

Friends in Need East Berkshire & Buckinghamshire December 2021 Online Groups

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
29th Nov	<p>13.00-14.00 Sharing Thoughts with Natasha @ Zoom</p> <p>14.00-15.00 Paws for Pets with Linda S @ Zoom</p> <p>21.30-22.30 Guided Meditation For Relaxation with Singing Bowls @ Facebook</p>	<p>10.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>10.15 – 11.15 Yoga with Kate @ Zoom (contact Natasha to book)</p> <p>16:00 – 17:00 Cuppa and Chat with Elouise @ Zoom</p> <p>19.00-20.00 Games with Colette @ Zoom</p>	<p>10.30 - 11.30 Wednesday Words with Phil @ Zoom</p> <p>17.00-17.45 Dance with Taira @ Zoom</p> <p>19.00.20.00 Mind the Note with Mike @ Zoom</p>	<p>11.00-11.45 Games with Natasha @ Zoom</p> <p>12.00-13.00 Yoga with Kate @ Zoom (contact Natasha to book)</p> <p>19.00- 20.30 Action for Happiness with Linda Tabor – Thomas @ Zoom</p> <p>Here is the sign-up link for the Slough AFH 10 Keys Group: Sign up here: https://airtable.com/shrf2zWAIKGuK0cFz?prefill_GROUP=GRP20%20(Slough)</p>		<p>Sat: 11.00 12.00 Chat with Michelle HH @ Zoom</p> <p>Sun 19.00– 20.00 Quiz with Mandy @ Zoom</p>
6th Dec	<p>13.00-14.00 Sharing Thoughts with Natasha @ Zoom</p> <p>16.00-16.45 Laughter Therapy with Carole @ Zoom</p> <p>21.30-22.30 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live</p>	<p>10.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>10.15 -11.15 Yoga with Kate @ Zoom (contact Natasha to book)</p> <p>19.00-20.00 Games with Colette @ Zoom</p>	<p>10.30 – 11.30 Wednesday Words with Phil @ Zoom</p> <p>17.00-17.45 Dance with Taira @ Zoom</p> <p>19.00.20.00 Mind the Note with Mike @ Zoom</p>	<p>11.00-11.45 Games with Natasha @ Zoom</p> <p>12.00-13.00 Yoga with Kate @ Zoom (contact Natasha to book)</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p>	<p>Sat: 11.00-12.00 Walk with Jane B @ Boulter's Lock car park, SL6 8JN</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
13th Dec	<p>13.00-14.00 Sharing Thoughts with Natasha @ Zoom</p> <p>21.30-22.30 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live</p>	<p>10.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>10.15 – 11.15 Yoga with Kate @ Zoom (Contact Natasha to book)</p> <p>19.00-20.00 Games with Colette @ Zoom</p> <p>16.00 - 17.00 Bracknell PV Meeting @ Zoom</p>	<p>10.30 – 11.30 Wednesday Words with Phil @ Zoom</p> <p>19.00.20.00 Mind the Note with Mike @ Zoom</p>	<p>11.00-11.45 Games with Natasha @ Zoom</p> <p>12.00-13.00 Yoga with Kate @ Zoom (contact Natasha to book)</p>		<p>Sat: 11.00-12.00 Chat with Michelle HH @ Zoom</p> <p>Sun 19.00–20.00 Quiz with Mhairi @ Zoom</p>
20th Dec	<p>21.30-22.30 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live</p>	<p>10.00 – 10.45 Tai Chi with Catherine @ Zoom</p> <p>10.15 – 11.15 Yoga with Kate @ Zoom (Contact Natasha to book)</p> <p>19.00-20.00 Games with Colette @ Zoom</p>	<p>10.30 – 11.30 Wednesday Words with Phil @ Zoom</p> <p>13.00-14.00 Sharing Thoughts with Natasha @ Zoom</p> <p>17.00-1745 Dance with Taira @ Zoom</p> <p>19.00.20.00 Mind the Note with Mike @ Zoom</p>	<p>11.00-11.45 Games with Natasha @ Zoom</p> <p>12.00-13.00 Yoga with Kate @ Zoom (contact Natasha to book)</p>	Christmas Eve	<p>Christmas Day</p> <p>11.00 - 12.00pm Charades & Games with Kara @ Zoom</p>
27th Dec	<p>21.30-22.30 Guided Meditation For Relaxation with Singing Bowls @ Facebook Live</p>	<p>11.00 - 12.00 Catch Up/Games with Jane B @ Zoom</p>	<p>19.00.20.00 Mind the Note with Mike @ Zoom</p>		New Years Eve	New Years Day

	Monday Face to Face Groups	Tuesday Face to Face Groups	Wednesday Face to Face Groups	Thursday Face to Face Groups	Friday Face to Face Groups
29th Nov	<p>11.00-13.00 Art with Jo @ Spencer Denney, Windsor</p> <p>11.00-12.00 Yoga @ Open Leaning Centre Bracknell RG12x 7GR</p> <p>12.30-13.30 Afternoon Coffee with Jay @ Starbucks Slough (opposite train Station)</p> <p>12.30-14.00 Lunch @ TANGS Buffet Bracknell with Kara (£8.50)</p> <p>14.00-15.00 Tennis with Phil @ Astro turf Salt Hill Park SL1 3SS</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p>	<p>10.30- 12.00 Coffee Catch Up & Games with Laura @ All Saints Church Windsor</p> <p>11.30- 12.30 Sport in Mind Mindfulness Walk Maidenhead (See page 5 for address)</p> <p>12.30-14.30 Walk & Lunch @ Lily Hill Park & Lunch @ Running Horse with Louise</p> <p>10.30 Winchester Trip with Charlene– meeting point @ Cathedral SO23 9LS</p> <p>12.45 -14.15 Art & Crafts @ Bucks Mind High Wycombe Art Room with Mhairi & Sudi</p> <p>13.00-14.00 Café Catch Up with Natasha @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury, HP20 1UR</p> <p>15.00-16.00 Tai Chi with Steve @ Arbour Park Slough</p> <p>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</p>	<p>11.30-12.30 Coffee Meet Up @ The Front Room High Wycombe with Rob</p> <p>12.30-14.30 Xmas Crafts with Yvonne @ Arbour Park Slough</p>	<p>11.00-13.00 Coffee Social with Laura @ Maidenhead Community Centre, Marlow Road SL6 7HY</p> <p>11.00-14.00 Access All Areas Workshops with Louise @ South Hill Park (spaces available–contact Louise)</p> <p>14.00 – 15.00 Sport in Mind Walk, South Hill Park, Bracknell</p> <p>11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS. Meeting point by the Astro-turf pitches</p> <p>13.00-14.00 Sport in Mind Yoga Maidenhead (See page 5 for address)</p> <p>16.30-18.00 Bowling with Rob and Mhairi @ Hollywood Bowling High Wycombe (contact Sufia to book)</p>	<p>12.00-13.00 Walk with Phil @ Stag Meadow (meet at WFC Car Park)</p> <p>12.30-14.30 All Things Sketch & Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p> <p>14.00 – 15.30 Watch & Wonder with Louise & Terry P @ Easthampstead Baptist Church</p>
6th Dec	<p>11.00-13.00 Art with Jo @ Spencer Denney, Windsor</p> <p>11.00-12.00 Yoga @ Open Leaning Centre Bracknell RG12x 7GR</p> <p>14.00-15.00 Coffee with Yvonne @ Tesco Café Slough, SL1 1XW</p> <p>12.00-13.00 Walk @ Mill Pond with Kara (meet in car park)</p> <p>14.00-15.30 Xmas Wreath Making with Kara @ Jealott's RG42 6BQ (bring along foilage if you can)</p> <p>14.00-15.00 Tennis with Phil @ Astro turf Salt Hill Park SL1 3SS</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p> <p>Movie trip, Odeon Cinema, Maidenhead with Linda S (Time & film tbc)</p>	<p>10.30- 12.00 Welcome Coffee catch up for new members with Laura @ All Saints Church Windsor</p> <p>11.00-13.00- Afternoon tea with Charlene @ Burnham Library SL1 7HR</p> <p>11.30- 12.30 Festive Walk and Coffee stop with Mhairi and Sufia at The Rye Park</p> <p>11.30- 12.30 Sport in Mind Mindfulness Walk Maidenhead (See page 5 for address)</p> <p>13.00-14.00 Café Catch Up with Natasha @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury, HP20 1UR</p> <p>12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse</p> <p>15.00-16.00 Tai Chi with Steve @ Arbour Park Slough</p> <p>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</p>	<p>11.30-12.30 Coffee Meet Up @ The Front Room High Wycombe with Rob</p> <p>12.30-14.30 Xmas Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p> <p>19.00.21.00 Mind the Note with Mike @ Dedworth Library Smiths Ln, Windsor SL4 5PE</p>	<p>11.00-14.00 Access All Areas CREATIVE WRITING Workshop with Terry P & PTSD Writer Lynn Hamilton @ South Hill Park</p> <p>12.30 - 14.30 Bucks Peer volunteer Christmas Tea Party @ High Wycombe Patisserie Valerie</p> <p>14.00 – 15.00 Sport in Mind Walk, South Hill Park, Bracknell</p> <p>10.30 -15.30 Uxbridge Xmas market – meeting point outside of bus station</p> <p>11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS. Meeting point by the Astro-turf pitches</p> <p>13.00-14.00 Sport in Mind Yoga Maidenhead (See page 5 for address)</p> <p>18.30 - 20.30 East Berks Volunteer Christmas Event @ The Acre Pub, Windsor</p>	<p>12.00-13.00 Walk with Phil @ Braywick Nature Centre</p> <p>12.30-14.30 All Things Sketch & Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p> <p>14.00 – 15.30 Watch & Wonder with Louise & Terry P @ Easthampstead Baptist Church</p>

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13 th Dec	<p>11.00-13.00 Art with Jo @ Spencer Denney, Windsor</p> <p>11.00-12.00 Yoga @ Open Leaning Centre Bracknell RG12 7GR1</p> <p>12.30-13.30 Afternoon Coffee with Jay @ Starbucks Slough (opposite train Station)</p> <p>14.00-15.00 Tennis with Phil @ Astro turf Salt Hill Park SL1 3SS</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p>	<p>10.30- 12.00 Coffee Catch Up & Games with Laura @ All Saints Church Windsor</p> <p>13.00-15.00 Burnham Xmas Lunch @ Old Five Bell SL1 7HZ</p> <p>12.45-14.15 Art & Crafts @ Bucks Mind High Wycombe Art Room with Sudi</p> <p>11.30- 12.30 Sport in Mind Mindfulness Walk Maidenhead (See page 5 for address)</p> <p>12.30-14.30 Walk & Lunch @ Lily Hill Park & Running Horse with Louise</p> <p>13.00-14.00 Café Catch Up with Natasha @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury, HP20 1UR</p> <p>15.00-16.00 Tai Chi with Steve @ Arbour Park Slough</p> <p>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park</p>	<p>11.30-12.30 Coffee Meet-up @ The Front Room, High Wycombe with Rob</p> <p>12.30-14.30 Xmas Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p> <p>13.00 - 15.00 Bucks Christmas Lunch @ Havester High Wycombe Cinema Club with Natasha @ ODEON Aylesbury, the Exchange (time and film TBC)</p>	<p>11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS.</p> <p>12.30 - 13.30 Festive Coffee and Chat with Louise @ Coffee Barker, The Lexicon, Bracknell</p> <p>12.30-14.30 WAM Xmas lunch @ Toby Carvery Stafferton Lodge SL6 1BN</p> <p>13.30-15.30 Slough Xmas Lunch @ Harvester, Langley Slough SL3</p> <p>13.00-14.00 Sport in Mind Yoga Maidenhead (See page 5 for address)</p> <p>16.30-18.00 Bowling @ Hollywood Bowl High Wycombe with Rob and Mhairi</p>	<p>11.00-13.00 Crafts with Linda S @ Cox Green Community Centre, Maidenhead</p> <p>12.00 - 14.00 Bracknell FiN Christmas Lunch @ Weathervane Brewers Fayre, Bracknell</p> <p>12.00-13.00 Walk with Phil @ Boveney Lock (meet at Windsor Leisure Centre Car Park SL4 5JB)</p> <p>12.30-14.30 All Things Sketch & Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p>
20 th Dec	<p>11.00-13.00 Art with Jo @ Spencer Denney Windsor</p> <p>11.00-12.00 Yoga @ Open Leaning Centre Bracknell RG12x 7GR</p> <p>14.00-15.00 Coffee with Yvonne @ Tesco Café Slough , SL1 1XW</p> <p>14.00-15.00 Tennis with Phil @ Astro turf Salt Hill Park SL1 3SS</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p>	<p>10.30- 12.00 Coffee Catch Up & Games with Phil @ All Saints Church Windsor</p> <p>11.00-13.00- Xmas party Bring and Share with Sudi @ Burnham Library SL1 7HR</p> <p>11.30- 12.30 Sport in Mind Mindfulness Walk Maidenhead (See page 5 for address)</p> <p>12.45-14.15 Art & Crafts @ Bucks Mind High Wycombe Art Room with Mhairi & Sudi</p> <p>12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse</p> <p>13.00-14.00 Café Catch Up with Natasha @ Rococo Lounge, Unit 6, The Exchange, Exchange St, Aylesbury, HP20 1UR</p> <p>15.00-16.00 Tai Chi with Steve @ Arbour Park Slough</p> <p>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</p>	<p>11.30-12.30 Coffee Meet-up @ The Front Room, High Wycombe with Rob</p> <p>12.30-14.30 Xmas party Bring & Share lunch with Yvonne @ Club Room Arbour Park SL2 5A</p> <p>19.00.21.00 Mind the Note with Mike @ Dedworth Library Smiths Ln, Windsor SL4 5PE</p>	<p>13.00-14.00 Sport in Mind Yoga Maidenhead (See page 5 for address)</p> <p>15.30 16.30 Christmas coffee and Mince Pies with Sufia at Costa (Next)</p> <p>Movie @ Empire Cinema with Coco (From 16.00 - Movie tbc)</p> <p>17.00 Christmas Cinema Night With Maira at High Wycombe Cineworld Film TBC</p>	<p>12.30-14.30 All Things Sketch & Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p>
27 th Dec	<p>12.30-13.30 New Year's Coffee with Jay @ Starbucks Slough (opposite train Station)</p>	<p>12.30 - 14.30 Walk and Lunch with Chris D & Terry B @ Lily Hill Park and Running Horse Pub, Bracknell</p> <p>13.00-14.30 – Xmas games with Yvonne @ Tesco café SL1 1XW</p> <p>17.30 Game of Pool with Rob @ High Wycombe Hollywood Bowls</p>		<p>17.30 FiN New Year Drinks at The Falcon Pub High Wycombe with Mhairi</p>	<p>NEW YEARS DAY</p> <p>Saturday 1st Jan 12.00-13.00</p> <p>Walk with Phil @ Stag Meadow (meet at WFC Car Park)</p>

- Friends in Need activities have now moved onto Zoom (see links on Page 7 & 8 and to Facebook Live via our closed FiN Facebook group.
- Group name: **Friends in Need East Berkshire and Buckinghamshire**
- Link: <https://www.facebook.com/groups/128815250860939/>
- The Facebook group is open to all Friends in Need members. If you are not yet a member but you're interested in joining us for some online FiN activities, please contact your area coordinator on:
- **Team Lead:** Ansa Khan 07496 874882 ansa.khan@bucksmind.org.uk
- **WAM:** Laura Nash 07944 896353 laura.nash@bucksmind.org.uk
- **Slough:** Charlene Morgan 07950 303832 charlene.morgan@bucksmind.org.uk
- **Bracknell:** Elouise Griffin Elouise.griffin@bucksmind.org.uk 07949 393434 & Kara Hale 07914 669430 kara.hale@bucksmind.org.uk
- **Buckinghamshire:** Sufia Rahman 07914 669438 sufia.rahman@bucksmind.org.uk
- Natasha Evans 07947 588466 natasha.evans@bucksmind.org.uk
- **Sport in Mind:** <https://www.facebook.com/sportinmind/>
- **Jealott's Hill Community Landshare:** <https://www.facebook.com/JealottsHillCommunityLandshare/>

For any information regarding Covid-19 please see the following guidelines:

- **Buckinghamshire Mind:** <https://www.bucksmind.org.uk/covid-19-advice-and-guidance/>
- **Government guidelines:** <https://www.gov.uk/coronavirus>
- **NHS information:** <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- **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 member's personal responsibility for any risk or injury that they may sustain as a result of their participation. Their awareness of this risk releases the teacher and Buckinghamshire Mind from any liability claims. Should you become concerned with a potential medical condition resulting in injury you will consult their doctor before taking part.

- **Friends in Need - Together We Can Do This!**



The logo for Bucks Mind Buckinghamshire features a stylized blue circular icon on the left, composed of several overlapping loops. To the right of the icon, the word "mind" is written in a blue, lowercase, sans-serif font. Below "mind", the word "Buckinghamshire" is written in a larger, blue, uppercase, sans-serif font.



The logo for Friends in need features the words "Friends" and "in need" stacked vertically in a bold, orange, sans-serif font. To the right of this text, the locations "Windsor, Ascot & Maidenhead" and "Slough, Bracknell Buckinghamshire" are listed in a smaller, black, sans-serif font.