

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 – 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.



Friends in need

Windsor, Ascot,
Maidenhead
Slough & Bracknell

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27 th	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					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
10 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
17 th	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					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Part 1 Activities November 2025



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27 th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ 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 Cath @ Maidenhead 11.00 - 13.30 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	14.00 - 16.00 Cycling with Jo & Phil @ Windsor NEW! 13.00 - 15.00 Eton Walk with Colette	
3 rd	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 Cath @ Maidenhead 11.00 - 13.30 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 with Cath @ Maidenhead	
10 th	13.00 - 15.00 Cycling with Phil @ Windsor	10.30 - 12.00 Games with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 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		NEW - Saturday: 11.00 - 13.00 Stroll and Natter with Jane @ Maidenhead

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	
17 th	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 Cath @ Maidenhead 11.00 - 13.30 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 with Cath @ Maidenhead	
24 th	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 19.00 - 21.00 Quiz with Phil @ Windsor	10.30 - 12.30 - Craft and Chat with Cath @ Maidenhead 11.00 - 13.30 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	NEW! 13.30 – 15.30 The Long Walk with Colette @ Windsor	

Friends in Need Bracknell Activities November 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
27 th		12.30 - 14.30 Walk with Terry P @ Bracknell		11.00-12.00 New Member Meet Up @ Bracknell	
3 rd		12.30 - 14.30 Walk with Terry P @ Bracknell		10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Bracknell	13.00 – 14.30 Mindfulness with Richard @ Easthampstead
10 th	11.00 – 12.30 Art with Chloe @ Bracknell	12.30 - 14.30 Walk with Terry B @ Bracknell .	12.00 – 14.00 Buffet Lunch with Simon @ Bracknell		
17 th		12.30 - 14.30 Walk with Chloe @ Bracknell	17.30 - 19.30 Dinner with Simon @ Bracknell		13.00 – 14.30 Watch and Wonder with Terry P @ Easthampstead
24 th		12.30 - 14.30 Walk with Terry B @ Bracknell		11.00-12.00 New Member Meet Up @ Bracknell	

Friends in Need Slough Activities November 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
3rd	12.30-14.30 - Coffee with Sat @ Slough	12.00 -2.00 Lunch with Susan @ Burnham	12.30-14.30 Art/crafts with Nicola @ Slough 14:30- 16:30 Art beyond belief Photography programme Session 1 with Emel		
10 th	12.00 – 14.00 – Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough,	11.00 -13.00 Arts with Sudi and Susan @ Burnham 13.00 - 15.00 –Advent Wreath with Patie @ Colnbrook	14:30- 16:30 Art beyond belief Photography programme Session 2 with Emel		
17 th	12.30 Lunch with Sat @ Langley	11.00 -13.00 Coffee and chat with Jane @ Slough	12.30-14.30 Art/crafts with Faith @ Slough 14:30- 16:30 Art beyond belief Photography programme Session 3 with Emel	11.00-13.00 Chai and Chat with Syed @ Slough	
24 th	12.00 – 14.00 – Art with Sat @ Langley Pavilion, Langley Road, SL3 8BS 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan @ Burnham	14:30- 16:30 Art beyond belief Photography programme Session 4 with Emel	11.00-13.00 Read & Relax with Husna @ Slough	

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