

Friends in Need - May 2022

Online Activities

*** Zoom Links on Member Copy**



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

mind
Buckinghamshire

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2nd	Bank Holiday (Sunday 1st May: 19.00 - 20.00 Quiz with Mandy @ Zoom)	10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom (contact isobel.shea@bucksmind.org.uk 07487518513 to book) 17.00-1745 Dance with Taira @ Zoom 19.00-20.00 Games with Colette @ Zoom	19.00 - 20.00 Mind the Note with Mike @ Zoom - <i>(A singing group for people of all abilities!)</i>	12.00-13.00 Yoga with Kate @ Zoom (contact isobel.shea@bucksmind.org.uk 07487518513 to book) 10.00 –11.00 Qigong with Nej @ Zoom 19.00 – 20.30 Action for Happiness sign up for the link @ https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GROUP=GRP20%20(Slough)	10.00-11.00 Creative Writing with Terry @ Zoom 17.00-18.00 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live	
9th	16.00-16.45 Laughter Therapy with Carole @ Zoom 19.00-20.00 Games with Colette @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom 17.00-1745 Dance with Taira @ Zoom	19.00 - 20.00 Mind the Note with Mike @ Zoom	12.00-13.00 Yoga with Kate @ Zoom 10.00 –11.00 Qigong with Nej @ Zoom - <i>(combines meditation, breathing and gentle movement)</i>	17.00-18.00 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live	Sunday: 19.00 – 20.00 Quiz with Jane @ Zoom
16th		10.15 – 11.15 Yoga with Kate @ Zoom 19.00-20.00 Games with Colette @ Zoom	11.00-12.00 The Stop Process demonstration with Linda C @ Facebook Live - <i>(a demonstration of a technique to help combat negative thoughts)</i> 19.00 - 20.00 Mind the Note with Mike @ Zoom	12.00-13.00 Yoga with Kate @ Zoom 10.00 –11.00 Qigong with Nej @ Zoom	10.00-11.00 Creative Writing with Terry @ Zoom 17.00-18.00 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live	
23rd	19.00-20.00 Games with Colette @ Zoom	10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom	19.00 - 20.00 Mind the Note with Mike @ Zoom	12.00-13.00 Yoga with Kate @ Zoom	17.00-18.00 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live	Sunday: 19.00 – 20.00 Quiz with Mhairi @ Zoom
30th		10.00 – 10.45 Tai Chi with Catherine @ Zoom 10.15 – 11.15 Yoga with Kate @ Zoom 17.00-1745 Dance with Taira @ Zoom 19.00-20.00 Games with Colette @ Zoom	19.00 - 20.00 Mind the Note with Mike @ Zoom	Bank Holiday Thursday	Bank Holiday Friday	

Friends in Need - May 2022

Bracknell Activities



W/C	Monday	Tuesday	Wednesday	Thursday	Friday
2nd	Bank Holiday Monday	12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse - Meeting point: Running Horse Car Park, Bottle Banks RG12 2UJ - <i>(A 45min walk, with breaks, and a wholesome pub lunch afterwards.)</i>		12.30 - 1.30 Lunch time Coffee with Elouise @ South Hill Park, The Atrium Bar - Address: Ringmead, Bracknell RG12 7PA - <i>(Coffee meet up and chat)</i> - *Before Sport in Mind walk!	14.00 – 15.30 Watch & Wonder with Terry P and Elouise @ East Hampstead Baptist Church - Address: S Hill Rd, Bracknell RG12 7NS - <i>(Wellbeing discussion group, learning about topics via TED Talks to help with mental health)</i>
9th	12.30 - 13.45 Lunch @ TANGS Buffet Bracknell (£8.50pp) RG12 1BG 14.15 - 15.45 Gardening @ Jealott's Community Landshare with Kara RG42 6BQ - <i>(Gardening group for all abilities)</i>	12.30-14.30 Walk & Picnic Lunch with Elouise @ Lily Hill Park – Happiness Hub Edition - *This walk will be open to members of the public as part of the Happiness Hub Mental Health Awareness Week Event <i>(contact for more info)</i>		11.00 - 12.00 Good Morning Coffee with Elouise @ Cup of Rosie - Address: East Hampstead Works, RG12 1BH	Happiness Hub Promotion @ South Hill Park for Mental Health Awareness Week - Address: Ringmead, Bracknell RG12 7PA - <i>(Join us for some wellbeing activities, meet and learn more about the services around you!)</i>
16th	14.00 - 15.30 Gardening @ Jealott's Community Landshare with Richard and Michelle 19.30 - 21.30 Quiz Night @ Peacocks Farm (£1) with Tony, Kara & Chris. Peacock Ln, Bracknell RG12 8SS	12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse 19.00 -21.00 Dog-Friendly Pub Meet Up with Simon @ The Green Man, Crowthorne Rd, Bracknell RG12 7D - <i>(Bring your pup for a drink, bite to eat or just a chat! Those without Fluffy friends also welcome.)</i>		NEW 11.00 - 13.00 Falconry Experience Trip @ Moss End Garden Centre with Elouise - <i>(One-off activity)</i> - Address: Maidenhead Rd, Warfield, Bracknell RG42 6EJ - <i>Now fully booked!</i>	14.00 – 15.30 Watch & Wonder with Terry P and Elouise @ East Hampstead Baptist Church
23rd	14.00 - 15.30 Gardening @ Jealott's Community Landshare with Kara RG42 6BQ	12.30-14.30 Walk & Lunch with Elouise @ Lily Hill Park & Running Horse After 19.00 Cinema with Simon @ The Odeon Bracknell (Film TBC) RG12 1EN		NEW 12.30 - 1.30 - New Member Meet Up with Elouise & Volunteers @ South Hill Park, The Atrium Bar - <i>(An opportunity for new members to meet and to get to know FIN and other local services)</i>	14.00 – 15.30 Watch & Wonder with Terry P and Elouise @ East Hampstead Baptist Church
30th	Kara working half-day 14.00 - 15.30 Gardening @ Jealott's Community Landshare with Richard and Michelle. RG42 6BQ	12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse 19.00 - 21.00 Bowling with Simon @ Hollywood Bowl, The Point RG12 1EG		Bank Holiday Thursday	Bank Holiday Friday

Contact your coordinator:



Elouise Griffin
Elouise.Griffin@bucksmind.org.uk
07949 393434
Tues, Thurs, Fri



Kara Hale
Kara.hale@bucksmind.org.uk
07914 669430
Mondays

***A gentle reminder that once you are a Friends in Need member, you can access activities in ALL areas!**

Friends in Need – May 2022

Windsor, Ascot, Maidenhead (WAM) Activities



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2nd	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p> <p>NEW 20.00-22.00 Open mic night with Linda C @ The Old Court, Windsor SL4 3BL (One off activity)</p>	<p>10.30 -12.00 Coffee and games with Laura @ Allsaints Church, Dedworth Rd, Windsor SL4 4JW</p>	<p>14.00 -16.00 Cycling with Jo @ Windsor Leisure Centre, SL4 5JB</p>	<p>11.00 -13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY</p>	<p>13.00 -14.00 Walk with Phil @ Maidenhead Thicket, (meet at Butterfly Trail Car Park, SL6 4LU</p>	
9th	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p>	<p>10.30 -12.00 Coffee and games with Laura @ Allsaints Church, Dedworth Rd, Windsor SL4 4JW</p> <p>19.30-21.30 Games night with Mandy @ United Reformed Church, Maidenhead, SL6 1RL - Enjoy a variety of board and card games with others.</p>	<p>14.00 -16.00 Cycling with Jo @ Bridge Gardens, Maidenhead SL6 8DW</p> <p>19.00 - 21.00 Mind the Note with Mike @ Dedworth Library SL4 5PE- (A singing group for people of all abilities!)</p>	<p>11.00 -13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY</p>	<p>11.00-13.00 Crafts with Sudi @ Cox Green Community Centre, Maidenhead, SL6 3AX</p>	<p>Saturday 14th May 11.30-12.30 Walk with Jane @ Burnham Park Tree Trail, meeting in the car park at Burnham Park Hall, SL1 7HR</p>
16th	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p>	<p>10.30 -12.00 Coffee and games with Laura @ Allsaints Church, Dedworth Rd, Windsor SL4 4JW</p> <p>13.30-14.30 WAM PV Meeting @ Thames Hospice, Windsor Rd, Maidenhead SL6 2DN</p>	<p>14.00 -16.00 Cycling with Jo @ Windsor Leisure Centre, SL4 5JB</p>	<p>11.00 -13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY</p>	<p>13.00 -14.00 Walk with Phil @ Braywick Nature Centre, Maidenhead, SL6 1UU</p>	
23rd	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p>	<p>10.30 -12.00 Coffee and games with Laura @ Allsaints Church, Dedworth Rd, Windsor SL4 4JW</p> <p>19.00-21.00 Quiz with Mandy @ The Acre Pub, Windsor, SL4 1EN</p>	<p>19.00 - 21.00 Mind the Note with Mike @ Dedworth Library S L4 5PE</p>	<p>11.00 -13.00 Coffee catch up with Laura @ Maidenhead Community Centre SL6 7HY</p>	<p>11.00-13.00 Crafts with Sudi @ Cox Green Community Centre, Maidenhead, SL6 3AX</p>	
30th	<p>11.00 – 13.30 Art with Jo @ Spencer Denney Age Concern, Windsor SL4 4EB</p>	<p>10.30 -12.00 Coffee and games with Laura @ Allsaints Church, Dedworth Rd, Windsor SL4 4JW</p>		<p>Bank Holiday Thursday</p>	<p>Bank Holiday Friday</p>	

Contact your coordinator:



Laura Nash - WAM FiN Coordinator
Laura.Nash@bucksmind.org.uk 07944 896353
 Mon, Tues, Thurs, Fri

***A gentle reminder that once you are a Friends in Need member, you can access activities in ALL areas!**

Friends in Need – May 2022

Slough Activities



W/c	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2nd	Bank Holiday Monday 12.30-13.30 Afternoon Coffee with Jay @ Starbucks Slough, SL11XW opposite train Station	11.00 -13.00 Coffee Morning @ Burnham Library SL17HR	12.30-14.30 Macrame with Teresa & Yvonne @ Club Room Arbour Park SL2 5AY		12.30-14.30 Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL11XW opposite Slough train station	
9th	12.30-14.00 – Self Care with Sudi @ Langley Community Room	11.00 -13.00 Art with Sudi @ Burnham Library SL17HR	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY		12.30-14.30 Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL11XW opposite Slough train station	
16th	12.30-14.00 – Self Care through Art with Sudi @ Langley Community Room	11.00 -13.00 Coffee Games Morning @ Burnham Library SL1 7HR	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY		12.30-14.30 All Things Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL11XW opposite Slough train station	
23rd	12.30-14.00 – Self Care through Art with Sudi @ Langley Community Room	11.00 -13.00 Conflict management workshop with Hina & Charlene @ Burnham Library SL17HR	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY	12.00-14.00 Lunch @ Giggling Squid, 22 London end Beaconsfield, HP9 2JH with Sufia & Charlene	12.30-14.30 Sketch & Colour with Jay @ Starbucks, Brunel Way, SL11XW opposite Slough train station	
30th	12.30-14.00 – Self Care with Sudi @ Langley Community Room	12.00 -14.00 Lunch with Charlene @ venue tbc From 16.00 – Cinema with Coco @ Empire Cinema, Slough Highstreet. Time & film tbc nearer date	12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY	Bank Holiday Thursday	Bank Holiday Friday 12.30-14.30 All Things Sketch & Colour with Jay & Charlene @ Starbucks, Brunel Way, SL11XW opposite Slough train station	

Contact your coordinator:



Charlene Morgan - Slough FIN Coordinator
 Charlene.morgan@bucksmind.org.uk 07950303832
 Tues - Fri

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Friends in Need – May 2022

Buckinghamshire Activities



W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Week end
2nd	Bank Holiday Monday	12.30-14.00 Get Crafting over tea & coffee @ Bucks Mind 260 Desborough Road HW Art Room HP11 2JR with Mhairi – decorating & painting wooden crafts	11.00-12.30 Coffee Meet Up at The Front Room, 9 Castle Street HW, HP13 6RZ with Rob			
9th		12.30-14.00 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2JR Art Room with Sufia – Keepsake boxes 16.35 Cinema Night with Mhairi 2 nd floor (lift access) Hollywood Bowl Eden Centre HW HP11 2DB (members to pay) Meet at kiosk	11.00-12.30 Coffee Meet Up at The Front Room with Rob	16.30 Bowling & Drinks with Rob at £2.25 concession 1 st Floor (lift access) Hollywood Bowl, Eden Centre HW HP11 2DB 15.00-16.30 Coffee & Cake with Sufia @ Patisserie Valerie 46-47 Eden Centre High Wycombe HP11 2DQ		
16th		17.30 Pool Night with Rob with drinks Address: 1 st floor (lift access) Hollywood Bowl, Eden Centre, 9 Denmark St HW HP11 2DB	11.00-12.30 Coffee Meet Up at The Front Room with Rob	17.30 Pub Night with Mhairi @ Merletto Bar 4 High Street HW HP11 2AZ		
23rd	15.30-17.00 Tabletop Games with Mhairi Address: 5-6 Queens Square, HW HP11 2DF	12.30-14.00 Get Crafting over tea & coffee @ Bucks Mind HW HP11 2JR Art Room with Sudi – Painting	11.00-12.30 Coffee Meet Up at The Front Room with Rob	12.00-14.00 Lunch @ Giggling Squid, 22 London end Beaconsfield, HP9 2JH with Sufia & Charlene 16.30 Bowling & Drinks with Rob at £2.25 concession rate 1 st Floor (lift access) Hollywood Bowl, Eden Centre HW HP11 2DB		
30th			11.00-12.30 Coffee Meet Up at The Front Room with Rob	Bank Holiday Thursday	Bank Holiday Friday	

Contact your coordinator:



Sufia Rahman 07914 669438
Sufia.Rahman@bucksmind.org.uk
 Tues, Wed, Thurs

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Friends in Need – May 2022

Sport in Mind East Berkshire Activities



**Sport
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Windsor, Ascot &
Maidenhead
Slough, Bracknell
Buckinghamshire

mind
Buckinghamshire

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
2nd	11.00-12.00 Sport in Mind Yoga @ Open Learning Centre, Rectory Ln, Bracknell RG12 7GR (in Daffodil room) 15.00-16.00 Maidenhead Sport In Mind Indoor Tai Chi United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)	11.30- 12.30 Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain 15.00-16.00 Sport in Mind - Tai Chi with Steve @ Arbour Park, SL2 5AY 15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell (Meet outside Arts centre) 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS. 13.00-14.00 Maidenhead Sport In Mind Yoga: United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne Parish Council Office, Wellington Rd, Crowthorne, Berkshire RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead
9th	11.00-12.00 Sport in Mind Yoga @ Open Learning Centre, Bracknell 14.00-15.00 Tennis with Phil @ the tennis courts next to the Astro turf Salt Hill Park SL1 3SS 15.00-16.00 Maidenhead Sport In Mind Indoor Tai Chi @ United Reformed Church, Maidenhead, SL6 1RL	11.30-11.30 Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain 15.00-16.00 Sport in Mind - Tai Chi with Steve @ Arbour Park, Slough 15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS 13.00-14.00 Maidenhead Sport In Mind Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead
16th	11.00-12.00 Sport in Mind Yoga @ Open Learning Centre, Bracknell 14.00-15.00 Tennis with Phil @ the tennis courts next to the Astro turf Salt Hill Park SL1 3SS 15.00-16.00 Maidenhead Sport In Mind Indoor Tai Chi @ United Reformed Church, Maidenhead, SL6 1RL	11.30-11.30 Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain 15.00-16.00 Sport in Mind - Tai Chi with Steve @ Arbour Park, Slough 15.00-16.00 Football with Phil @ Astro turf Salt Hill Park, SL1 3SS	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre	12.00 - 13.00 Yoga @ Owlsmoor Community Centre, Sandhurst 14.00 - 15.00 Walk @ South Hill Park, Bracknell 16.00 - 17.00 Football @ Football Courts, Bracknell Leisure Centre 11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS 13.00-14.00 Maidenhead Sport In Mind Yoga: United Reformed Church, SL6 1RL	12.00 - 13.00 Tai Chi @ Morgan Centre, Crowthorne, RG45 7LD 12.00 - 13.00 Badminton/Table Tennis @ Braywick Leisure Centre, Maidenhead
23rd	11.00-12.00 Sport in Mind Yoga @ Open Learning Centre, Bracknell 14.00-15.00 Tennis with Phil @ the tennis courts next to the Astro turf Salt Hill Park SL1 3SS 15.00-16.00 Maidenhead Sport In Mind Indoor Tai Chi @ United Reformed Church, Maidenhead, SL6 1RL	11.30-11.30 Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain 15.00-16.00 Sport in Mind - Tai Chi with Steve @ Arbour Park, Slough 15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS	12.00 - 14.00 Badminton / Table Tennis - Sports Hall in Bracknell Leisure Centre		



For more information on Sport in Mind activities... Click here: [Sport in Mind - the UK mental health sports charity](https://www.sportinmind.org.uk/)

Friends in Need – May 2022

Sport in Mind Bucks Activities



**Sport
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Windsor, Ascot &
Maidenhead
Slough, Bracknell
Buckinghamshire

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Buckinghamshire

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
2nd	14.00-15.00 Yoga with Lindi @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 11.00-12.00 Yoga with Emma @ The Bagnall Centre, 71-79 Bagnall Centre 71-79 Waterside Way, Chesham HP5 1PE Tai Chi with Debbie @ Court Garden Centre, Complex Road, Marlow, SL7 2AE	14.00-15.00 Tai Chi with Sally @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 12.00-13.00 Football with Phil @ Wycombe Leisure Centre, Handy Cross, HW HP11 1UP 13.00-14.00 Tennis with Ross @ HW Lawn Tennis Club Bassetbury Lane HP11 1QX	13.00- 14.00 Pilates with Alice @ Trinity Reformed Church London Road, HW HP11 1UP 14.00-15.00 Tai Chi with Chris @ Barn Meadow Community Hall, Amersham HP7 0ES	11.00-12.00 Badminton with Simon @ The Beacon Sports Centre, Holts spur Way Beaconsfield HP9 1RJ	
9th	14.00-15.00 Yoga with Lindi @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 11.00-12.00 Yoga with Emma @ The Bagnall Centre, 71-79 Bagnall Centre 71-79 Waterside Way, Chesham HP5 1PE Tai Chi with Debbie @ Court Garden Centre, Complex Road, Marlow, SL7 2AE	14.00-15.00 Tai Chi with Sally @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 12.00-13.00 Football with Phil @ Wycombe Leisure Centre, Handy Cross, HW HP11 1UP 13.00-14.00 Tennis with Ross @ HW Lawn Tennis Club Bassetbury Lane HP11 1QX	13.00- 14.00 Pilates with Alice @ Trinity Reformed Church London Road, HW HP11 1UP 14.00-15.00 Tai Chi with Chris @ Barn Meadow Community Hall, Amersham HP7 0ES	11.00-12.00 Badminton with Simon @ The Beacon Sports Centre, Holts spur Way Beaconsfield HP9 1RJ	
16th	14.00-15.00 Yoga with Lindi @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 11.00-12.00 Yoga with Emma @ The Bagnall Centre, 71-79 Bagnall Centre 71-79 Waterside Way, Chesham HP5 1PE Tai Chi with Debbie @ Court Garden Centre, Complex Road, Marlow, SL7 2AE	14.00-15.00 Tai Chi with Sally @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 12.00-13.00 Football with Phil @ Wycombe Leisure Centre, Handy Cross, HW HP11 1UP 13.00-14.00 Tennis with Ross @ HW Lawn Tennis Club Bassetbury Lane HP11 1QX	13.00- 14.00 Pilates with Alice @ Trinity Reformed Church London Road, HW HP11 1UP 14.00-15.00 Tai Chi with Chris @ Barn Meadow Community Hall, Amersham HP7 0ES	11.00-12.00 Badminton with Simon @ The Beacon Sports Centre, Holts spur Way Beaconsfield HP9 1RJ	
23rd	14.00-15.00 Yoga with Lindi @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 11.00-12.00 Yoga with Emma @ The Bagnall Centre, 71-79 Bagnall Centre 71-79 Waterside Way, Chesham HP5 1PE Tai Chi with Debbie @ Court Garden Centre, Complex Road, Marlow, SL7 2AE	14.00-15.00 Tai Chi with Sally @ Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG 12.00-13.00 Football with Phil @ Wycombe Leisure Centre, Handy Cross, HW HP11 1UP 13.00-14.00 Tennis with Ross @ HW Lawn Tennis Club Bassetbury Lane HP11 1QX	13.00- 14.00 Pilates with Alice @ Trinity Reformed Church London Road, HW HP11 1UP 14.00-15.00 Tai Chi with Chris @ Barn Meadow Community Hall, Amersham HP7 0ES		

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Friends in Need

Peer Support Groups in East Berkshire & Buckinghamshire

We are a **free peer support group** and **wellbeing community** for people affected by **stress, social isolation, depression and anxiety**. 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**.



[Click here for more info: 5 Ways to Wellbeing - Wellbeing Info](#)

We put together a timetable of events and activities for members to attend that promote these values.

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,

Friends in Need Team Lead East Berkshire & Buckinghamshire

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.

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

<https://www.facebook.com/groups/128815250860939/>



Buckinghamshire

Friends
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Maidenhead
Slough, Bracknell
Buckinghamshire



“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 anxiety and depression.

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.”



- Friends in Need member