



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27 ^h	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
3 rd	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom		14.00-15.00 Time To Talk Day @ Zoom - Join the FiN Team for a fun informative quiz and chat about mental health		19.00 -20.00 Sunday Quiz with Mandy @ Zoom
10	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
17 ^h	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
24 th	19.00 - 20.00 Games with Colette @ Zoom					

Friends in Need WAM Activities February 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Fri	Weekend
27 th						
3 rd	NEW VENUE 14.00-15.00 Gentle relaxing Yoga with Jo @ Windsor		10.30-12.30 -Craft and Chat with Catherine @ Maidenhead.- 11.00-13.00 Art with Jo Redford @ Windsor 13.30-14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		
10		10.30 -12:00 Games with Phil @ Windsor	10.30-12.30 -Craft and Chat with Catherine @ Maidenhead.- 11.00-13.00 Art with Jo @ Windsor 13.30-14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		
17 th	NEW VENUE 14.00-15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 -12:00 Games with Phil @ Windsor	10.30-12.30 -Craft and Chat with Catherine @ Maidenhead.- 11.00-13.00 Art with Jo @ Windsor 13.30-14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		
24 th		10.30 -12:00 Games with Phil @ Windsor 19.00-21.00 Quiz with Phil @ Windsor	10.30-12.30 -Craft and Chat with Catherine @ Maidenhead.- 11.00-13.00 Art with Jo @ Windsor 13.30-14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		

Friends in Need Bracknell Activities February 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
27 th					
3 rd		12.30 - 14.30 Walk with Chloe @ Bracknell			
10 th		12.30 - 14.30 Walk with Terry B @ Bracknell	12.30 - 14.00 Valentine's Art with Sally @ Bracknell 17.30-19.30 Dinner with Simon @ Bracknell		12.30-14.30 Valentine's Day walk, refreshments & card games with Bob @ Bracknell
17 th		12.30 - 14.30 Walk with Terry P @ Bracknell			
24 th		12.30 - 14.30 Walk with Terry B @ Bracknell		11.00 - 12.30 New Member Chat with Chloe @ Bracknell	

Friends in Need Slough Activities February 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 th						
3 rd	12.00-14.00 - Coffee with Sat @ Slough		12.30-14.30 Art/crafts with Nicola @ Slough	11.00-13.00 Coffee Morning with Amina @ Slough,		
10	12.00 – 14.00 – Art with Sat @ Langley 14.30 -16.30 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Jane @ Burnham 13.00 - 15.00 –Crochet with Sue and Patie @ Colnbrook		11.00-13.00 Coffee Morning and Games with Husna @ Slough 15:00- 16:00 Art: Beyond Belief Photography taster session with Husna & ABB @ Slough		10:30-12:00 Coffee and chat with Jane @ Bourne End
17 th	12.00-14.00 – Lunch with Sat @ Langley	11.00 -13.00 Coffee and chat with Susan & Jane @ Burnham	12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Coffee Morning with Amina @ Slough		
24 th	12.00 – 14.00 – Art with Sat @ Langley 14.00-16.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and chat Susan @ Burnham		11.00-13.00 Coffee Morning and Puzzles with Husna @ Slough 12:00 – 14:00 Coffee (optional lunch) and chat with Jane		

Coordinator- Husna Younis **Tel:** 07385 687455 **Email:** Husna.younis@bucksmind.org.uk **Working days:** Mon-Thurs 09:00 - 15:45



Friends in Need
February 2025

mind
in Berkshire

**Friends
in need** Windsor, Ascot,
Maidenhead
Slough & Bracknell

mind
Buckinghamshire

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.

Join us on Facebook for our Closed FIN Group...



[Friends In Need East Berkshire and Buckinghamshire | Facebook](#)

 **mind**
Buckinghamshire

**Friends
in need**
Windsor, Ascot,
Maidenhead
Slough & Bracknell

“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.”