



## Befriending Service Group Activities

Day /Time	Starting	Venue	Type of Event	Details and Costs
<b>Monday 1st</b> November 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Thanet Users Forum Speakers Corner</b>	<b>Cost: Entry FREE. Tea, Coffee and Biscuits £1.00.</b> This month's speaker welcome Sally Denley, Mental Health Promotions Specialist, to update the forum on Mental Health Commissioning.
<b>Monday 8<sup>th</sup></b> November 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Recovery Group Session.</b>	<b>Cost: Entry FREE. Tea, Coffee and Biscuits £1.00.</b> This month's topic is 'Help Yourself to have a Smooth Day'
<b>Monday 15<sup>th</sup></b> November 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Thanet Users Forum</b>	<b>Cost: Entry FREE. Tea, Coffee and Biscuits £1.00.</b> A formal meeting for Service Users to voice their opinions and any issues relating to Mental Health Service Provision. All Mer Health Service Users Welcome.
Date TBA	Pilot Scheme.	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Deaf Forum and Recovery Group</b>	<b>Cost: Entry FREE tea, coffee and biscuits £1.00.</b> An informal support group that meets to discuss issues concerning Deaf Mental Health Service Users.
<b>Monday 22<sup>nd</sup></b> November 12.30pm - 2.30pm	On-going monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Men's Group</b>	<b>Cost: Entry FREE tea, coffee and biscuits £1.00.</b> A networking, social event for Men where relevant issues can be aired and discussed.
<b>Monday 29<sup>th</sup></b> November 12.30-2.30pm	On-going monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Christmas Raffle and Coffee Morning</b>	<b>Cost: Entry FREE. Tea, Coffee, Mince Pies and Cream £1.00</b> <b>Tickets 20p each.</b> A festive event to prepare for Christmas.
<b>Tuesday 9<sup>th</sup></b> November 2pm-3pm	On-going monthly	Walpole Bay Hotel, 5 <sup>th</sup> Avenue, Cliftonville. CT9 2JJ	<b>Lesbian, Gay, Bi-Sexual and Transgender Group Afternoon Tea</b>	<b>Cost approx. £6.00 for tea and a sandwich or cream tea.</b> Come along and meet people in this relaxed environment and enjoy the atmosphere. Led by Maggie and Ian.
<b>Tuesday 16<sup>th</sup></b> November Meets 9am	On-going Monthly	Cecil's Bar and Kitchen, Cecil Square, Margate. CT9 1BP	<b>Breakfast Club.</b>	<b>Cost from £1.99.</b> Come along and meet for breakfast and the charity shops for bargains afterwards and help your money go further.
<b>Tuesdays</b> 1.00pm-3.30pm	On-going meets every Week	Margate - Meet at the clock tower. Leaves promptly at 1pm	<b>Walk &amp; Talk</b>	<b>Cost: Entry Free.</b> Walk at your own pace along the coast line from Margate to Westgate and back, stopping for refreshments half way. Great way to improve your wellbeing and meet people. Led by Maggie and John.

For More information on the East Kent Users Forum and Befriending Groups please contact Maggie or Amanda @ the Office  
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Hosted by RETHINK registered charity no. 271028

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<b>Wednesdays.</b> 2pm - 3pm	On-going meets every <b>Week</b>	Hartdown Swimming Pool, Margate. CT9 5RX	<b>Swimming Group</b>	<b>Come and Swim for free.</b> Exercise at a pace that suits you under the watchful gaze of a qualified swimming instructor.
<b>Wednesday</b> 24 <sup>th</sup> November 3pm-4pm	Once a month.	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	<b>Richmond Fellowship Thanet Day Service Service Users' Forum</b>	Open to all <b>Richmond Fellowship Thanet Day Service Users.</b> forum to discuss issues relating to Mental Health Services and influence the delivery of the service.
<b>Thursday</b> 11 <sup>th</sup> November Art Group 1.15- 3.15pm	Once a month	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	<b>Art Group</b>	<b>Cost £1 Entry Fee for teas, coffees and biscuits.</b> Would you meet other people in a relaxed and friendly environment and go at Art Making? Come along to this informal group. Beginner especially welcome.
<b>Thursday</b> 12.30- 1.30pm	On-going meets every <b>Week</b>	Ramsgate Swimming Pool, Newington Road, Ramsgate. CT11 0QX	<b>Swimming Group</b>	<b>Come and Swim for free.</b> Exercise at a pace that suits you under the watchful gaze of a qualified swimming instructor.
<b>Thursday</b> 18th November	Once a month	The Sovereign, 34 High Street, Ramsgate. CT11 8HA	<b>Women's Group Forum</b>	<b>Cost of a meal and a drink approx. £6.00.</b> Come to The Sovereign to meet other like minded women to discuss issues specific to Mental Health Service Users
<b>Thursday</b> 25 <sup>th</sup> November	Once a month	The Promenade, Margate. Next to Mar	<b>Lesbian, Gay, Bi-Sexual and Transgender Group Forum.</b>	<b>Cost of a meal and a drink approx. £7.00.</b> Are you a LGBT Health Service User? Come along and voice your opinion on the services you receive.
<b>Fridays</b> 2pm-3pm	5 week course.	Hilderstone College, Adult Education, 14-16 St Peters Road, Broadstairs. CT10 1PN	<b>Ballroom Dancing</b>	<b>Cost: Free.</b> Learn to dance in this introduction to ballroom course and improve your fitness and wellbeing.
<b>Friday</b> 19 <sup>th</sup> November 11am-12pm	Monthly on- going	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	<b>Book Club and discussion group.</b>	<b>FREE Entry. Hot drinks from 50p.</b> This month's book is Book Winner Aravind Adiga's The White Tiger.
<b>Friday</b> 26 <sup>th</sup> November 12pm	Monthly on- going	Cosmo Chinese Restaurant, Margate. (Above Dreamland) CT9 1XJ	<b>Lunch Club</b>	<b>Cost; All You Can Eat for £6.50 - Drinks Extra..</b> Social network self help group who meet for lunch and a chat in this informal One flight of stairs. No disabled access.