

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
28 <sup>th</sup>						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
5 <sup>th</sup>	<b>Bank Holiday</b>  19.00 - 20.00 Games with Jane @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
12 <sup>th</sup>	19.00 - 20.00 Games with Jane @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
19 <sup>th</sup>			18.30-19.15 Laughter Therapy with Carole @ Zoom			
26 <sup>th</sup>	<b>Bank Holiday</b>  19.00 - 20.00 Games with Jane @ Zoom					

# Friends in Need WAM Activities May 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
28 <sup>th</sup>	<p>13.00 - 15.00 Cycling with Jo &amp; Phil @ Windsor</p> <p>14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor,</p>	<p>10.30 - 12.00 Games with Phil @ Windsor,</p>	<p>10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead.</p> <p>11.00 - 13.00 Art with Jo @ Windsor, All abilities welcome!</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>		
5 <sup>th</sup>	<p><b>Bank Holiday</b></p> <p>13.00 - 15.00 Cycling with Phil @ Windsor</p>	<p>10.30 - 12.00 Games with Phil @ Windsor,</p>	<p>10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead.</p> <p>11.00 - 13.00 Art with Jo @ Windsor, All abilities welcome!</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>	<p>10.30 - 12.30 Upcycling Club with Cath @ Maidenhead</p> <p>A sustainable, eco-friendly crafting and upcycling group</p>	<p>Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor</p>
12 <sup>th</sup>	<p>13.00 - 15.00 Cycling with Jo &amp; Phil @ Windsor</p>	<p>10.30 - 12.00 Games with Phil @ Windsor,</p>	<p><b>Mental Health Awareness Week activities:</b></p> <p>10.30 - 12.30 - Positivity mural with Cath @ Maidenhead.</p> <p>11.00 - 13.00 Wellbeing Art with Jo @ Windsor</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>		
19 <sup>th</sup>	<p>13.00 - 15.00 Cycling with Phil @ Windsor</p> <p>14.00 - 15.00 Gentle relaxing Yoga with Jo @ Clewer Parish Hall, Windsor, SL4 5EW</p>	<p>10.30 - 12.00 Games with Phil @ Windsor,</p>	<p>10.30 - 12.30 -Craft and Chat with Sudi @ Maidenhead.</p> <p>11.00 - 13.00 Art with Jo @ Windsor, All abilities welcome!</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>	<p>10.30 - 12.30 Upcycling Club with Cath @ Maidenhead,</p> <p>A sustainable, eco-friendly crafting and upcycling group</p>	<p>Sunday: 19.00-21.00 Mind the Note with Mike @ Windsor</p>
26 <sup>th</sup>	<p><b>Bank Holiday</b></p> <p>13.00 - 15.00 Cycling with Jo &amp; Phil @ Windsor</p>	<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 Cath @ Maidenhead.</p> <p>11.00 - 13.00 Art with Jo @ Windsor, All abilities welcome!</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo &amp; Phil @ Windsor</p>	<p>11.30 - 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>		

# Friends in Need Bracknell Activities May 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
28 <sup>th</sup>	13.00-15.00 Bowling & Arcade Games with Chloe	12.30 - 14.30 Walk with Terry P @ Bracknell Meeting point: bottle bank behind Running Horse pub		10.00 - 12.00 Happiness Hub with Chloe & BFCN @ Bracknell  13.00 - 15.00 Pizza Hut Buffet Lunch with Simon @ Bracknell	13.00 - 14.30 Watch and Wonder with Terry P @ Bracknell
5 <sup>th</sup>	Bank Holiday	NEW ACTIVITY: 18.00 - 19.30 Colour and Chat with Chloe @ Bracknell Colouring materials will be provided, or just come along for a chat! Meet at bottle bank within car park of Running Horse.		12.00 - 13.30 New Member Meet Up with Chloe @ Bracknell A chance for new members to join Chloe for a drink and chat. Existing members also encouraged to join!	
12 <sup>th</sup>	17.30 - 19.30 Dinner with Simon @ Bracknell Check out the new and improved Harvester after recent refurbishment!	MENTAL HEALTH AWARENESS WEEK ACTIVITY 14.30 - 16.00 Walk for Wellbeing with Chloe & BFCN @ Binfield			MENTAL HEALTH AWARENESS WEEK ACTIVITY 12.00 - 14.00 Mental Health Awareness Week Celebrations with Chloe & BFC @ Bracknell
19 <sup>th</sup>	11.00 - 12.30 Floral Art @ Bracknell All materials will be provided, just bring yourself!	12.30 - 14.30 Walk with Terry P @ Bracknell  11.30 - 12.30 Bracknell PV Meeting		18.00 - 19.30 New Member Meet Up with Chloe @ Bracknell A chance for new members to join Chloe for a drink and chat. Existing members also encouraged to join! Meet at picnic benches outside Atrium café.	13.15 - 14.45 Music and Words with Bob @ Bracknell
26 <sup>th</sup>	Bank Holiday	12.30 - 14.30 Walk with Terry B @ Bracknell Meeting point: outside main entrance of SHP		12.00-14.00 Chloe's 1 Year FiN Anniversary Picnic @ Bracknell Meet at the picnic tables outside the Atrium, bring packed lunch/snacks or purchase from the Atrium.	13.00 - 14.30 Mindfulness with Richard @ Bracknell

# Friends in Need Slough Activities May 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <sup>th</sup>	<p>12.00 – 14.00 – Art with Sat @ Langley</p> <p>12.15-14.00 – Coffee with Sat @ Slough</p>	<p>11.00 -13.00 Coffee and Ted Talk with Husna &amp; Susan @ Burnham</p>		<p>10:30- 14:00 WALK with National Trust &amp; Husna @ Taplow. (Contact Husna to book your space)</p>		
5 <sup>th</sup>	<p><b>Bank Holiday</b></p> <p>12.00 – 14.00 – Art with Faith @ Langley</p> <p>12.15-14.00 – Coffee with Sat @ Slough</p>	<p>12:00-14:00 Lunch with Husna @ Taplow</p>	<p><b>NEW Programme sign up needed:</b></p> <p>10:00- 12:00 Art beyond belief Photography programme Session 1 with Husna @ Slough</p>	<p>11.00-13.00 Coffee Morning with Husna @ Slough</p>		
12 <sup>th</sup>	<p>12:00-14.00 - Coffee with Sat @ Slough</p>	<p>11.00 -13.00 Arts with Husna and Susan @ Burnham</p> <p>13.00 - 15.00 – Crochet with Sue and Patie @ Colnbrook</p>	<p>10:30- 12:00 Art beyond belief Photography programme Session 2 with Husna @ Slough</p> <p><b>Mental Health Awareness Week activity</b> 12.30-14.30 Art/crafts with Faith @ Slough</p>			
19 <sup>th</sup>	<p>12.00 – 14.00 – Art with Sat @ Langley</p> <p>12.15-14.00 – Coffee with Sat @ Slough</p>	<p>11.00 -13.00 Coffee and chat with Susan @ Taplow</p>	<p>10:30- 12:00 Art beyond belief Photography programme Session 3 with Husna @ Slough</p>	<p>11.00-13.00 Coffee Morning and Games with Husna @ Slough</p>		
26 <sup>th</sup>	<p><b>Bank Holiday</b></p> <p>12:30-14:00- Lunch with Sat @ Langley</p>	<p>11.00 -13.00 Coffee and Ted Talk with Husna &amp; Jane @ Burnham</p>	<p>10:30- 12:00 Art beyond belief Photography programme Session 4 with Husna @ Slough</p> <p>12.30-14.30 Art/crafts with Nicola @ Slough</p>			

## 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:**

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**Sport In Mind**

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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 East Berkshire. 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.”*