



Online Activities July 2024

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
8th	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
15 <sup>th</sup>	19.00 - 20.00 Games with Colette @ Zoom	16.00-16.45 Dance with Taira @ Zoom  20.30-21.30 Soundbath Meditation with Linda @ Facebook Live				19.00 -20.00 Sunday Quiz with Mandy @ Zoom
22 <sup>nd</sup>	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom	18.15-19.00 Laughter Therapy with Carole @ Zoom			19.00 -20.00 Sunday Quiz with Mandy @ Zoom
29 <sup>th</sup>	19.00 - 20.00 Games with Colette @ Zoom	20.30-21.30 Soundbath Meditation with Linda @ Facebook Live				19.00 -20.00 Sunday Quiz with Mandy @ Zoom

# Friends in Need WAM Activities July 2024



W/ C	Monday	Tuesday	Wednesday	Thursday	Fri	Week end
1st		10.30-12.00 Games with Phil 19.00-21.00 Quiz with Phil	10.30-12.30 -Craft and Chat with Sudi - <b>NEW VENUE:</b> 11.00-13.00 Art with Jo 13.30-14.30 - Coffee Meet Up with Phil & Jo	11.30-13.00 Coffee Catch Up with Josephine <b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo		
8th	<b>NEW ACTIVITY:</b> 11.00-12.30 Walk with Liz		10.30-12.30 -Craft and Chat with Sudi <b>NEW VENUE:</b> 11.00-13.00 Art with Jo 13.30-14.30 - Coffee Meet Up with Phil & Jo 19.00-21.00 Mind The Note with Mike.	11.30-13.00 Coffee Catch Up with Josephine <b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo		
15 <sup>th</sup>		10.30-12:00 Games with Phil	10.30-12.30 -Craft and Chat with Sudi <b>NEW VENUE:</b> 11.00-13.00 Art with Jo 13.30-14.30 - Coffee Meet Up with Phil & Jo	11.30-13.00 Coffee Catch Up with Josephine <b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo		
22nd	<b>NEW ACTIVITY:</b> 11.00-12.30 Walk with Liz	10.30-12:00 Games with Phil 19.00-21.00 Quiz with Phil	10.30-12.30 -Craft and Chat with Sudi <b>NEW VENUE:</b> 11.00-13.00 Art with Jo 13.30-14.30 - Coffee Meet Up with Phil & Jo 19.00-21.00 Mind The Note with Mike.	11.30-13.00 Coffee Catch Up with Josephine <b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo		
29 <sup>th</sup>		10.30-12:00 Games with Phil	10.30-12.30 -Craft and Chat with Sudi <b>NEW VENUE:</b> 11.00-13.00 Art with Jo	11.30-13.00 Coffee Catch Up with Josephine		

# Friends in Need Bracknell Activities July 2024



WC	Monday	Tuesday	Wed	Thursday	Friday
1st		12.30 - 14.30 Walk with Terry B			
8th		12.30 - 14.30 Walk & Lunch with Bob		11.00 - 12.30 Coffee and Chat with Sally	
15 <sup>th</sup>		12.30 - 14.30 Walk with Terry B			14.00-15.00 Coffee Meet Up with Bob
22nd		12.30 - 14.30 Walk and Lunch with Terry P		11.00 - 12.30 Coffee and Chat with Sally	
29 <sup>th</sup>	12.30 - 14.00 - Lunch Buffet with Si mon	12.00-14.00 Walk & Lunch with Chloe			

W/C	Monday	Tuesday	Wednesday	Thursday	SUNDAY
1st		12.00 -14..00 Lunch with Susan	12.30-14.30 Art/crafts with Nicola		
8th	12.00 – 14.00 – Art with Faith	11.00 - 13.00 Art & Crafts with Sudi 13.00 - 15.00 – Sue’s African Safari Photos with Patie & Sue		11.00-13.00 Coffee Morning and crochet & candle making with Amina	
15 <sup>th</sup>		11.00 -13.00 Coffee and chat with Susan	12.30-14.30 Art/crafts Faith		
22nd	12.00 – 14.00 – Art with Faith 14.30 - 16.00 - Lunch with Sat	11.00 -13.00 Coffee & Chat with Susan		11.00-13.00 Coffee Morning and crochet & candle making with Amina	
29 <sup>th</sup>	12.30–14.30 Lunch with Sat @ Tesco	11.00 -13.00 Coffee & Chat with Susan			



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1st	<b>New</b> 11.30-13.00 Fun Music for beginners	13.30- 15.30 Get Crafting over tea & coffee @ Pauline				
8th	No music		11.30-13.00 Coffee Meet Up with Toby	13.00 – 11500 Jigsaw Club with Pauline		
15 <sup>th</sup>	No music <b>NEW</b> 20.00-21.00 Music Bingo @ with Shannon	13.30- 15.30 Get Crafting over tea & coffee with Pauline				
22 <sup>nd</sup>	No music		11.30-13.00 Coffee Meet Up with Toby	13.00 – 15.00 Jigsaw Club with Pauline		
29 <sup>th</sup>	<b>New</b> 11.30-13.00 Fun Music for beginners	13.30- 15.30 Get Crafting over tea & coffee with Pauline				



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
1st		12:00pm – 13:30pm Coffee and catch up with Pete	14:30-16:130 Arts and Crafts with Chris	16:00 – 17:30 Board Games with Pete		
8th	<b>NEW VENUE</b> 14:30 – 16:30 Coffee Meet Up with Chris	12:00pm – 13:30pm Coffee and catch up with Pete	14:30-16:30 Arts and Crafts with Chris	16:00 – 17:30 Board Games @ with Pete		
15 <sup>th</sup>		12:00pm – 13:30pm Coffee and catch up with Pete	14:30-16:30 Arts and Crafts @ with Chris			
22nd	14:30 – 16:15 Board Games @ with Chris	12:00pm – 13:30pm Coffee and catch up with Chris	14:30-16:30 Arts and Crafts with Chris			
29 <sup>th</sup>		12:00pm – 13:30pm Coffee and catch up with Chris	14:30-16:30 Arts and Crafts with Chris			

# Friends in Need

## Peer Support Groups in East Berkshire & Buckinghamshire

We are a **free peer support group** and **wellbeing community** for people affected by **mental health problems, loneliness & social isolation**. Our aim is to **promote community resilience by reducing isolation through peer support and social activities**.

The foundation of the group is based on the 5 Ways to Wellbeing: To **Connect**, **Be Active**, **Take Notice**, **Learn** and **Give Back**.



We put together a timetable of events and activities for members to attend that promote these values. As a FIN member, people are signed up for their local group, however, members are welcome to access all activities across Berks and Bucks. If you would like to attend an activity in a different area, please contact the area co-ordinator in advance of the day to confirm you will be attending.

### Interested in joining us?

If you'd like to experience the magic of peer support and become a Friends in Need member, please contact

[ansa.khan@bucksmind.org.uk](mailto:ansa.khan@bucksmind.org.uk) – 07496 874882

Friends in Need Team Lead East Berkshire & Buckinghamshire

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





## Friends in Need July 2024



Links to Sport in Mind East Berkshire & Buckinghamshire Activities

<https://www.sportinmind.org/berkshire2>

<https://www.sportinmind.org/buckinghamshire>

*Please click on the link for all SiM activities in your area or visit [www.sportinmind.org](http://www.sportinmind.org) for more information.*

**PLEASE CONTACT:**

Matt Saunders

Sport In Mind

Development Officer (East Berkshire and Bucks)

Mobile 07823 973782

Office 0118 9479762

[matthew.saunders@sportinmind.org](mailto:matthew.saunders@sportinmind.org)



*“In a nutshell, Friends in Need is a non-judgmental group of people who have been there, seen it and got the T shirt when it comes to coping with a mental health problem.*

*I see some magical moments where people who are struggling themselves, offer support to others in need. Sometimes, a little bit of motivation and knowing that people understand how you might be feeling is all that’s needed! We find that motivation, general wellbeing, and self-esteem are greatly increased through participation in Friends in Need.”*