

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
3rd						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
10th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
17th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
24 th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
31 st						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
3rd		10.30 – 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Jo & Phil @ Windsor	10.30 – 12.30 -Craft and Chat with Cath @ Maidenhead 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead		
10th		10.30 – 12.00 Games with Phil @ Windsor NEW! 12.30 – 14.30 Café in the Park with Andrea and Cath @ Maidenhead 13.30 – 15.30 Cycling with Jo & Phil @ Windsor	10.30 – 12.30 - Craft and Chat with Christina @ 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	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead	

Friends in Need WAM Part 2 Activities August 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
17 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 Jo & Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Cath @ Maidenhead! 11.00 - 13.00 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Jo & Phil @ Windsor	11.30 - 12.30 Coffee Catch Up with Andrea @ Maidenhead NEW! 12.30 - 13.00 Chair Yoga with Hari @ Maidenhead	
24 th		10.30 - 12.00 Games with Phil @ Windsor 13.30 - 15.30 Cycling with Jo & Phil @ Windsor 19.30 - 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! 11:30 Picnic with Husna @ Taplow *Open to all, please bring your own lunch. Meeting point is the information center then we will walk to the water garden.	10.30 - 12.30 Upcycling Club with Cath @ Maidenhead
31 st					

Friends in Need Bracknell Activities August 2026



WC	Monday	Tuesday	Wed	Thursday	Friday
3rd		12.30 - 14.30 Walk and Wonder with Simon @ Bracknell .		10.00 - 12.00 Happiness Hub with Simon & Kara from MHRN @ Bracknell	13.00 – 14.30 Thoughts and Ideas with Richard @ Bracknell A safe, friendly and non-judgmental space to listen and share experiences around a chosen topic.
10th	11.00 - 12.30 Coffee Morning with Tash @ Bracknell	12.30 - 14.30 Walk and Wonder Picnic with Terry B @ Bracknell			13.00 – 14.30 Wellbeing Workshop with Kevin @ Bracknell Reflect on where you are, clarify what matters, and plan your next chapter in a safe, supportive space.
17th		17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell		13.00 - 14.00 New Member Meet Up with Chloe @ Bracknell	
24th	11.00 - 12.30 Art with Kevin @ Bracknell	12.30 - 14.30 Walk and Wonder Picnic with Terry B @ Bracknell			13.00-14.30 Music, Words & Wonder with Simon @ Bracknell Bring along something to share with the group, e.g. poem, song or musical instrument, or just come along and be part of a fun and friendly session.
31st	BANK HOLIDAY				

Friends in Need Slough Activities August 2026



W/ C	Monday	Tuesday	Wednesday	Thursday	Friday
3rd	12.30-14.30 Coffee with Sat @ Slough	12:15- 14:15 Lunch with Susan @ Taplow	12.30-14.30 Art/crafts with Faith @ Slough		
10th	12.00- 14.00 Art with Sat @ 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		10:30 Breakfast with Jane @ Taplow	
17t	13.00-15.00 – Lunch with Sat @ Iver	11.00 -13.00 Coffee and chat with Jane @ Dorney	12.30-14.30 Art/crafts with Faith @Slough	11.00-13.00 Read & Relax with Husna @ Slough	
24 th	12.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat/Games with Jane @ Burnham	12.00-14.00 Chai and Chat with Syed @ Slough	NEW! 11:30 Picnic with Husna @ Tapow Open to all please bring your own lunch. Meeting point is the information center then we will walk to the water garden.	
31 st	12.30-14.30 Coffee with Sat @ Slough				