



“We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems”. Our sessions take place every week, all year around.

To find out more about sessions near you, check out our Activity Map on sportinmind.org or contact the office on our free, confidential phone line on 0300 102 1400!

Maidenhead Sessions

Day	Time	Activity	Instructor	Venue
Mon	2-3PM	Tai Chi	Debbie	United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
Tues	11.30-12.30PM	Mindfulness Walk	Daniela	Maidenhead Library, St. Ives Road, Maidenhead, SL6 1QU - meet by the fountain
Thurs	1-2PM	Yoga	Daniela	United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
Fri	12-1PM	Badminton & Table Tennis	Mano	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN

Slough Sessions

Day	Time	Activity	Instructor	Venue
Mon	1:30-2:30PM	Yoga	Daniela	Kingsway United Reformed Church, 11 Church St, Slough SL1 1SZ
Tues	3-4PM	Football	Matt	Astro-Turf Pitches, Salt Hill Park, Slough, SL1 3SS
Thurs	11AM-12PM	Racquet Sports	Matt	Tennis Courts, Salt Hill Park, Slough, SL1 3SS

If you are looking for our Mum and Baby, Pregnancy or Youth timetables, you can find these on our website under the Get Support tab!



@sportinmind



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www.sportinmind.org



03001021400



Attendee Sign-Up



Sport In Mind

Working with



Berkshire Healthcare
NHS Foundation Trust