



| w/c              | Monday                                  | Tuesday  | Wednesday   | Thursday | Friday | Weekend                                    |
|------------------|---|--|---|----------|--------|--|
| 30 <sup>th</sup> | 19.00 - 20.00 Games with Colette @ Zoom |  |   |          |        | 19.00 -20.00 Sunday Quiz with Mandy @ Zoom |
| 7 <sup>th</sup>  | 19.00 - 20.00 Games with Colette @ Zoom |  |   |          |        | 19.00 -20.00 Sunday Quiz with Mandy @ Zoom |
| 14 <sup>th</sup> | 19.00 - 20.00 Games with Colette @ Zoom | 16.00 - 16.45 Dance with Taira @ Zoom<br>(NEW ZOOM LINK ON PAGE 2) | 11.00-12.00 Slough PV Meeting with Ansa & Husna @ Zoom (online) |          |        | 19.00 -20.00 Sunday Quiz with Mandy @ Zoom |
| 21 <sup>st</sup> | 19.00 - 20.00 Games with Colette @ Zoom | 16.00 - 16.45 Dance with Taira @ Zoom<br>(NEW ZOOM LINK ON PAGE 2) | 18.15-19.15 Laughter Therapy with Carole @ Zoom                 |          |        | 19.00 -20.00 Sunday Quiz with Mandy @ Zoom |
| 28 <sup>th</sup> | 19.00 - 20.00 Games with Colette @ Zoom | 16.00 - 16.45 Dance with Taira @ Zoom<br>(NEW ZOOM LINK ON PAGE 2) |   |          |        |  |

# Friends in Need Zoom Links for Online Activities October 2024



| Day       | Time          | Activity                                    | Zoom Link   | Meeting ID    | Password |
|-----------|---------------|---|---|---------------|----------|
| Monday    | 19.00 - 20.00 | Games with Colette                          | <a href="https://us02web.zoom.us/j/84791284957?pwd=UXJlcXRzUzRtdHBzMXhqYzB5V1U4QT09">https://us02web.zoom.us/j/84791284957?pwd=UXJlcXRzUzRtdHBzMXhqYzB5V1U4QT09</a> | 847 9128 4957 | 988494   |
| Tuesday   | 11.30-12.30   | Bracknell Peer Volunteer Meeting with Chloe | <a href="https://us02web.zoom.us/j/86018889051?pwd=Qk5Edi9saXF4cUJSVnEreXlUYmZrQT09">https://us02web.zoom.us/j/86018889051?pwd=Qk5Edi9saXF4cUJSVnEreXlUYmZrQT09</a> | 860 1888 9051 | 804725   |
| Tuesday   | 16.00-16.45   | Dance with Taira                            | <a href="https://us02web.zoom.us/j/89182858930?pwd=BJc35hE4G1AppIO40RTrbcIgs0LSaQ.1">https://us02web.zoom.us/j/89182858930?pwd=BJc35hE4G1AppIO40RTrbcIgs0LSaQ.1</a> | 891 8285 8930 | 980024   |
| Wednesday | 11.00-12.00   | Slough Peer Volunteer Meeting               | <a href="https://us02web.zoom.us/j/87498832389?pwd=WYUG48qpz3mfp0I5baIOBVhalclxXL.1">https://us02web.zoom.us/j/87498832389?pwd=WYUG48qpz3mfp0I5baIOBVhalclxXL.1</a> | 874 9883 2389 | 466591   |
| Friday    | 18.30-19.15   | Laughter Therapy with Carole                | <a href="https://us02web.zoom.us/j/89729438085?pwd=NHNiNlRzUzRtdHBzMXhqYzB5V1U4QT09">https://us02web.zoom.us/j/89729438085?pwd=NHNiNlRzUzRtdHBzMXhqYzB5V1U4QT09</a> | 897 2943 8085 | HAHAHA   |
| Sunday    | 19.00 - 20.00 | Quiz Night with Mandy                       | <a href="https://us02web.zoom.us/j/84791284957?pwd=UXJlcXRzUzRtdHBzMXhqYzB5V1U4QT09">https://us02web.zoom.us/j/84791284957?pwd=UXJlcXRzUzRtdHBzMXhqYzB5V1U4QT09</a> | 847 9128 4957 | 988494   |

# Friends in Need WAM Activities October 2024



| W/<br>C | Monday   | Tuesday   | Wednesday  | Thursday   |
|---------|--|---|--|--|
| 30th    | <b>NEW ACTIVITY:</b> 11.00-13.00 Outdoor sketching session with Jo @ Alexandra Gardens (weather permitting)  | 10.30 -12:00 Games with Phil @ All Saints Church, Dedworth Road Windsor SL4 4JW   | 10.30-12.30 -Craft and Chat with Sudi @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB<br><br><b>NEW VENUE:</b> 11.00-13.00 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW   | 11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY<br><br><b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo from Windsor. Please contact Jo or Phil to confirm. |
| 7th     |  | 10.30 -12:00 Games with Phil @ All Saints Church, Dedworth Road Windsor SL4 4JW<br><b>SPECIAL EVENT</b><br>World Mental Health day event TBC from 12.30pm (phone Liz for details, also facebook update)<br>19.00- 21.00 Games night with Phil @ The Hope, Windsor | 10.30-12.30 -Craft and Chat with Sudi @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB<br><br><b>NEW VENUE:</b> 11.00-13.00 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW   | 11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY<br><br><b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo from Windsor. Please contact Jo or Phil to confirm. |
| 14th    | <b>NEW VENUE</b><br>13.30-14.30 Gentle relaxing Yoga with Jo @ Parish Hall, Parsonage Lane, Windsor, SL4 5EW | 10.30 -12:00 Games with Phil @ All Saints Church, Dedworth Road Windsor SL4 4JW   | 10.30-12.30 -Craft and Chat with Sudi @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB-<br><b>NEW VENUE:</b> 11.00-13.00 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW<br>13.30-14.30 - Coffee Meet Up with Phil & Jo at Costa Dedworth Rd. Filling Station     | 11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY<br><br><b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo from Windsor. Please contact Jo or Phil to confirm. |
| 21st    |  | 10.30- 12:00 Games with Phil @ All Saints Church, Dedworth Road. Windsor. SL4 4JW   | 10.30-12.30 -Craft and Chat with Sudi @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB-<br><b>NEW VENUE:</b> 11.00-13.00 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW<br><br>13.30-14.30 - Coffee Meet Up with Phil & Jo at Costa Dedworth Rd. Filling Station | 11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY<br><br><b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo from Windsor. Please contact Jo or Phil to confirm. |
| 28th    | <b>NEW VENUE</b><br>13.30-14.30 Gentle relaxing Yoga with Jo @ Parish Hall, Parsonage Lane, Windsor, SL4 5EW | 10.30- 12:00 Games with Phil @ All Saints Church, Dedworth Road. Windsor. SL4 4JW   | 10.30-12.30 -Craft and Chat with Sudi @ Building Bridges. Unit 27. The Nicholson Centre. Maidenhead. SL6 1LB-<br><b>NEW VENUE:</b> 11.00-13.00 Art with Jo @ Clewer Parish Hall, 39A Parsonage Lane, Windsor, SL4 5EW<br>13.30-14.30 - Coffee Meet Up with Phil & Jo at Costa Dedworth Rd. Filling Station     | 11.30-13.00 Coffee Catch Up with Josephine @ Maidenhead Community Centre SL6 7HY<br><br><b>NEW DAY:</b> 13.00-14.00 Cycling with Phil & Jo from Windsor. Please contact Jo or Phil to confirm. |

| WC               | Monday  | Tuesday  | Wed   | Thursday  | Friday   |
|------------------|---|--|---|---|--|
| 30 <sup>th</sup> |   |  |   |   | <b>12.00 - 13.30 New Member Chat with Chloe @ Atrium, South Hill Park</b><br>A chance for new members to meet existing members, everyone welcome! Meet outside main entrance of SHP. |
| 7 <sup>th</sup>  |   | <b>12.30 - 14.30 Walk with Terry P @ Lily Hill Park + refreshments @ Running Horse pub</b> (meeting point: bottle bank behind Running Horse pub)                                       |   | <b>WORLD MENTAL HEALTH DAY</b><br><br><b>14.00-16.00 Art drop-in with Chloe @ Brew Coffee Bar, Easthampstead Works, Town Square, RG12 1BH</b><br>In collaboration with BFCN Happiness Hub, let's come together to raise awareness and celebrate this important day. | <b>13.30-15.00 Meet up with refreshments and card games with Bob @ Silver Birch, Liscombe, RG12 7DE</b>  |
| 14 <sup>th</sup> |   | <b>12.30 - 14.30 Walk with Chloe @ South Hill Park + refreshments @ Atrium</b> (meeting point: outside main entrance of SHP)<br><br><b>11.30-12.30 Bracknell PV Meeting with Chloe</b> | <b>17.30-19.30 Dinner with Simon &amp; Sally @ The Old Manor, Grenville Place, RG12 1BP</b> |   | <b>13.30 - 15.00 Watch and Wonder with Terry P @ Easthampstead Baptist Church, RG12 7NS</b><br>Come along to watch a TED talk around a topic of wellbeing. Chat and discuss.         |
| 21 <sup>st</sup> |   | <b>12.30 - 14.30 Walk with Terry B @ South Hill Park + refreshments @ Atrium</b> (meeting point: outside main entrance of SHP)   |   | <b>11.00 - 12.30 Coffee and Chat with Sally @ Costa Coffee in Next, The Lexicon Shopping Centre, RG12 1BE</b>   | <b>13.30-15.00 Meet up with refreshments and card games with Bob @ Golden Farmer, 40 Reed's Hill, RG12 7LS</b>   |
| 28 <sup>th</sup> | <b>12.30 - 14.00 TANGS Buffet with Simon @ TANGS The Lexicon, RG12 1BG (9.99pp)</b> | <b>12.30 - 14.30 Walk with Chloe @ Lily Hill Park + refreshments @ Running Horse pub</b> (meeting point: bottle bank behind Running Horse pub)   |   | <b>Halloween Horror Movie Night "Smile 2" with Sally @ Odeon, The Point, RG12 1EN</b><br>Approx 6pm meet-up, exact time to be confirmed week before.  |  |

| W/C              | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|------------------|--|--|--|---|--|---|
| 30 <sup>th</sup> |  | 11.00 -13.00 Lunch Miller & Carter Taplow SL6 0AJ with Susan & Husna   | 12.30-14.30 Art/crafts with Faith @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY  |   |  |   |
| 7 <sup>th</sup>  | 12.00 – 14.00 – Art with Faith & Husna @ Langley Pavilion, Langley Road, SL3 8BS | 11.00 - 13.00 Art & Crafts with Sudi & Husna @ Burnham Library, Windsor Lane, Burnham, SL1 7HR                 |  |   | 14:00 - 16:00 Coffee meet with Jane Outside @ The Lake House Café Taplow SL6 0EA |   |
| 14 <sup>th</sup> |  | 11.00 -13.00 Coffee and chat with Husna & Susan @ Burnham Hall Park or Huntswood Golf Club (weather depending) | 11.00-12.00 Slough PV meeting @ Zoom with Ansa & Husna<br>12.30-14.30 Art/crafts with Nicola @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY |   |  | 11:00- 12:30 Walk and coffee with Jane @ Burnham Beeches Café on Lord Mayor's Drive SL2 3TF |
| 21 <sup>st</sup> | 12.00 – 14.00 – Art with Faith & Husna @ Langley Pavilion, Langley Road, SL3 8BS | 11.00 -13.00 Coffee and chat with Husna & Susan @ Burnham Library Windsor Lane, Burnham, SL1 7HR               |  | 11.00-13.00 Coffee Morning and crochet & candle making with Amina @ Jamia Masjid & Islamic Centre, 83 Stoke Poges Lane, Slough, SL1 3NY |  |   |
| 28 <sup>th</sup> |  | 11.00 -13.00 Coffee and chat with Husna & Susan @ Burnham Library Windsor Lane, Burnham, SL1 7HR               |  |   |  |   |



**Friends in Need**  
**October 2024**



Links to Sport in Mind East Berkshire & Buckinghamshire Activities

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

*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)

# Friends in Need

## Peer Support Groups in East Berkshire

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

#### **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.



*“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.”*