

Befriending Service Group Activities for January 2011

Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 10th January 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 o and discuss any issues relating to Mental Health Ser Provision. All Mental Health Service Users Welcome
Monday 17th January 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 welcomes Sue Whitehead a Community Development Worker from Rethink to t about her work.
Monday 24th January 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 This Month's topic for discussion is Nutrition. The workshop will be led by Volunteers Anna and Joan.
Monday 31st January 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. As an extra item on this month's calendar we welc Paul Pearce to talk about volunteering opportunitie Thanet with Kent Wildlife Trust.
Tuesday 11th January 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 cre tea. Come along and meet people in this relaxed environment and enjoy the ambiance. Led by Magg Ian.
Tuesday 18th January 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 breakfa then trawl the charity shops for bargains afterward help your money go further.
Tuesdays 1.00pm- 3.30pm	On-going meets every Week	Margate - Meet at the clock tower. Leaves promptly at 1pm	Walk & Talk	Cost: Entry Free. Walk at your own pace along the line from Margate to Westgate and back, stopping f refreshments half way. Great way to improve your wellbeing and meet people. Led by Brian, John and

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

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Wednesdays . 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 you under the watchful gaze of a qualified swimmi instructor.
Wednesday 26th January 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 Serv Users. A forum to discuss issues relating to Mental Services and to influence the delivery of the servic
Thursday 13 th January 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. \ you like to meet other people in a relaxed and frien environment and have a go at Art Making? Come al this 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 the you under the watchful gaze of a qualified swi instructor.
Thursday 20 th January	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 Sovereign to meet other like minded women to issues specific to female Mental Health Service Use
Thursday 27 th January 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 LGBT Mental Health Service User? Come along and your opinions about the services you receive.
Friday 28th January 12pm	Monthly on- going	Cosmo Chinese Restaurant, Margate. (Above Dreamland) CT9 1XJ	Lunch Club	Cost; All You Can Eat for £6.50 - Drinks Extra. networking self help group who meet for lunch and in this informal setting. One flight of stairs. No d access.
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 introduct ballroom dancing course and improve your fitne wellbeing.

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