



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
31 st	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
7 th	19.00 - 20.00 Games with Colette @ Zoom			18.30-19.15 Laughter Therapy with Carole @ Zoom		
14 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
21 st						
28 th						

Friends in Need WAM Activities April 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
31 st	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 Sudi 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		
7 th	NEW! 13.00 - 15.00 Cycling with Jo & Phil @ Windsor	10.30 - 12.00 Games with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Sudi 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		Sunday: 19.00-21.00 Singing with Mike @ Windsor
14 th	NEW! 13.00 - 15.00 Cycling with Jo & Phil @ Windsor 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 Sudi 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		
21 st	NEW! 13.00 - 15.00 Cycling with Jo & Phil @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 19.00 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Sudi 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	10.30 - 12.30 Upcycling Club @ Maidenhead	Sunday: 19.00-21.00 Singing with Mike @ Windsor
28 th	13.00 - 15.00 Cycling with Jo & Phil @ Windsor 14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor		10.30 - 12.30 -Craft and Chat with Sudi Maidenhead 11.00 - 13.00 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor			

Friends in Need Bracknell Activities April 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
31 st		12.30 - 14.30 Walk with Chloe @ Bracknell	13.00-15.00 Pizza Hut Buffet @ Bracknell		13.00 - 14.30 Watch and Wonder with Terry P Bracknell
7 th		12.30 - 14.30 Walk with Terry P @ Bracknell			13.00 - 14.30 Easter Quiz & Egg Hunt @ Bracknell
14 th	11.00-12.30 Easter Art with Sally @ Bracknell	12.30 - 14.30 Walk with Bob @ Bracknell	17.30-19.30 Dinner with Simon @ Bracknell		
21 st		12.30 - 14.30 Walk with Chloe @ Bracknell			13.30-15.00 Card games + refreshments with Bob @ Bracknell
28 th	13.00-15.00 Bowling & Arcade Games with Chloe @ Bracknell	12.30 - 14.30 Walk with Terry P @ Bracknell			

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd		12:00-14:00 Lunch with Jane and Susan @ Burnham	10:00- 12:00 Art beyond belief Photography programme Session @ Slough	11.00-13.00 Coffee Morning with Husna @ Slough		
7 th		13.00 - 15.00 – Crochet project with Patie and Sue @ Colnbrook	10:30- 12:00 Art beyond belief Photography programme Session @ Slough 12.30-14.30 Art/crafts with Nicola @ Slough			
14 th	12.00 – 14.00 – Art with Faith @ Langley	11.00 -13.00 Coffee and chat with Jane @ Taplow	10:30- 12:00 Art beyond belief Photography programme Session @ Slough	11.00-13.00 Coffee Morning and Games with Husna @ Slough	11:30-1:30 Coffee and Chat with Jane @ Iver	
21 st		11.00 -13.00 Arts with Sudi and Jane @ Burnham	12.30-14.30 Art/crafts with Faith @ Slough			
28 th	12.00 – 14.00 – Art with Sat @ Langley 12.00-14.00 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Ted Talk with Husna & Susan @ Burnham				



Friends in Need
April 2025



**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.

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.”