

it's time to talk. it's
time to change

let's end mental health discrimination



Befriending Scheme Diary of Events for October 2011

Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 3rd October 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet User Forum Speakers Corner.	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. This week we welcome Diane Thomas from the Benefits Advisory Service giving advise about claiming disability benefits.
Monday 10th October 2pm-4pm	Annual Event	Sessions House, County Hall, Maidstone, ME14 1XD	World Mental Health Day Trip.	SpeakUpCIC will be supporting the official launch event of the Live-it-Well website. Contact Maggie at the office for details.
Monday 10th Oct 8.30am-6.30pm	Annual Event	The County Square Shopping Centre, Ashford, Kent. TN23 1YD	World Mental Health Day Exhibition.	SpeakUpCIC will be exhibiting Artwork and Poetry by forum members and promoting Mental Health Awareness as well as fighting the stigma surrounding Mental Distress in Ashford shopping centre. If you would like to help contact Amanda at the office. Organised in conjunction with Ashford Counselling.
Monday 10th Oct 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet User Forum Discussion Group and Coffee Morning	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 Come along and enjoy a good debate on topical issues led by Brian .
Monday 17th Oct 12.30-2.30pm	On-going monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet User Forum Art and Movement Workshop.	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 Come along to this workshop run by Lian Wilson, who is a movement and expressive arts practitioner, and find out how you can benefit.
Monday 24th Oct 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Users Forum Recovery Group	Cost: Entry FREE tea, coffee and biscuits £1.00. Come along and improve your Recovery to Wellbeing at this group through training, information sharing and discussion.
Monday 31st Oct 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 An informal meeting to discuss issues relating to the provision of services to mental health service users.
Tuesday 25th October 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 and then trawl the charity shops for bargains afterwards and help your money go further.
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Every Wednesday 1pm-3.30pm	Meets weekly.	Margate – Meet at Margate clock tower. Group leaves promptly at 1pm .	Walk & Talk	Cost: Entry Free. Walk at your own pace along the coast line stopping for refreshments half way. Great way to improve your wellbeing and meet people. Walk length approx 3.5 miles.
Wed 12th October 1pm-3.30pm	Annual Event	Margate – Meet at Margate clock tower. Group leaves promptly at 1pm .	World Mental Health Day Walk and Talk.	Cost: Entry free. please bring funds if you would like to buy a cup of tea. A fun beach walk for mental and physical wellbeing celebrating World Mental Health Day
Wed 19th October 2pm – 4pm.	Meets monthly	The Grange, Ramsgate, Kent.	Culture Group.	Cost: Entrance Free, guide book £4. The Culture group is visiting The Grange, built and lived in by Augustus Pugin. We will be visiting the ground floor and the cartoon room exhibition. To reserve a place please contact Maggie at the number below.
Wed 26th October 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 13th October 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. Come along and meet other people in a relaxed and friendly environment and have a go at Art Making. Come along to this informal group. Beginners especially welcome.
Thursday 13th October 10am-1pm	Annual Event	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	World Mental Health Day Exhibition.	Cost Free. An art and poetry display in the Gateway to promote awareness of Mental Health Distress and fight the stigma of mental health distress.
Thursday 27th Oct 6pm-8pm	Once a month	The Promenade, Margate. Next to Margate Railway Station.	LGBT group dinner out.	Cost of a meal and a drink approx. £7.00. Are you a LGBT Mental Health Service User? Come along and voice your opinions about the services you receive and enjoy good company and an evening out.
Friday 28th October 12pm	Once a month	Cosmo Chinese Restaurant, Margate. CT9 1XJ	Lunch Club	Cost: All You Can Eat for £6.50 - Drinks Extra. Social networking self help group that meets for lunch and a chat in this informal setting.