind</p> <p>11.30-13.00 Social, and Coffee @ RVS (PH)</p> <p>14.00-16.00 Reiki with Carole at DMC</p> <p>13.00-17.00 GP Event at Windsor Race Course. FIN Promo Stand</p> <p>19.30-21.00 UP Group Night @ (WBC) Windsor Baptist Church</p> <p>19.30-- 21.30 Quiz Night @ The Acre, Victoria Street, Windsor SL4 1EN with Colett</p> <p>AK LEAVE</p>	<p>11.00-13.00 Table Tennis/Badminton Magnet Leisure Centre with Mervin</p> <p>14.00-15.30 Mindfulness Meditation with LC at Dedworth Medical Centre</p> <p>AK LEAVE</p>	
30 th	<p>11.00-13.00 Art with Jo @ SD</p> <p>15.00-16.00 Tai Chi, Sport in Mind @URC</p>	<p>10.30 12.30 Scrabble @ ALS (PH)</p> <p>13.30-15.30 Crafternoon @ SA Easter Egg Activity</p>				