

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
2nd	19.00 - 20.00 Games with TBC @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
9th	19.00 - 20.00 Games with TBC @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
16th	19.00 - 20.00 Games with TBC @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
23rd	19.00 - 20.00 Games with TBC @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
30th	19.00 - 20.00 Games with TBC @ Zoom					19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2 nd	<p>14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor</p>	<p>10.30 - 12.00 Games with Phil @ Windsor</p> <p>13.30 – 15.30 Cycling with Phil @ Windsor</p>	<p>10.30 - 12.30 -Craft and Chat with Christina @ Maidenhead</p> <p>11 .00 - 13.30 Art with Jo @ Windsor</p> <p>NEW VENUE! 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @</p>	<p>11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>	<p>10.30 – 12.30 Upcycling Club with TBC @ Maidenhead</p> <p>14:00 - 16:00 Cliveden Daffodil Walk & Tea with Jane</p>	
9 th		<p>10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road Windsor, SL4 4JW</p> <p>13.30 – 15.30 Cycling with Phil Meeting point: Windsor Leisure Centre, SL4 5JB *Coffee stop at the Crocus Café</p>	<p>10.30 - 12.30 - Craft and Chat with Christina @ Maidenhead *Please feel free to bring your own project from home if desired!</p> <p>11 .00 - 12.30 Art with Jo @Windsor NEW! 12.30 – 13.30 NatWest Financial Session: Fraud and Scams with Ansa</p> <p>13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor</p>	<p>11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead</p>		

Friends in Need WAM Part 2 Activities March 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
16 th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with TBC @ Maidenhead 11.00 - 13.00 Art with Jo @ Windsor NEW! 12.30 – 13.30 NatWest Financial Session: Cost of Living with Ansa 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor		10.30 – 12.30 Upcycling Club with TBC @ Maidenhead
23 rd		10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with TBC @ Maidenhead *Please feel free to bring your own project from home if desired! 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 – Windsor Castle Trip @ Windsor	
30 th	14.00 - 15.00 Gentle relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor 19.30 – 21.00 Quiz with Phil @ Windsor			

WC	Monday	Tuesday	Wed	Thursday	Friday
2 nd		12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell		10.00 - 12.00 Happiness Hub with Chloe & Kara from BFCN @ Bracknell	13.00 - 14.30 Thoughts and Ideas with Richard @ Bracknell
9 th	11.00 - 12.30 Spring Arts & Crafts with Chloe @ Bracknell		17.30-19.30 Dinner with Simon @ Bracknell		
16 th		12.30 - 14.30 Walk and Wonder with Chloe & refreshments @ Bracknell			13.00 - 14.30 Chapter and Chat with Chloe @ Bracknell
23 rd	12.00-14.00 Darts with Chloe @ Bracknell		17.30-19.30 Dinner with Simon @ Bracknell	NEW! 13:30 - Windsor Castle Trip @ Windsor	
30 th					

Friends in Need Slough Activities March 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
2 nd	14:00-16:00 – Coffee/Lunch with Sat @ Slough	12:15- 14:15 Lunch with Jane @ Dorney	10:30- 12:00 Art beyond belief Photography programme Session 1 with Emel @ Slough 12.30-14.30 Art/crafts with Faith @ Slough		14:00-16:00 Cliveden Daffodil walk & Tea with Jane @ Cliveden
9 th	12.00 – 13.00 – NATWEST session; Cost of Living then 13.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Jane @ Burnham 13.00 - 15.00 –Knitting with Patie @ Colnbrook	10:30- 12:00 Art beyond belief Photography programme Session 2 with Emel @ Slough	11.00-13.00 Read & Relax with Husna @ Slough	
16 th	12.30-14.30 – Lunch with Sat @ Slough		10:30- 12:00 Art beyond belief Photography programme Session 3 with Emel @ Slough 12.30-14.30 Art/crafts with Faith @ Slough		
23 rd	12.00 – 14.00 – Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 NATWEST session; Frauds and Scams @ Burnham	10:30- 12:00 Art beyond belief Photography programme Session 4/5 with Emel @ Slough	13.30 - 15.30 Trip to Windsor Castle @ Windsor	
30 th		11.00 -13.00 NATWEST session; Financial Wellbeing @ Burnham			