



(Formerly Known as RETHINK East Kent Users Forum)
Befriending Scheme Group Activities for June 2011

Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 6th June 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 Provision. All Mental Health Service Users/ Survivors Welcome.
Monday 13th June 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Users Forum Discussion group.	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. Come along and join in lively discussion of topics of your choosing.
Monday 20th June 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Users Forum Speaker's Corner	Cost: Entry FREE tea, coffee and biscuits £1.00. This Month's speaker welcomes Gina Walton to talk about Personal Budgets and making choices about your health
Monday 27th June 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 training, information sharing and discussion.
Tuesday 14th June 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 cake. Come along and meet people in this relaxed environment enjoy the ambiance. Led by Maggie and Ian.
Tuesday 28th June 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 then trawl the charity shops for bargains afterwards and your money goes further.
Tuesdays 1.00pm – 3.30pm	On-going meets every Week	Margate – Meet at the clock tower the walk leaves promptly at 1pm .	Walk & Talk	Cost: Entry Free. Walk at your own pace along the coast stopping for refreshments half way. Great way to improve wellbeing and meet people. Walk length approx 3.5 miles

If you would like to attend any of the activities or would like more information about Speakup CIC Befriending Scheme
 Then please contact Maggie @ the Office
 The Media Centre, 11-13 King Street, Margate, Kent. CT9 1DA Tel: 01843 609 359 Email; Maggie@speakupcic.co.uk
 Registered CIC no. 7530955



(Formerly Known as RETHINK East Kent Users Forum)
Befriending Scheme Group Activities for June 2011

Wednesday 29th June 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 9th June 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 16th June 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 30th June 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 3rd June 11am-3pm	*Special event*	The Umbrella Centre, Oxford Street, Whitstable. CT5 1DD opp. The Museum and Gallery.	Consultation Day on Personalisation by Canterbury and District Mental Health Forum.	Travel expenses will be re-imbursed (keep receipt and mileage log) and lunch is provided free of charge.
Friday 24th June 12pm	Monthly on-going	Cosmo Chinese Restaurant, Margate. (Above Dreamland)CT9 1XJ	Lunch Club	Cost:- All You Can Eat for £6.50 - Drinks Extra Join a networking self help group who meet for lunch and a drink in this informal setting. One flight of stairs. No disabled access.
Every Friday 2pm-3pm	Weekly on-going	Hilderstone College, Adult Education, 14-16 St Peters Road, Broadstairs.	Ballroom Dancing	Cost: Free. Learn to dance in this introduction to ballroom dancing course and improve your fitness and well-being. Organised in partnership with Porchlight.

If you would like to attend any of the activities or would like more information about Speakup CIC Befriending Scheme
 Then please contact Maggie @ the Office
 The Media Centre, 11-13 King Street, Margate, Kent. CT9 1DA Tel: 01843 609 359 Email; Maggie@speakupcic.co.uk
 Registered CIC no. 7530955