



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2nd	19.00 - 20.00 Games with Jane B @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
9th	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom (NEW ZOOM LINK ON PAGE 2)				19.00 -20.00 Sunday Quiz with Mandy @ Zoom
16th	19.00 - 20.00 Games with Colette @ Zoom		18.30-19.15 Laughter Therapy with Carole @ Zoom			19.00 -20.00 Sunday Quiz with Mandy @ Zoom
23rd	19.00 - 20.00 Games with Colette @ Zoom	Christmas Eve	Christmas Day	Boxing Day		19.00 -20.00 Sunday Quiz with Mandy @ Zoom
30 th	19.00 - 20.00 Games with Colette @ Zoom		New Years Day			

Friends in Need WAM Activities December 2024



W/C	Monday	Tuesday	Wednesday	Thursday	Fri	Weekend
2nd	NEW DAY: 11.00-13.00 Cycling with Phil & Jo	10.30 -12:00 Games with Phil	10.30-12.30 -Craft and Chat with Catherine 11.00-13.00 Art with Jo 13.30-14.30 - Coffee Meet Up with Phil	11.30-13.00 Coffee Catch Up with Andrea		
9th	NEW DAY: 11.00-13.00 Cycling with Phil & Jo from Windsor. NEW VENUE 13.30-14.30 Gentle relaxing Yoga with Jo	10.30 -12:00 Games with Phil	WAM Xmas Meal (fully booked)	11.30-13.00 Coffee Catch Up with Andrea		
16th	NEW DAY: 11.00-13.00 Cycling with Phil & Jo from Windsor	10.30 -12:00 Games with Phil	10.30-12.30 -Craft and Chat with Sudi 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 Andrea		
23 rd		Christmas Eve	Christmas Day	Boxing Day		
30 th			New Years Day			

Friends in Need Bracknell Activities December 2024



WC	Monday	Tuesday	Wed	Thursday	Friday
2nd		12.30 - 14.30 Walk with Terry	13.00 – 15.00 Christmas Lunch	11.00 - 12.30 Coffee and Chat with Sally	
9th	11.00-12.30 New Member Chat with Chloe	12.30 - 14.30 Walk with Terry B		11.00 - 12.30 Coffee and Chat with Sally	13.30 – 15.30 Christmas Social
16th		12.30 - 14.30 Walk with Chloe	17.30 - 19.30 Dinner with Simon & Sally		11.30 – 13.00 – Christmas Art with Sally
23rd	19.30 - 21.30 Quiz Night	Christmas Eve	Christmas Day	Boxing Day	
30th		12.30 - 14.30 New Year's Eve Walk with Bob	New Years Day		

Friends in Need Slough Activities December 2024



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd	12.00 -14.00 - Coffee with Sat	11.00 -13.00 Coffee and chat with Husna & Susan	13.00 15.00 Xmas Meal	11.00-13.00 Coffee Morning and crochet & candle making with Amina & Husna		SUNDAY 8 th December 11.30-13.00 Walk with Jane
9th	12.00 – 14.00 – Art with Sat & Husna 14.30-16.30 - Coffee with Sat	11.00 -13.00 Coffee and chat with Susan				
16th	12.00-14.00 - Coffee with Sat	11.00 -13.00 Coffee and chat with Jane & Husna	12.30-14.30 Art/crafts with Faith	11.00-13.00 Coffee Morning and crochet & candle making with Amina	14.30-16.00 Coffee & Chat with Jane	
23rd	14.30-16.30 - Coffee with Sat	Christmas Eve	Christmas Day	Boxing Day		
30 th	12.00-14.00- Coffee with Sat		New Years Day			



Friends in Need
December 2024



Friends
in need
Windsor, Ascot,
Maidenhead
Slough & Bracknell



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 for more information.

PLEASE CONTACT:

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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 – 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.”