



w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
24 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
3 rd	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
10	19.00 - 20.00 Games with Colette @ Zoom	16.00 - 16.45 Dance with Taira @ Zoom (NEW ZOOM LINK ON PAGE 2)	18.30-19.15 Laughter Therapy with Carole @ Zoom			19.00 -20.00 Sunday Quiz with Mandy @ Zoom
17 th	19.00 - 20.00 Games with Colette @ Zoom					19.00 -20.00 Sunday Quiz with Mandy @ Zoom
24 th	19.00 - 20.00 Games with Colette @ Zoom					
31 st	19.00 - 20.00 Games with Colette @ Zoom					

Friends in Need WAM Activities March 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
3rd			<p>10.30-12.30-Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</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> <p>13.30 - 15.30 Trip to Windsor Castle: contact your coordinator for details (FIRST COME FIRST SERVED)</p>		<p>Sunday: 19.00-21.00 Singing with Mike @ Windsor</p>
10th	<p>NEW VENUE 14.00-15.00 Gentle relaxing Yoga with Jo @ Windsor</p>	<p>10.30 -12:00 Games with Phil @ Windsor</p>	<p>10.30-12.30-Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</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>		
17 th		<p>10.30- 12:00 Games with Phil @ Windsor</p>	<p>10.30-12.30-Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</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>		<p>Sunday: 19.00-21.00 Singing with Mike @ Windsor</p>
24 th		<p>10.30- 12:00 Games with Phil @ Windsor</p> <p>19.00-21.00 Quiz with Phil @ Windsor</p>	<p>10.30-12.30 -Craft and Chat with Catherine @ Maidenhead</p> <p>11.00-13.00 Art with Jo @ Windsor</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>		
31st	<p>NEW VENUE 14.00-15.00 Gentle relaxing Yoga with Jo @ Windsor</p>					

Friends in Need Bracknell Activities March 2025



WC	Monday	Tuesday	Wed	Thursday	Friday
3rd		12.30 - 14.30 Walk with Chloe @ Lily Hill Park + refreshments @ Bracknell		13.30 - 15.30 Trip to Windsor Castle: contact your coordinator for details (FIRST COME FIRST SERVED)	13.00 - 14.30 Watch and Wonder with Terry P @ Bracknell
10th		12.30 - 14.30 Walk with Terry B @ South Hill Park + refreshments @ Bracknell	17.30-19.30 Dinner with Simon @ Bracknell		
17th		12.30 - 14.30 Walk with Terry P @ Lily Hill Park + refreshments @ Bracknell		11.00-12.30 "International Day of Happiness" Celebration with Chloe @ Bracknell	
24th		12.30 - 14.30 Walk with Terry B @ Bracknell	11.00-12.30 Mother's Day Art with Sally @ Bracknell		13.45 - 15.15 Music and Words with Bob @ Bracknell.
31st	13.00-15.00 Bowling & Arcade Games with Chloe @ Bracknell				

Friends in Need Slough Activities March 2025



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd	12.00-14.00 - Coffee with Sat @ Slough	11:00-13:00 Lunch with Jane @ Maidenhead	10:30- 12:00 Art beyond belief Photography programme Session 1 with Husna @ Slough 12.30-14.30 Art/crafts with Faith @ Slough	11.00-13.00 Coffee Morning with Amina @ Slough 13.30 - 15.30 Trip to Windsor Castle: contact your coordinator for details (FIRST COME FIRST SERVED)		
10 th	12.00 – 14.00 – Art with Sat @ Langley 14.15 -16.30 - Coffee with Sat @ Slough	11.00 -13.00 Arts with Sudi and Susan @ Burnham 13.00 - 15.00 – Crochet project with Patie and Sue @ Colnbrook	10:30- 12:00 Art beyond belief Photography programme Session 2 with Husna @ Slough	11.00-13.00 Coffee Morning and Games with Husna @ Slough		
17 th	12:00 – 14:00 Lunch with Sat @ Iver	11.00 -13.00 Coffee and chat with Susan & Jane @ Burnham	10:30- 12:00 Art beyond belief Photography programme Session 3+4 with Husna @ Slough 12.30-14.30 Art/crafts with Nicola Slough	11.00-13.00 Coffee Morning with Amina Slough		
24 th	12.00 – 14.00 – Art with Sat @ Langley 14.15 -16.30 - Coffee with Sat @ Slough	11.00 -13.00 Coffee and Ted Talk with Husna & Susan @ Burnham	10:30- 12:00 Art beyond belief Photography programme Session 5 @ Slough	11.00-13.00 Coffee Morning and Games with Husna @ Slough		19:00- Rock N Roll Bingo with Jane @ Burnham
31 st	12.00-14.00 - Coffee with Sat @ Slough					



Friends in Need
March 2025



**Friends
in need**
Windsor, Ascot,
Maidenhead
Slough & Bracknell



Links to Sport in Mind East Berkshire & Buckinghamshire Activities

<https://www.sportinmind.org/berkshire2>

Please click on the link for all SiM activities in your area or visit www.sportinmind.org for more information.

PLEASE CONTACT:

Matt Saunders

Sport In Mind

Development Officer (East Berkshire and Bucks)

Mobile 07823 973782

Office 0118 9479762

matthew.saunders@sportinmind.org

Friends in Need

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 Berks and Bucks. 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.



“In a nutshell, Friends in Need is a non-judgmental group of people who have been there, seen it and got the T shirt when it comes to coping with a mental health problem.

I see some magical moments where people who are struggling themselves, offer support to others in need. Sometimes, a little bit of motivation and knowing that people understand how you might be feeling is all that’s needed! We find that motivation, general wellbeing, and self-esteem are greatly increased through participation in Friends in Need.”