

## 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.



# Friends in need

Windsor, Ascot,  
Maidenhead  
Slough & Bracknell



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 <sup>th</sup>						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
6 <sup>th</sup>						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
13 <sup>th</sup>						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
20 <sup>th</sup>						
27 <sup>th</sup>						

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 <sup>th</sup>	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	10.30 - 12.30 -Craft and Chat with Christina @ 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	<b>Bank holiday</b>	
6 <sup>th</sup>	<b>Bank holiday</b>	10.30 - 12.00 Games with Phil @ All Saints Church, Dedworth Road Windsor, SL4 4JW  13.30 – 15.30 Cycling with Phil @ Windsor	10.30 – 12.30 - Craft and Chat with Cath @ Maidenhead  11 .00 - 12.30 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		

# Friends in Need WAM Part 2 Activities April 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
13 <sup>th</sup>	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 - 11.30 -Craft and Chat with Christina @ Maidenhead  11.30 - 12.30 NatWest Financial Session: Fraud and Scams with Christina @ 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 with TBC @ Maidenhead
20 <sup>th</sup>		10.30 - 12.00 Games with Phil @ Windsor  13.30 - 15.30 Cycling 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  <b>NEW!</b> 10.30 - 13.30 Blossom Art with Christina @ Cliveden	
27 <sup>th</sup>	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	10.30 - 12.30 -Craft and Chat with TBC @ 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	

WC	Monday	Tuesday	Wed	Thursday	Friday
30 <sup>th</sup>				10.00 - 12.00 Happiness Hub with Chloe & Rachel @ Bracknell	<b>Bank holiday</b>
6 <sup>th</sup>	<b>Bank holiday</b>	<b>SPECIAL EVENT:</b> 10.00 - 15.00 World Health Day @ Bracknell			<b>NEW:</b> 13.00 – 14.30 Wellbeing Workshop with Kevin @ Bracknell
13 <sup>th</sup>	11.00 – 12.30 Arts & Crafts with Chloe @ Bracknell	12.30 - 14.30 Walk and Wonder with Simon @ Bracknell			<b>NEW:</b> 13.00 – 14.30 Discovery Sessions with Tash @ Bracknell
20 <sup>th</sup>		12.30 - 14.30 Walk and Wonder with Chloe @ Bracknell  17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bagshot		<b>NEW:</b> 11.00 – 12.00 Coffee Morning with Kevin & Tash @ Bracknell	<b>NEW LOCATION:</b> 13.00 – 14.30 Chapter and Chat with Chloe @ Bracknell
27 <sup>th</sup>		12.30 - 14.30 Walk and Wonder with Simon @ Bracknell		12.00-14.00 Darts with Chloe @ Bracknell	

W/ C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 <sup>th</sup>		11.00 -13.00 <b>NATWEST session;</b> Financial Wellbeing @ Burnham				
6 <sup>th</sup>	14:00-16:00 – Coffee/Lunch with Sat @ Slough	12:15- 14:15 Lunch with Jane @ Marlow	12.30-14.30 Art/crafts with Faith @ Slough			
13 <sup>th</sup>	13.00- 14.00 Art with Sat @ New Langley  14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Susan @ Burnham  13.00 - 15.00 –Knitting with Patie @ Colnbrook	11.00-13.00 Men’s Group Games with Syed @ Slough			
20 <sup>th</sup>	12.30-14.30 – Lunch with Sat @ Slough	11.00 -13.00 Coffee and chat with Jane @ Burnham	12.30-14.30 Art/crafts with Faith @ Slough	<b>NEW!</b> 10.30 – 13.30 Blossom Art with Husna @ Cliveden		
27 <sup>th</sup>	12.00 – 14.00 – Art with Sat @ New Langley  14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Chat and check in with Susan @ Burnham  11.00 -13.00 Coffee and Chat with @ Burnham		11.00-13.00 Read & Relax with Husna @ Slough		