

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
5 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
12 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
19 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
26 th	19.00 - 20.00 Games with Colette @ Zoom	14.00-15.00 – Financial Foundations with NatWest Bank @ Zoom (click on the link on page 3)				19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Part 1 Activities January 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
5 th	14.00 - 15.00 Gentle relaxing Yoga with Jo	10.30 - 12.00 Games with Phil 13.30 - 15.30 Cycling with Jo & Phil	10.30 - 12.30 -Craft and Chat with Cath 11.00 - 13.30 Art with Jo 13.30 - 14.30 - Coffee Meet Up with Jo & Phil	11.30 - 13.00 Coffee Catch Up with Andrea	10.30 - 12.30 Upcycling Club with Cath	
12 th	13.30 - 14.30 WAM PV Meeting @ Windsor	10.30 - 12.00 Games with Phil 13.30 - 15.30 Cycling with Jo & Phil	10.30 - 12.30 - Craft and Chat with Cath 11.00 - 13.30 Art with Jo 13.30 - 14.30 - Coffee Meet Up with Jo & Phil	11.30 - 13.00 Coffee Catch Up with Andrea		Saturday: 11.00 - 13.00 Stroll and Natter with Jane

Coordinator: Christina Wagner - **Tel:** 07496 063675 - **Email:** Christina.wagner@bucksmind.org.uk - **Working days:** Mon- Thurs: 09.00-15.30

W/ C	Monday	Tuesday	Wednesday	Thursday	Friday	
19 th	14.00 - 15.00 Gentle relaxing Yoga with Jo	10.30 - 12.00 Games with Phil 13.30 - 15.30 Cycling with Jo & Phil	10.30 - 12.30 -Craft and Chat with Christina 11.00 - 13.00 Art with Jo 13.30 - 14.30 - Coffee Meet Up with Jo	11.30 - 13.00 Coffee Catch Up with Andrea	10.30 - 12.30 Upcycling Club with Cath	
26 th		10.30 - 12.00 Games with Phil 13.30 - 15.30 Cycling with Jo & Phil 19.30 - 21.00 Quiz with Phil	10.30 - 12.30 -Craft and Chat with Cath 11.00 - 13.30 Art with Jo 13.30 - 14.30 - Coffee Meet Up with Jo & Phil	11.30 - 13.00 Coffee Catch Up with Andrea		

Friends in Need Bracknell Activities January 2026



WC	Monday	Tuesday	Wed	Thursday	Friday
5 th		12.30 - 14.30 Walk and Wonder with Terry B A gentle walk in nature, noticing the sights, sounds, and textures around us. Meet outside main entrance of SHP.	12.00 – 14.00 Buffet Lunch with Simon	10.00 - 12.00 Happiness Hub with Chloe & Kara	NEW: 13.00 – 14.30 Thoughts and Ideas with Richard A safe, friendly and non-judgmental space to listen and share experiences around a chosen topic.
12 th			11.00 - 12.30 Arts & Crafts with Chloe Personalise your own 'Kindness Jar' and fill with handwritten notes of happy memories, things you're grateful for, affirmations, or uplifting quotes. Jars and decorating materials will be provided.		
19 th	13.00-15.00 'Blue Monday' Happiness Hub drop in Join Chloe and fellow Happiness Hub partners to learn more about local Bracknell services, community resources, enjoy a hot beverage and take part in some creative craft activities.	12.30 - 14.30 Walk and Wonder with Chloe A gentle walk in nature, noticing the sights, sounds, and textures around us. Meet at bottle banks within Running Horse car park. 11.30-12.30 Bracknell PV Meeting			NEW: 13.00 – 14.30 Chapter and Chat with Chloe This new monthly book club is a relaxed space for readers who enjoy slowing down and connecting - both with books and with each other. Books will be provided.
26 th				11.00-12.00 New Member Meet Up with Chloe A chance for new members (and old) to get together for a drink and chat.	

Friends in Need Slough Activities January 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
5 th	12.30-14.30 - Coffee with Sat	10:30 Breakfast With Jane (half price vouchers available please RSPV with Jane).	12.30-14.30 Art/crafts with Faith	11.00-12.00 New Member Meet Up with Husna A chance for new members (and old) to get together for a drink and chat.	
12 th	12.00 – 14.00 – Art with Sat 14.15-16.15 - Coffee with Sat	11.00 -13.00 Arts with Sudi 13.00 - 15.00 –Knitting with Patie	10:30- 12:00 Art beyond belief Photography programme Session 1 with Husna 12.30-13.30 Slough Peer Volunteer meeting with Husna.	11.00-13.00 Chai and chat Syed	
19 th	12.30-14.30 – Lunch with Sat	11.00 -13.00 Coffee and chat with Jane	10:30- 12:00 Art beyond belief Photography programme Session 2 with Husna 12.30-14.30 Art/crafts with Faith	11.00-13.00 Read & Relax with Husna (books will be provided).	
26 th	12.00 – 14.00 – Art with Sat 14.15-16.15 - Coffee with Sat	11.00 -13.00 Coffee Chat and quiz with Jane	10:30- 12:00 Art beyond belief Photography programme Session 3 with Husna		13.00-15.00 Coffee and chat with Jane

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