

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
31st						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
7th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
14th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
21st						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom
28th						19.00 - 20.00 Sunday Quiz with Mandy @ Zoom

Friends in Need WAM Part 1 Activities September 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
31st	BANK HOLIDAY	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	10.30 - 12.30 -Craft and Chat with Christina @ Maidenhead 11 .00 - 12.30 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Phil @ Windsor	11.30 – 13.00 Coffee Catch Up with Andrea @ Maidenhead		
7th	NEW! 11:00 – 12:30 Coffee and Chat with Christina @ Maidenhead	10.30 - 12.00 Games with Phil @ Windsor 13.30 – 15.30 Cycling with Phil @ Windsor	10.30 – 12.00 - Craft and Chat with Cath @ Maidenhead 11 .00 - 12.30 Art with Jo Redford @ Windsor 13.30 - 14.30 - Coffee Meet Up with Phil @ 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 September 2026



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
14th	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 Cath @ Maidenhead 11.00 - 13.00 Art with Jo @ Clewer @ 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	
21st		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 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	10.30 - 12.30 Upcycling Club with Cath @ Maidenhead
28th	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 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 September 2026



WC	Monday	Tuesday	Wed	Thursday	Friday
31st	BANK HOLIDAY			10.00 - 12.00 Happiness Hub with Chloe & Kara from MHRN @ Bracknell	13.00 – 14.30 Wellbeing Workshop with Kevin @ Bracknell
7th				WORLD SUICIDE PREVENTION DAY 12.00 – 14.00 Community event with Chloe & MHRN @ Bracknell	13.00 – 14.30 Discovery Sessions with Tash @ Bracknell
14th		NEW LOCATION 12.30 - 14.30 Walk and Wonder with Chloe @ Frost Folly & refreshments @ Bracknell		11.00-12.00 New Member Meet Up with Chloe @ Bracknell	
21st	11.00 - 12.30 Origami art with Kevin @ Bracknell	17.30-19.30 Chicken Tuesday £10 Dinner with Simon @ Bracknell			13.00 – 14.30 Thoughts and Ideas with Richard @ Bracknell
28 th					

Friends in Need Slough Activities September 2026



W/ C	Monday	Tuesday	Wednesday	Thursday	Weekend
31st	BANK HOLIDAY	12:15- 14:15 Lunch with Susan @ Marlow			
7th	12.30-14.30 Coffee with Sat @ Slough	11.00 -13.00 Arts with Susan @ Burnham 13.00 - 15.00 –Knitting with Patie @ Colnbrook	12.30-14.30 Art/crafts with Faith @ Slough		Sunday 13.00-15.00 Taplow Court tea and gardens with Jane @ Taplow
14th	12.00- 14.00 Art with Husna @ New Langley	11.00 -13.00 Coffee and chat with Jane @ Taplow			
21st	12:30pm – Lunch with Sat @ Langley	11.00 -13.00 Coffee and Chat with Jane @ Burnham	12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Read & Relax with Husna @ Slough	
28 th	12.00- 14.00 Art with Sat @ New 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		

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