



Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 6th December 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 Brendan Nye from RETHINK T Way Employment Project.
Monday 13th December 12pm - 3pm	Festive Event	Thanet College, Ramsgate Road, Broadstairs. CT10 1PN	Christmas Lunch	If you would like to attend the Christmas lunch please cont office as places are limited.
Monday 20th December 12.30-2.30pm	Festive Event.	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Christmas Support Group.	Cost: Entry FREE. Tea, Coffee and Mince Pies and cream. £ An informal meeting for Service Users to talk about their fee and experiences of Christmas and reflect at this busy time.
Tuesday 14th December 2pm-3pm	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 tea. Cc along and meet people in this relaxed environment and enjoy ambiance.
Tuesday 21st December 9.30am	Festive Event.	Cecil's Bar and Kitchen, Cecil Square, Margate. CT9 1BP	Volunteers' "Thank You" Breakfast.	A festive "Thank You" breakfast for East Kent User Forum Befriending Service Staff and Volunteers.
Tuesdays 1.00pm-3.30pm	On-going meets every Week including Christmas Week.	Margate - Meet at the clock tower. Leaves promptly at 1pm	Walk & Talk	Cost: Entry Free. Walk at your own pace along the coast line Margate to Westgate and back, stopping for refreshments hal Great way to improve your wellbeing and meet people. Led b and John.
Wednesdays 2pm - 3pm	every Week Including Xmas Week.	Hartsdown Swimming Pool, Margate. CT9 5RX	Swimming Group	Come and Swim for free. Exercise at a pace that suits you ur watchful gaze of a qualified swimming instructor.

For More information on the East Kent Users Forum and Befriending Groups 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



Thursday 16th December 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 meet other people in a relaxed and friendly environment and go at Art Making? Come along to this informal group. Beginners especially welcome.
Thursdays 12.30-1.30pm.	Meets Every Week Including Christmas 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 16th December	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. Bring a small gift, and receive a small gift. Come to The Sovereign to meet like minded women for this festive meeting.
Thursday 23rd December	Festive Event	Cosmo Chinese Restaurant, Margate. (Above Dreamland) CT9 1XJ	Christmas Lunch Chinese Style.	Cost; All You Can Eat for £6.50 - Drinks Extra.. Social self help group who meet for lunch and a chat in this informal One flight of stairs. No disabled access.
Fridays 2pm-3pm	5 week course.	Hilderstone College, Adult Education, 14-16 St Peters Road, Broadstairs. CT10 1PN	Ballroom Dancing	Cost: Free. Learn to dance in this introduction to ballroom course and improve your fitness and wellbeing.

We would like to take the opportunity to wish all the
Volunteers and Service Users of East Kent User Forum and Befriending Service
A
VERY MERRY CHRISTMAS AND PEACEFUL NEW YEAR 2011.

For More information on the East Kent Users Forum and Befriending Groups 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