



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30th	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
6th	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom				19.00 -20.00 Sunday Quiz with Mandy @ Zoom
13th	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
20th	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
27th	19.00 - 20.00 Games with Colette @ Zoom					

Friends in Need WAM Activities January 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Fri	Weekend
30th			New Years Day			
6 th	<p>NEW DAY: 11.00-13.00 Cycling with Phil & Jo from Windsor.</p> <p>NEW VENUE 14.00-15.00 Gentle relaxing Yoga, Windsor</p>	10.30 -12:00 Games with Phil @ Windsor	<p>10.30-12.30 -Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</p> <p>13.30-14.30 - Coffee Meet Up with Phil & Jo @ Windsor</p>	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		<p>SUNDAY 12th Jan 19.00 - 21.00 Mind the Note with Mike @ Windsor</p>
13 th	<p>NEW DAY: 11.00-13.00 Cycling with Phil & Jo from Windsor.</p>	10.30 -12:00 Games with Phil @ Windsor	<p>10.30-12.30 -Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</p> <p>13.30-14.30 - Coffee Meet Up with Phil & Jo @ Windsor</p>	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		
20 th	<p>NEW DAY: 11.00-13.00 Cycling with Phil & Jo from Windsor.</p> <p>NEW VENUE 14.00-15.00 Gentle relaxing Yoga with Jo Windsor</p>	10.30 -12:00 Games with Phil @ Windsor	<p>10.30-12.30 -Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</p> <p>13.30-14.30 - Coffee Meet Up with Phil & Jo @ Windsor</p>	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		
27 ^h		<p>10.30 -12:00 Games with Phil @ Windsor</p> <p>19.00-21.00 Quiz with Phil @ Windsor</p>	<p>10.30-12.30 -Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</p> <p>13.30-14.30 - Coffee Meet Up with Phil & Jo @ Windsor</p>	11.30-13.00 Coffee Catch Up with Andrea @ Maidenhead		<p>SUNDAY 26th Jan 19.00 - 21.00 Mind the Note with Mike @ Windsor</p>

Friends in Need Bracknell Activities January 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
30th			New Year's Day		
6 th		12.30 - 14.30 Walk with Terry P		11.00 - 12.30 New Member Chat with Chloe	13.30-15.00 Meet up with refreshments and card games with Bob
13 th		12.30 - 14.30 Walk with Terry B	17.30-19.30 Dinner with Simon		13.00 – 14.30 Watch and Wonder with Terry P
20 th	10.00 – 15.00 'Blue Monday' Drop In	12.30 - 14.30 Walk with Chloe			
27 th	19.30-21.30 Quiz Night with Chloe	12.30 - 14.30 Walk with Terry B	12.00 – 14.00 – Art with Sally		13.45 – 15.15 Music and Words with Bob

Friends in Need Slough Activities January 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30th			New Years Day		11:00-12:30 Coffee with Jane @ Maidenhead	
6 th	12.00-14.00 - Coffee with Sat @ Slough, S	10:30- 12:00 Brunch with Jane	12.30-14.30 Art/crafts with Faith @ Club Room Arbour Park, Stadium, Stoke Road, Slough, SL2 5AY	11.00-13.00 Coffee Morning and crochet & candle making with Amina @ Slough		11:00- 12:00 Walk with jane
13 th	12.00 – 14.00 – Art with Husna 14.30 -16.30 - Coffee with Sat Slough	11.00 -13.00 Arts with Sudi and Husna @ Burnham,				
20 th	12.00-14.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and chat with Husna & Susan @ Burnham	12.30-14.30 Art/crafts with Nicola @ Slough	11.00-13.00 Coffee Morning and crochet & candle making with Amina @ Slough		
27 th	12.00 – 14.00 – Art with Faith & Husna 14.00-16.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and watching TED talk with Husna & Susan @ Burnham,				

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.”