

Friends in Need East Berkshire & Buckinghamshire October 2021 Online Groups

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
27 th Sept		<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>15.00 – 16.00 Catch up with Sufia @ Zoom</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>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>19.00-20.00 Healthmakers & FiN Goal Setting Workshop @ One Consultation - contact Charlene to sign up for log in details</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>15.00-16.30 Listening & Relational Skills Practice Group with Linda C @ Zoom</p>	<p>Sat 14.00 -15.00 Art with Jackie @ FB Live</p> <p>Sun: 11.30-12.30 Baking with Safa on Facebook Live</p> <p>Sun 19.00–20.00 Quiz with members @ Zoom</p>
4 th Oct	<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>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>19.00.20.00 Mind the Note with Mike @ Zoom</p>	<p>10.00-11.00 Book Club with Emily @ 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 @ 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>19.00-20.00 Healthmakers & FiN Goal Follow Up Session @ One Consultation - contact Charlene to sign up for log in details (Please note to attend the Goal follow up sessions you must have completed the Goal Setting Workshop).</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>15.30-16.30 Sketching with Mike @ Zoom</p>	<p>Sat: 11.00-12.00 Gardening Gossip with Michelle HH @ Zoom</p> <p>Sun: 11.30-12.30 Baking with Safa on Facebook Live</p> <p>Sun: 19.00–20.00 Quiz with members @ Zoom</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
11th Oct	<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>15.00-15.45 Laughter Therapy with Carole @ Zoom</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><u>16.00-17.00 Bracknell PV meeting @ Zoom</u></p> <p>19.00-20.00 Games with Colette @ 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>17.00-1745 Dance with Taira @ Zoom</p>	<p>10.00-11.00 Book Club with Emily @ 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><u>16.00-17.00 WAM PV Meeting with Laura @ Zoom</u></p> <p>19.00-20.00 Healthmakers & Goal Follow Up Session@ One Consultation - contact Charlene to sign up for log in details</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p>	<p>Sat: 14.00 -15.00 Art with Jackie @ FB Live</p> <p>Sun: 11.30-12.30 Baking with Safa on Facebook Live</p> <p>Sun 19.00–20.00 Quiz with members @ Zoom</p>
18th Oct	<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>10.30 – 11.30 Wednesday Words with Phil @ Zoom</p> <p>19.00.20.00 Mind the Note with Mike @ Zoom</p> <p>17.00-1745 Dance with Taira @ Zoom</p>	<p>10.00-11.00 Book Club with Emily @ 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>19.00-20.00 Healthmakers & FiN Goal Follow Up Session @ One Consultation - contact Charlene to sign up for log in details</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>15.30-16.30 Sketching with Mike @ Zoom</p>	<p>Sat: 11.00-12.00 Gardening Gossip with Michelle HH @ Zoom</p> <p>Sun: 11.30-12.30 Baking with Safa on Facebook Live</p> <p>Sun 19.00 – 20.00 Quiz with members @ Zoom</p>
25th Oct	<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 Live</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</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>19.00-20.00 Healthmakers & FiN Goal Follow Up Session @ One Consultation - contact Charlene to sign up for log in details</p>	<p>10.00-11.00 Creative Writing with Terry @ Zoom</p> <p>15.00-16.00 Listening & Relational Skills Practice with Linda C @ Zoom</p>	<p>Sun: 11.30-12.30 Baking with Safa on Facebook Live</p> <p>Sun 19.00-20.00 Quiz with members @ Zoom</p>

	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
27th Sept	<p>11.00-13.00 Art with Jo @ Spencer Denney, Windsor</p> <p>14.00-15.00 Afternoon Coffee with Yvonne @ Alexa Café (opp Empire Cinema Slough)</p>	<p>11.00-12.00 Sport in Mind Tennis Aylesbury (See page 5 for address)</p> <p>12.00-13.30 Lunch with Charlene @ Old Five Bells, Burnham High Street</p> <p>12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p>	<p>11.30-12.30 Coffee Meet Up @ The Front Room High Wycombe with Rob</p> <p>13.00-14.00 Games with Yvonne @ Tesco Café SL1 1XW</p> <p>13.00-14.00 Qigong with Nej @ The Fitness Garden, 4 Chiltern Shopping Centre, Church Street, HW HP13 5ES</p>	<p>12.00 – 13.00 Yoga with Sport in Mind @ Owlsmoor Community Centre, Sandhurst GU47 0TF</p> <p>11.00-14.00 Access All Areas Workshops with Louise @ South Hill Park (booking required to attend – 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 Walk with Phil @ Maidenhead Thicket (meet @ Butterfly Trail Car park)</p> <p>12.30-14.30 All Things Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p>
4th Oct	<p>11.00-13.00 Art with Jo @ Spencer Denney, Windsor</p> <p>12.00-13.00 Walk @ Mill Pond with Kara (meet in car park)</p> <p>14.00-15.30 Gardening with Kara @ Jealott's RG42 6BQ</p> <p>14.00-15.00 Afternoon Coffee with Jay @ Tesco Café SL1 1XW</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p> <p>Odeon Cinema, Maidenhead, (time and film tbc) with Linda S</p>	<p>10.30- 12.00 Coffee Catch Up & Games with Laura @ All Saints Church Windsor</p> <p>11.00-12.00 Sport in Mind Tennis Aylesbury (See page 5 for address)</p> <p>11.00-13.00 Coffee morning with Charlene @ Burnham Library , SL1 7HR</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 @ Costa Coffee, Aylesbury Shopping park (meet under tree opp entrance)</p> <p>12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse</p> <p>12.45 -14.15 Art & Crafts @ Bucks Mind High Wycombe Art Room with Mhairi</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 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p> <p>13.00-14.00 Qigong with Nej @The Fitness Garden</p> <p>14.00-15.00 Cycling Group with Jo (Meet at Windsor Leisure Centre)</p>	<p>12.00 – 13.00 Yoga with Sport in Mind @ Owlsmoor Community Centre, Sandhurst GU47 0TF</p> <p>11.00-14.00 Access All Areas Workshops with Louise @ South Hill Park (booking required to attend – 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</p> <p>Yoga Maidenhead (See page 5 for address)</p>	<p>13.00-14.00 Walk with Phil @ Stag Meadow (meet at WFC Car Park)</p> <p>11.00-13.15 World Mental Health Day – Tai Chi & Walk @ South Hill Park (all areas welcome!) with Louise, Laura & Ansa</p> <p>12.30-14.30 All Things Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p> <p>14.30 – 16.00 Watch & Wonder with Louise & Terry P @ Easthampstead Baptist Church</p>
11th Oct	<p>11.00-13.00 Art with Jo @ Spencer Denney, Windsor</p> <p>14.00-15.00 Afternoon Coffee with Yvonne @ Alexa Café (opp Empire Cinema Slough)</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p> <p>19.00-21.30 Quiz Night @ Peacocks Farm, Bracknell with Tony & Kara (contact Tony or Kara to confirm your space, £1 pp)</p>	<p>10.30- 12.00 Coffee Catch Up & Games with Laura @ All Saints Church Windsor</p> <p>11.00-12.00 Sport in Mind Tennis Aylesbury (See page 5 for address)</p> <p>11.00-13.00- Art 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>12.30-14.30 Walk & Lunch @ Lily Hill Park & Lunch @ Running Horse with Louise</p> <p>12.45- 14.15 Art & Crafts @ Bucks Mind High Wycombe Art Room with Mhairi</p> <p>13.00-14.00 Café Catch Up with Natasha @ Costa Coffee, Aylesbury Shopping park (meet under tree opp entrance)</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>13.00-14.00 Qigong with Nej @The Fitness Garden</p> <p>12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p> <p>13.00-14.00 Walk & Talk with Natasha @ Buckingham Circular Walk (meet at Buckingham bus stand)</p>	<p>11.00-13.00 Coffee Social with Laura @ Maidenhead Community Centre, \$ Marlow Road SL6 1SH</p> <p>12.00 – 13.00 Yoga with Sport in Mind @ Owlsmoor Community Centre, Sandhurst GU47 0TF</p> <p>11.00-14.00 Access All Areas Workshops with Ansa @ South Hill Park (booking required to attend – Contact Louise)</p> <p>11.30 -12.30 Bucks PV meeting (venue tbc) Local Coffee Shop in HW Town Centre</p> <p>11.00-12.00 – Sport in Mind Mindfulness Walk with Daniela @ Salt Hill Park, Slough, SL1 3SS. 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</p>	<p>13.00-14.30 Walk with Phil @ Braywick Nature Centre</p> <p>12.30-14.30 All Things Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p> <p>14.30 – 16.00 Watch & Wonder with Terry P @ Easthampstead Baptist Church</p>

W/C	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	Weekend
18th Oct	<p>11.00-13.00 Art with Jo @Spencer Denney Windsor</p> <p>14.00-15.00 Afternoon Coffee with Jay @ Tesco Café SL1 1XW</p> <p>15.00-16.00 Sport in Mind Indoor Tai Chi Maidenhead (See page 5 for address)</p> <p><i>Kara not working – Swapped day for Jealott's Halloween public event on Saturday 30th of Oct</i></p>	<p>10.30- 12.00 Coffee Catch Up & Games with Laura @ All Saints Church Windsor</p> <p>11.00-13.00 Coffee Morning with Charlene @ Burnham Library SL1 7HR</p> <p>11.00-12.00 Sport in Mind Tennis Aylesbury (See page 5 for address)</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 Sudi (Halloween Themed)</p> <p>12.30-14.30 Walk & Lunch with Terry B @ Lily Hill Park & Running Horse</p> <p>14.00-15.00 Games with Yvonne @ Tesco Café, SL1 1XW</p> <p>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS (Sport in MIND)</p>	<p>11.30-12.30 Coffee Meet-up @ The Front Room, High Wycombe with Rob</p> <p>12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p> <p>14.00-15.00 Cycling Group with Jo (meet at Bridge Gardens)</p> <p>13.00-14.00 Yoga & Qigong with Nej @ The Fitness Garden, 4 Chiltern Shopping Centre, Church Street, HW HP13 5ES</p> <p>From 16.45 - Movie @ Empire Cinema with Coco (Movie tbc)</p>	<p>11.00-13.00 Coffee Social with Laura @ Maidenhead Community Centre, \$ Marlow Road SL6 1SH</p> <p>12.00 – 13.00 Yoga with Sport in Mind @ Owlsmoor Community Centre, Sandhurst GU47 0TF</p> <p>11.00-14.00 Access All Areas Workshops with Elouise @ South Hill Park (booking required to attend – Contact Elouise)</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>13.00-14.00 Walk with Phil @ Boveney Lock (meet in Windsor Leisure Centre Car Park SL4 5JB)</p> <p>12.30-14.30 All Things Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p> <p>14.30 – 16.00 Watch & Wonder with Elouise & Terry P @ Easthampstead Baptist Church</p>	
25th Oct	<p>11.00-13.00 Art with Jo @Spencer Denney Windsor</p> <p>14.00-15.00 Afternoon Coffee with Yvonne @ Alexa Café (opp Empire Cinema Slough)</p> <p>12.30-14.00 Lunch @ TANGS with Kara</p> <p>14.30 - 16.00 Gardening @ Jealott's</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>11.00-12.00 Sport in Mind Tennis Aylesbury (See page 5 for address)</p> <p>12.00-13.30 Lunch with Charlene (venue tbc)</p> <p>11.30- 12.30 Sport in Mind Mindfulness Walk Maidenhead (See page 5 for address)</p> <p>12.30 – 14.30 Walk & Talk & Lunch @ Lily Hill Park & lunch at The Running Horse Pub Bracknell with Elouise</p> <p>13.00-14.00 Café Catch Up with Natasha @ Costa Coffee, Aylesbury Shopping park (meet under opp entrance)</p> <p>15.00-16.00 Football with Phil @ Astro turf Salt Hill Park SL1 3SS</p> <p>Halloween Cinema Night with Mhairi & Maira (Film & time TBC HIGH WYCOMBE)</p>	<p>11.30-12.30 Coffee Meet-up @ The Front Room, High Wycombe with Rob</p> <p>12.30-14.30 Crafts with Yvonne @ Club Room Arbour Park SL2 5AY</p> <p>13.00-14.00 Walk & Talk with Natasha @ Buckingham Circular Walk (meet at Buckingham bus stand)</p>	<p>10.00-11.00 Book Club with Emily @ Coffee Barker, The Lexicon</p> <p>11.00-13.00 Coffee Social with Laura @ Maidenhead Community Centre, \$ Marlow Road SL6 1SH</p> <p>12.00 – 13.00 Yoga with Sport in Mind @ Owlsmoor Community Centre, Sandhurst GU47 0TF</p> <p>11.00-14.00 Access All Areas Workshops with Elouise @ South Hill Park (booking required to attend – Contact Elouise)</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>13.00-14.00 Walk with Phil @ Maidenhead Thicket (meet @ Butterfly Trail Car park)</p> <p>12.30-14.30 All Things Colour with Jay @ Starbucks, Brunel Way, SL1 1XW opposite Slough train station</p> <p>14.30 – 16.00 Watch & Wonder with Elouise & Terry P @ Easthampstead Baptist Church</p>	Sat: 12.00 - 15.00pm Halloween Public Event @ Jealott's with Kara RG42 6BQ

WALKS & LUNCHES ADDRESSES

- Maidenhead: Braywick Nature Centre, Hibbert Road, Maidenhead SL6 1UU
- Maidenhead Sport In Mind Indoor Tai Chi and Yoga: United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
- Maidenhead Sport In Mind Walk: Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU - Meeting by the fountain
- Slough: Salt Hill Park, Bath Road Slough SL1 3SS
- Slough: Arbour Park The Club Room SL2 5AY
- Slough: Baylis Park, Camarthen Road, Slough, SL1 3PT
- Bracknell: South Hill Park, Ringmead , RG12 7PA
- Bracknell: Lily Park, Running Horse, Pub, London Road, Bracknell, RG12 2UJ
- Bracknell: Mill Pond, Wildridings, RG12 7WT
- Bucks: Aylesbury Shopping Park, Pod, Cambridge Close HP20 1DG
- c
- **Bucks**: The Front Room Chiltern Shopping Centre, High Wycombe
- Windsor: Walk to Boveney Lock: Meet in Windsor Leisure Centre Car Park, Stovells Road SL4 5JB
- Windsor: Stag Meadow, meet in Windsor FC Car Park, St Leonard's Road SL4 3DR

NEW YOGA on Tuesday and Thursday: PLEASE CONTACT: Natasha, our FiN N. Bucks Coordinator to book and to get ZOOM

LINK: natasha.evans@bucksmind.org.uk or Tel: 07947 588466

(*Please read disclaimer on page 9 regarding your participation in Tai Chi/Yoga)

All activities are **FREE!** If you're interested becoming a Friends in Need member and in joining our activities and then please contact your area coordinator.

- Details on page 6
- Closed, Friends in Need Facebook Link: <https://www.facebook.com/groups/128815250860939/>

- 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!**



Bucksmind
Buckinghamshire



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