



Befriending Scheme Diary of Events for August 2011

Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 1st Aug 12.30- 2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Time to Change Volunteers Meeting.	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. This week we welcome Raza Griffiths from Time to Change to a meeting to discuss the planned Flying a Kite for Time to Change event. All those wishing to volunteer for this event are welcome.
Monday 8th August 11am	Annual Event	Meet outside Charles Dickens pub in Broadstairs at 11am.	Trip to Broadstairs Folk Week.	Cost: Entry FREE, bring a picnic or money for lunch. Come along and enjoy the folk music, dance and various stalls at this annual event in Broadstairs.
Monday 15th Aug 12.30- 2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Users Forum Speaker's Corner EXTRA EVENT	Cost: Entry FREE tea, coffee and biscuits £1.00. Speakers Corner welcomes Chris Fay, Access Manager from the Beacon. Chris will be talking about his work and answering questions
Monday 22nd Aug 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 improve your Recovery to Wellbeing at this group through training, information sharing and discussion.
Monday 29th Aug 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 to discuss issues relating to the provision of service to mental health service users.
Re-launch to happen in September	Watch this space	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 tea. Come along and meet people in this relaxed environment and enjoy the ambiance.
Tuesday 30th Aug 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 travel the charity shops for bargains afterwards and help your money go further.
Every Tuesday 1pm- 3.30pm	On-going meets every Week	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.

If you would like to attend any of the activities or would like more information about SpeakUpCIC Befriending Scheme

Then please contact Maggie or Amanda @ the Office

The Media Centre, 11-13 King Street, Margate, Kent. CT9 1DA Tel: 01843 609 359 Email: Admin@speakupcic.co.uk Registered CIC no. 7530955



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Wed 24th Aug 10.30	New Group. Meets monthly	Meet at Charles Dickens pub @ 10.30am	Culture Group.	Cost: Free, Bring picnic lunch or money for lunch. Come for an historic walk around Broadstairs and take in the sea air.
Wednesday 31st Aug 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 11th Aug 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 18th Aug 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 25th Aug 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 LGBT Mental Health Service User? Come along and voice your opinions about the services you receive.
Friday 26th Aug 12pm	Monthly on- going	Cosmo Chinese Restaurant, Margate. (Above Dreamland)CT9 1XJ	Lunch Club	Cost: All You Can Eat for £6.50 - Drinks Extra. Social networking support group who meet for lunch and a chat in this informal setting. Or flight of stairs. No disabled access.
Saturday 13th Aug All day event	Annual Event	Brighton Seafront.	Gay Pride	Cost Free: This is a day trip to Brighton to take part in Gay Pride. Please ring Maggie at the office for more details.

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