mind in Berkshire

Friends in Need

mind Buckinghamshire

Peer Support Groups in East Berkshire

We are a **free peer support group** and **wellbeing community** for people affected by **mental heath 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

Join us on Facebook for our Closed FiN Group...

Friends In Need East Berkshire | Facebook

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

Friends in Need *** Please find all Zoom links on Page 2**

Online Activities October 2026

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING Give

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Friends in need Windsor, Ascot, Maidenhead Slough & Bracknell

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
28th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
5th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
12th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
19th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
26th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Part 1 Activities October 2026

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
28th		10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Jo & Phil	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 Phil & Jo @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead		
5th	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor 14.00 - 15.00 Relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor	10.30 – 12.00 - Craft and Chat with Cath @ Maidenhead 11 .00 - 13.30 Art with Jo @ Windsor 13.30 - 14.30 - Coffee Meet Up with Phil & Jo @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead	

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

Friends in Need WAM Part 2 Activities October 2026

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
12th	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor NEW! 14:30 – 16:00 Snack & Chat with Christina @ Maidenhead	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 - 13.00 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 12.30 – 13.00 Chair Yoga with Hari @ Maidenhead	
19th	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor 14.00 - 15.00 Relaxing Yoga with Jo @ Windsor	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Jo & Phil NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Maidenhead	10.30 - 12.30 -Craft and Chat with Christina @ Maidenhead NEW! 11.30 - 12.30 Natwest: Cost of Living Session 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	10.30 – 12.30 Upcycling Club with Cath @ Maidenhead
26th	NEW! 12.00 - 13.00 Gentle Walk with Tomek @ Windsor	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		

Friends in Need Bracknell Activities October 2026

WC	Monday	Tuesday	Wed	Thursday	Friday
28th				10.00 - 12.00 Happiness Hub with Chloe & Kara from MHRN @ Bracknell	
5th		12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell			13.00-14.30 Autumn Art with Chloe @ Bracknell
12th		NEW! 11.00-13.00 Birds of Prey Falconry Experience with Chloe @ Bracknell	NEW! 14.00-15.30 MHRN Peer Support Group @ Bracknell	NEW! 11.30-13.00 Member Feedback Coffee Morning with Chloe & Ansa @ Bracknell	
19th		NEW TIME! 18.30-20.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell		NEW! 11.00-12.30 Brew & Browse with Chloe @ Bracknell	
26th	13.00 – 14.30 Discovery Sessions with Tash @ Bracknell	12.30 - 14.30 Walk and Wonder with Terry B @ Bracknell			

Coordinator - Chloe Benn **Tel**: 07443 715522 **Email:** chloe.benn@bucksmind.org.uk **Working days**: Mon & Thurs 09:00-17:00 & Tues 09:00-15:00, Fri 09:00-14:00

Friends in Need Slough Activities October 2026

W/C	Monday	Tuesday	Wednesday	Thursday	Weekend
28th	12.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Susan @ Burnham	12.00-14.00 Chai and Chat with Syed @ Slough		
5th	12.30-14.30 Coffee with Sat @ Slough	12:15- 14:15 Lunch with Susan @ Slough			
12th	12.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Guide Dog talk with Husna @ Burnham 13.00 - 15.00 –Knitting with Patie @ Colnbrook	12.00-14.00 Chai and Chat with Syed @ Slough	11.00-13.00 Read & Relax with Husna @ Slough	
19th	12.30-14.30 Lunch with Sat @ Slough	11.00 -13.00 Coffee and chat with Jane @ Taplow			
26th	12.00- 14.00 Art with Sat @ Langley 14.15-16.15 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Chat with Jane @ Burnham Library			

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