

## THANET REVIEW

Welcome to the March 2011 issue of Thanet Review, the Thanet Day Service's monthly local information newsletter, created and brought to you by service users. We hope you find it interesting and useful for planning your activities, outings or get togethers, please phone the office if you require further information or assistance. Everyone please keep giving us your local information, money saving tips, poems, artwork or mental health tips coming in for the next February issue! (Tel: 01843 280022) **THANK YOU**

### NEW COURSE COMING!

**FREE Thanet Day Service course .... Be creative with these Papier Mâché sessions kindly brought to you by Vicky Prince an expert in this very lovely traditional craft !**

This programme will run for 6 x 1 hr sessions over 6 weeks **every Thursday from 2pm – 4pm starts from Thursday 7<sup>th</sup> April** at Trinity Church Community Centre, St Mary's Ave., Cliftonville.



Art work by Vicky Prince



You will be taught a little of the history of papier mâché, see demonstrations, develop techniques, and produce your own individual art work piece. Places are limited so you must register your interest first to enable us to book the sessions. Please contact the office on 01843 280022 now or speak to Morag or Jo!

### FREE! Thanet Day Service Craft Group Special Candle Making sessions

The Thanet Day Service Craft Group is having a special guest tutor to teach the art of decorative candle making using bees wax at Trinity Church Community Centre, St Marys Ave., Cliftonville (opposite the Wheatsheaf Pub).

All service users welcome just come along and meet up in the ground floor café at 1.45pm for a 2pm start. Or for more details of the event ask Jo or Morag Tel: 01843 280022.

**FREE BEGINNERS JOGGING SESSIONS BY A QUALIFIED INSTRUCTOR EVERY TUESDAY, 11am – 12noon, starts from 1<sup>st</sup> March, meets at Dane Park, Cliftonville.**

**Wear casual sports wear. Always check with your doctor first before taking on any physically challenging activities.**

**Contact the organizers: Porchlight on 01843 863015, 07734 595306,**

**E-mail [healthyactivities@porchlight.org.uk](mailto:healthyactivities@porchlight.org.uk) OR ask Jo or Morag for assistance.**

## ***Guided heritage tours***

### **Theatre Tours at Theatre Royale, Hawley Square, Margate.**

**Sat 26th March 2.00pm & 4.00pm Sun 3rd July 2pm & 4pm**

Guided heritage tours of Britain's second oldest working theatre building as part of Kent's Big Day Out. Tours last 70 minutes and involve lots of stairs!

**Admission free Donations gratefully accepted Places limited, so advance booking recommended – call Joanna on 01843 282956**

## **Rock Dock Walks 2010 - 2011**

(11am, 2hrs, 16+) Learn the language of the rocks, chalk cliffs, flint and fossils.

**Sun 27 March at 11am at Minnis Bay.** Meet at promenade above tidal pool. FREE, donations welcome.

**PLEASE NOTE: If you are unable to attend, please do let the Thanet Coast Project know - as these walks are popular and cost money - and this will allow someone else to attend**

## **2011 Spring Beach Cleans**

**Sat 26 March, 10am (2½hrs) - Plumpudding**

Tidy along the refreshing Northern Sea wall beaches towards Reculver. Meet outside The Minnis Restaurant.

**Sat 26 March, 2pm (2½hrs) - Pegwell Bay**

Record and clean our National Nature Reserve beach by the cliffs. Meet: On beach below former hoverport access road.

**Book your place and find out about more about Thanet Coast Project events at:**

[www.thanetcoast.org.uk](http://www.thanetcoast.org.uk) or via Visitor Info' Service Tel: 01843 577577

The Thanet Coast Project is sponsored by Natural England, Kent County Council and Thanet Council. Supported by the Big Lottery Fund.

## **Line Dancing at Granville Theatre, Victoria Parade, Ramsgate. Box Office (01843) 591750**

Keep fit to music in a gentle way by joining this fun class

10am - 11am every Monday

9.30am - 10.30am every Wednesday.

£4 (£3.50 for Friends)

Please call Trudi on (01843) 855000 for further details

Email for a spring brochure [david@sarahthorne-theatreclub.co.uk](mailto:david@sarahthorne-theatreclub.co.uk)

## **Thanet College and its community partners are offering a number of free courses to help people back into work. These include:**

**CSCS Card** - Health & Safety in Construction 2 day course

**SIA Licence** - 5 day course to gain a SIA licence for security guards

**Customer Service** - 2 day course to gain qualification

**Driving Theory** - practical help & practice tests

**Fork Lift Truck Training** - Gain an internationally recognised license

**Working In the Care Industry** - 4 week programme with interview

**Business Administration** - 4 week programme to prepare for office work

**Gym Instructing** - Level 2 certificate in Fitness Instruction

Contact Thanet College 01843 605008 or Email [comm\\_ed@thanet.ac.uk](mailto:comm_ed@thanet.ac.uk) or talk to the Next Steps Advisor in the Job Centre.

## **Employment Skills Programme - 'Get Ready for Work'**

A fully funded (subject to eligibility) 6 week course to develop your confidence and the skills to apply for jobs, get the most from your CV and impress employers at the interview:

Week 1 (2 3 hour sessions) CV Writing

Week 2 (2 3 hour sessions) IT Skills for job search and Interview techniques

Weeks 3-6 (8 x 3 Hour Sessions) Complete a selection of courses

For further details contact: The Argyle Centre, York Street, Ramsgate, CT11 9DS Telephone: 01843 852107

## **In January we were given a talk by Paul of the Kent Wildlife Trust about Conservation Volunteering in Thanet.**

For those of you who could not attend this talk here is a summary of what it was all about:

The Kent Wildlife Trust is working with Thanet Council to improve habitats for wildlife at a number of sites around the district: such as encouraging wildlife into some of the area's churchyards, restoring wildflower meadows on the clifftops and helping to manage some community woodlands. To do this, they need help to do some of the management (like clearing paths through woodlands, cutting and clearing meadows, building bird boxes and also helping to keep an eye on livestock (like sheep and cows) which will be doing some of the conservation management - which is why they need a team of volunteers.

They also need to monitor the wildlife that will return to these spaces (to make sure that what we're doing is working) - so they'll be training people to do surveys of sites and record the sorts of plants and animals that they find there.

They also want to be able to offer guided walks and activities with older people too, to get people out and about and enjoying the outdoors- so will need some volunteer help to do that too.

However, first of all, they need to find out whether or not people will want to volunteer to do this so if you are interested or have any

questions - just contact Paul Pearce or ask Jo or Morag for assistance:

**Paul Pearce** Living Landscape Project Green Infrastructure Development Officer

Kent Wildlife Trust, Tyland Barn, Sandling, Maidstone, Kent, ME14 3BD

**Mobile:** 07872 028947 **General Enquiries:** 01622 662012 **Direct dial:** 01622 652464 **Website:**

<http://www.kentwildlifetrust.org.uk>

## **The Gateway has started a wonderful new project whereby they now offer FREE Health checks for anyone aged 40 – 74 !**

Health checks are available to anyone who is between 40 - 74 as long as 1) they do not have a known and controlled illness already ie they would not see anyone with known heart disease or diabetes 2) they must be registered with a GP (or be prepared to get one) - this is because if they find a particularly high blood pressure for example, they must be able to get that person treatment quickly. Other than that anyone can have one.

The Health check involves very basic measurements like blood pressure, height and weight, a small finger prick test which is checking cholesterol and a few basic questions around smoking and alcohol consumption. When all these things are put into the computer they generate a "risk score" which is the likelihood of the person developing cardiovascular disease ie a heart attack or stroke, within the next ten years. It then allows the person to do the same risk score calculated if they give up smoking for example. If the person decides to give up smoking the health trainer will tell them how to get help via the NHS services. The whole thing takes about 20 - 30 mins. It can be seen as a bit of a health MOT and the great thing to remember is that it is entirely FREE.

Anybody interested in having a Health Check arranged just pop into the Margate Gateway and book yourself a half hour slot.

## **DISABILITY SPORT IN THANET (evenings)**

Ten Pin Bowling: AMF Margate – Wednesdays 6pm – 7.30pm £1 per disabled person.

Archery Club: Ursuline Sports College, Westgate - Tuesdays 7pm – 9pm - £3 all disabilities welcome.

Thanet Galaxy Pan Disability Football Club: Chatham House School, Ramsgate – Thursdays 7pm – 8.30pm £2. (Squad training and teams from 8 years to adult).

Further information from [www.thanet.gov.uk/sport](http://www.thanet.gov.uk/sport)

## MARCH EVENTS

**Tuesday 1<sup>st</sup> March 10am – 3pm** Thanet Gateway Plus Education & Employment Fair at Thanet Gateway Plus, Cecil Street, Margate. Call for further details 08458 247202.

**1<sup>st</sup> March** St David's Day the Patron Saint of Wales.

**Sundays From 8am** (sellers set up from 7am) Boot Sale at Westwood behind B & Q

**Every Wednesday**, 9 – 4pm Margate Market, Cecil Square.

**Every Wednesday**, 8.30pm Open Stage night – (perform or watch) at the Crispin Inn, Sandwich

**Every Thursday**, 8.30pm Quiz Night at the Crispin Inn, Sandwich

**Every Friday and Saturday** Ramsgate Market in the Town Centre.

**Dates vary** Ramsgate Play Reading Group. Have fun reading play scripts without the performance! Room 1 upstairs in Ramsgate Library 2 – 4pm. Phone for date of next meeting: Valerie Rose 07742677050 or Sadie 01843 588798.

**Every Monday evening** (excluding Bank Holidays) at 7.30pm – 10pm. Badminton – No partner needed and beginners welcome. At Union Church Hall, Union Crescent, Margate, CT9 1NR. Costs £2.50 for the first 6 trial visits, then its £45 for a year membership. Just turn up any Monday before 8.15pm or call Carolyn 01843 280152 / 07988503720.

**5<sup>th</sup> March** World Book Night. Events being run nationwide. For further information take a look at [www.worldbooknight.org](http://www.worldbooknight.org) or enquire at your local bookshop or library.

**1<sup>ST</sup> – 31<sup>ST</sup> March** Jewellery by Tian at Qing FREE ENTRY See work from Tian, the latest designer to join the Qing Art team. Tian has created a range in silver, glass and wool to add a new dimension to the collection. Monday, Tuesday 12-5pm, Closed Wednesday, Thurs, Friday Sat 10am-5pm, Sunday 11am-4pm. Tel: 01843 299055, Mobile: 07799 651914 [www.qingart.co.uk](http://www.qingart.co.uk)

**3<sup>rd</sup> – 5<sup>th</sup> March** The Lost Bard at Theatre Royal Margate. Theatre Royal Margate's Senior Youth Theatre presents a new play written and directed by Martin Gibbons.

The year is 1577. Teenage William Shakespeare hates his school, and life. The history books tell us that Shakespeare's going to be a genius, they tell us that he is going to be the biggest thing since 'baked' bread; but the way things are going this genius is going to be lost forever!

The young Shakespeare must go on the adventure of a lifetime, or all will be lost forever. £8.50 Contact box office 0845 1301786 or [www.theatroyalmargate.com](http://www.theatroyalmargate.com)

**Wed 2<sup>nd</sup> – Fri 4<sup>th</sup> March 4.30pm – 7.30pm and Sat 5<sup>th</sup> & Sun 6<sup>th</sup> March 2pm – 5pm** John Lawson's Circus at Margate. On the Dreamland Site, Belgrave Road entrance. Award winning John Lawson's Circus, the show, voted Britain's best circus three times in the last five years, will be presenting an all new show for 2011 including acts and artists never before seen in Margate! Price £8.00. Ticket Office 07860 498833 Website: [www.dreamlandmargate.wordpress.com](http://www.dreamlandmargate.wordpress.com)

**Sat 5<sup>th</sup> March at 8pm** World Tree Music - Concert and Art at Minster Parish Council, Minster Village Hall, High Street, Minster, CT12 4BU. Doors open at 7pm for the exhibition. The concert begins at 8pm. World Tree Music, hope to create a magical evening featuring local artisians, gifts and complimentary refreshments. Includes many folk favourites such as Greensleeves and Scarborough Fayre. Guests are asked to dress as their favorite alter ego! "Are you an Elven Lord or Lady? Or perhaps a Victorian Emotive lover of all things dark and Goth?"

Tickets are £7.00 and must be purchased in advance or on the door with Concessions £3.50. Contact Gretchen Cornwall Tel: 01843 221622. [www.worldtreemusic.com](http://www.worldtreemusic.com)

**Saturday 12th March** (and every 2<sup>nd</sup> Saturday of each month) at 2.30pm Bingo & Tea with sandwiches at St Johns Church Community Centre, Victoria Road, Margate. Cost £2.50 inclusive.

**15<sup>th</sup> – 19<sup>th</sup> March** Drinking with Angelika at Granville Cinema and Theatre. Presented by Crazy House Theatre Productions. Evenings 7.30pm. Saturday Matinee 2.30pm. £6. A small group of strangers harbouring secrets take refuge from the snow in a small unwelcoming bar in the middle of nowhere. Box office 01843 591750 [www.granvilletheatre.com](http://www.granvilletheatre.com)

**Tuesday 15<sup>th</sup> March at 7pm** Pit Your Wits at Crampton Tower Museum. Raising funds for the Town Information Kiosk. 7.00pm for 7.30pm start. Bring Your Own Food and Drink. Tickets (£5) available Malcolms, 92 High Street, Broadstairs. 01843 865230 or [info@visitbroadstairs.co.uk](mailto:info@visitbroadstairs.co.uk)

**15<sup>th</sup> & 16<sup>th</sup> March** at 10am. Margate Beach Quad Bike Event. FREE for spectators. Funfair & stalls all by Margate sea front.

**17<sup>th</sup> March** St Patrick's Day.

**Saturday 19<sup>th</sup> March** (and every 3<sup>rd</sup> Saturday of each month) Table Top Sale at St Johns Church Community Centre, Victoria Road, Margate. Sale of cakes, clothing, CDs, books etc.

**25<sup>th</sup> March** at 7.30pm 'Scandal Nights' at Tom Thumb Theatre, Cliftonville. Cost £6 (concessions £5). March's monthly night of storytelling, poetry and more at the Tom Thumb Theatre, sure to bring you LAUGHTER and LIGHT. Bar opens at 6.30pm, with show starting at 7.30pm. Box office 01843 221791. [www.tomthumbtheatre.co.uk](http://www.tomthumbtheatre.co.uk)

Scandal Nights will take place on the last Friday of every month. Are you a storyteller, poet, musician, magician or other performer with a tale to tell or a talent to share? Interested in being involved? Contact Emily call 07890 112574.

**Friday 25<sup>th</sup> March** at 7.30pm. Music for Lent at Christ Church Ramsgate. Cost £6 on the door. Music to include soprano arias from Bach's St. Matthew and St. John Passions, and Vivaldi's "Nulla in mundo pax sincera", as well as Bach Kirnberger Chorale Preludes for Organ. Contact Bridget Tizzard 01843 853732.

**Sat 25<sup>th</sup> & Sun 26<sup>th</sup> March** 'My Kent Big Weekend' [www.mykentbigweekend.co.uk](http://www.mykentbigweekend.co.uk) Last month some free tickets were being offered on this website. However, even if you missed out on the free tickets you can still take a look at this useful website to find out information about all your local attractions and places of interests to visit over the coming summer months maybe?

**Saturday 26<sup>th</sup> March** at 7.30pm. "The Canterbury Waits in Concert" at St Laurence Church. Music from Tudor Times. Dances and instrumental music from the time of Henry VIII and Elizabeth I played on crumhorns, shawms, sackbut, kortholt, curtal, rauschpfeife, cornett, recorders flutes and viol. Prices £5. Children £2. Contact the Parish Office to book (01843) 592478 for tickets and further information.

**26<sup>th</sup> March, 2-6pm** The Turner Centre's *Art Works* course finishes at the start of March and to celebrate the achievement of the participants, they will be showcasing their photography and art pieces at an exhibition at [Marine Studios](http://Marine Studios) gallery space at 17 Albert Terrace, Margate, CT9 1UJ. For further details tel: 01843 282219 or Email [info@marinestudios.co.uk](mailto:info@marinestudios.co.uk)

**27<sup>th</sup> March** Your clocks go forward one hour and British summer time begins!



**Sunday 27<sup>th</sup> March** 10 – 1pm Cliftonville Farmers Market at the Oval Lawns. T: 226033.

## HAIR, BEAUTY AND 3 COURSE MEALS AT THANET COLLEGE !

Me and five other people who are Richmond Fellowship users went for a meal to the Thanet College in Broadstairs and afterwards were given a guided tour of the Beauty Treatment and Hair Department.

The meal was very good, I was also very impressed with their hair salons. The public can make use of their services, including colouring their hair. An example of what's available is:

Ladies wash and blow dry, level 2, £4.20. Colourings range from £15 to £30.

The beauty treatments are a good price to. They include facials, make-up and basic manicure for nails.

A basic manicure only cost £3 and a standard one cost £6 Level 2 and £7 level 3.

Other treatments available are hair removal and aromatherapy massage. Indian head massage, stone therapy massage and reflexology are just three more that are available.

If anyone is interested in finding out more from the college, the contact details are:

Opening hours (term time only):

Monday	9am – 5pm
Tuesday	9am – 9pm
Wednesday	9am – 9pm
Thursday	9am – 9pm
Friday	9am – 5pm

Website: [www.thanet.ac.uk/trilogy-salon](http://www.thanet.ac.uk/trilogy-salon) E-mail: [trilogy@thanet.ac.uk](mailto:trilogy@thanet.ac.uk) Telephone: 01843 605020

By Barbara Osborne

This month's design idea:



**STOP**

STIGMA IN MENTAL HEALTH

WE ARE ALL IN THE SAME BOAT  
SO, LET US KEEP AFLOAT

RECOVERY

E  
S

KATHY CARR ©

## Ten tips to eat well on a budget

Many people think that eating well costs a lot of money. However, eating well can be surprisingly cheap. Here are ten tips which may help you to eat well but cheaply.

1. Avoid ready meals and take-aways. They are often rich in fat and sugars and may not provide good value for money.
2. Avoid buying snacks such as crisps, ice creams and sweets apart from the occasional treat.
3. Shop seasonal fruits and vegetables. For instance, oranges and bananas are winter fruits whereas strawberries and peaches are summer fruits. Broccoli and parsnips are winter vegetables whereas zucchinis (courgettes) and peppers are summer vegetables. Buying fruits and vegetables out of season can be expensive.
4. Buy fresh foods such as fruit, vegetables and meats in small amounts and more often since they go off easily.
5. Avoid canned foods if possible. For instance dried beans and pasta are less expensive than canned beans and processed pasta. Also canned fruits can be more expensive than seasonal fresh fruit but have fewer vitamins.
6. Avoid fizzy drinks and fruit juices. They are often quite expensive. Use water and fresh fruit juice instead.
7. Compare prices in local shops and supermarkets and take advantage of special offers.
8. Use value supermarket brands instead of classic brands. They often contain the same ingredients but are cheaper.
9. Cook and eat together with others and share the costs.
10. Make a shopping list and plan your food budget every week. If you feel you cannot do this on your own, ask for help. For instance a key worker may be able to help.

From The Royal College of Psychiatrists' website [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Charity No 200453 **THANET DAY SERVICE**

**Thanet Day Service's March Outing on  
 Thursday 24<sup>th</sup> March at 12.30pm:**

**BY POPULAR DEMAND WE'RE GOING BOWLING AT THE MARGATE AMF  
 BOWLING ALLEY:**



Everybody can play this as we have booked a disabled access alley with a special bowling stand for those with limited bending capability or with mobility scooters.

Wear some comfortable clothes which allow you to bend a little. When we arrive everyone will be handed special bowling shoes to put on which are safe and non slip. Please bring £2.75 to pay for your game – this is a special discounted price! Any queries ring Morag or Jo Tel: 01843 280022.

- Date: Thursday 24<sup>th</sup> March
- 12.30pm Meet up at Margate Library doorway then we will walk 5 minutes to the AMF Bowling, Addington Street, Margate (near Morrisons). Or, meet us at the bowl doorway if you wish.
- 1.00pm Begin playing
- 2.45pm Go for tea/coffee and chat in the Bowling Diner
- 3.45pm Find our ways home!

**Acknowledgments:**

**We wish to thank the following people for their help in creating the March Thanet Review:**

- Barbara Osborne
- Kathy Carr
- Anonymous

**Oh Happy Day** *(a day in the life of a Thanet Day Service Service User)*

February 15<sup>th</sup>, 2011, more people came for the Tuesday morning walk. This was the second time, a stroll around the sea coast. Six of us including Jo. The weather brightened up, but, cool. Paul and Tony wore black shiny shoes. And, the saying one can tell about the character of a man by the shine of his shoes became true. We all had a most needed hot drink and brunch. Morag joined us and, she had a cappuccino. Then, at 2.30pm was the usual art and craft at Holy Trinity. A volunteer, Amanda came, and Jo, Lorraine still was sewing her beautiful needle work. Sean painted by numbers. Then four of us drew sea horses by instruction. Amanda drew a penquin. We talked about a bring and buy sale to fund the papier-mache classes, or something else. All thought a good idea. And, to discuss with Terry and Morag. We also have been talking about at different times about doing something concerning the Queen's diamond jubilee. Also, the issue about the small room size of the drop in on Friday at Ramsgate. We also talked about going to London, March 9<sup>th</sup>, and, bowling March 24<sup>th</sup>. We all said we will meet again 11.30 am Friday. Also, in Thanet Times February 15<sup>th</sup>, page five, Kent County Council are giving £100 per group for a street party in aid of Prince William's marriage, the Royal Wedding. What about that, and maybe a street party for the Queen's Jubilee.

*By Kathy Carr*