



"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". To find out more about sessions in your area - contact Kirsty on 07788 993516.

Maidenhead Sessions

Day	Time	Activity	Instructor	Venue
Mon	3-4PM	Tai Chi	Steve	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	Phil	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN

Slough Sessions

Day	Time	Activity	Instructor	Venue
Mon	2-3PM	Tennis	Phil	Tennis Courts, Salt Hill Park, Slough, SL1 3SS
Tues	3-4PM	Football	Phil	Astro-Turf Pitches, Salt Hill Park, Slough, SL1 3SS
Tues	3-4PM	Tai Chi	Steve	The Club Room, Ground Floor in Arbour Park, Stoke Road, Slough SL2 5AY
Thurs	11-12PM	Mindfulness Walk	Daniela	Meet by the astro-turf pitches, Salt Hill Park, Bath Road, Slough, SL1 3SS



Attendee Sign-Up



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