

Befriending Service Group Activities for February 2011

Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 7 th February 12.30- 2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Users Forum	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. A formal meeting for Service Users to voice their opinion discuss any issues relating to Mental Health Service Prov All Mental Health Service Users/ Survivors Welcome.
Monday 14 th February 12.30- 2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Users Forum Speakers Corner	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. This month's speaker Jess Beck from Porchlight will be to talk to members about some alternative Wellbeing ac that are available.
Monday 21 st February 12.30- 2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Recovery Group	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 Come along and see how you can improve your Recovery Wellbeing at this group through information sharing and discussion.
Monday 28 th February 12.30pm - 2.30pm	On-going monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Coffee Morning and Speakers Corner	Cost: Entry FREE tea, coffee and biscuits £1.00. An extra speaker this month brings Keiko from the Turn Contemporary Gallery to update the forum on the Galle progress and how you can be involved.
Tuesday 8 th February 1.30pm	On-going monthly	Walpole Bay Hotel, 5 th Avenue, Cliftonville. CT9 2JJ	Lesbian, Gay, Bi-Sexual and Transgender Group Afternoon Tea	Cost approx. £6.00 for tea and a sandwich or cream t Come along and meet people in this relaxed environmer enjoy the ambiance. Led by Maggie and Ian.
Tuesday 22 nd February Meets 9am	On-going Monthly	Cecil's Bar and Kitchen, Cecil Square, Margate. CT9 1BP	Breakfast Club.	Cost from £1.99. Come along and meet for breakfast ar trawl the charity shops for bargains afterwards and help money go further.
Tuesdays 1.00pm slow walk. 1.30pm fast walk. Ends 3.30pm	On-going meets every Week	Margate - Meet at the clock tower the slower paced walk leaves promptly at 1pm the faster walk leaves 1.30 pm	Walk & Talk	Cost: Entry Free. Walk at your own pace SLOW OR FAST the coast line from Margate to Westgate/Palm Bay and l stopping for refreshments half way. Great way to impro wellbeing and meet people. Slow social walk led by Bria Faster paced walk led by John.

If you would like to attend any of the activities or would like more information about the East Kent Users Forum and Befriending Scheme

Then please contact Maggie or Amanda @ the Office

66a, High Street, Margate, Kent. CT9 1DT. Tel: 01843 230726. Email: furst@rethink.org

Hosted by RETHINK registered charity no. 271028

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Every Wednesday 2pm - 3pm	On-going meets every Week	Hartsdown Swimming Pool, Margate. CT9 5RX	Swimming Group	Come and Swim for free. Exercise at a pace that suits you under the watchful gaze of a qualified swimming instructor.
Wednesday 23rd February 3pm-4pm	Once a month.	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	Richmond Fellowship Thanet Day Service Users' Forum	Open to all Richmond Fellowship Thanet Day Service Users . A forum to discuss issues relating to Mental Health Services and to influence the delivery of the service.
Thursday 10th February Art Group 1.15-3.15pm	Once a month	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Art Group	Cost £1 Entry Fee for teas, coffees and biscuits. Would you like to meet other people in a relaxed and friendly environment and have a go at Art Making? Come along to an informal group. Beginners especially welcome.
Thursday 12.30-1.30pm	On-going meets every Week	Ramsgate Swimming Pool, Newington Road, Ramsgate. CT11 0QX	Swimming Group	Come and Swim for free. Exercise at a pace that suits you under the watchful gaze of a qualified swimming instructor.
Thursday 17th February 12.30pm	Once a month	The Sovereign, 34 High Street, Ramsgate. CT11 8HA	Women's Group Forum	Cost of a meal and a drink approx. £6.00. Come to The Sovereign to meet other like minded women to discuss issues specific to female Mental Health Service Users
Thursday 24th February 6pm-8pm	Once a month	The Promenade, Margate. Next to Margate Railway Station.	Lesbian, Gay, Bi-Sexual and Transgender Group Forum.	Cost of a meal and a drink approx. £7.00. Are you a Mental Health Service User? Come along and voice your opinions about the services you receive.
Friday 25th February 12pm	Monthly on-going	Cosmo Chinese Restaurant, Margate. (Above Dreamland) CT9 1XJ	Lunch Club	Cost:- All You Can Eat for £6.50 - Drinks Extra. A networking self help group who meet for lunch and a chat in an informal setting. One flight of stairs. No disabled access.
Every Fridays 2pm-3pm	Weekly on-going	Hilderstone College, Adult Education, 14-16 St Peters Road, Broadstairs. CT10 1PN	Ballroom Dancing	Cost: Free. Learn to dance in this introduction to ballroom dancing course and improve your fitness and well-being organised by Porchlight.

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