

New Members

To attend the groups advertised you will need to complete an application form.

Not sure where our groups are running?



Contact the service and we can help with 'people friendly maps' for full location details. Bus and train times and their routes – nearest bus stops etc.

We enable people to cope with, manage and improve their own mental health. We offer the following services :-

- Help to develop your social life, make new friends, build self-confidence and develop your skills.
- Information and advice on how to access activities and services in the local community such as sport, leisure classes, social groups, training and education.
- Access to Thanet Day Service's community based groups and opportunities for service users to run their own services and support each other.
- The opportunity to work with a Community Link Advisor to help explore your choices and put together your own personalised recovery plan.
- Mental health advice for relatives and friends to increase their understanding of your support needs.

Weekly Groups		Programme of Events		February 2012
Day/Time/ Meeting Place	Venue	Event	Details	
Monday-1pm-6pm Room C 1 st Floor	Thanet Gateway Margate.	Service appointments	Help with self-referrals to the Thanet Day Service and a confidential space for one to one support session. (lift available)	
Wednesday-10.00am Meet outside Thanet Gateway	Margate	Seaside stroll	Join the group for a gentle walk-for about half an hour followed by refreshments – Route changes weekly. Cameras available if people would like to take photographs on route.	
Wednesday 12.30 am - 1.30pm meet outside. The sports centre	Ramsgate Sport Centre	Badminton Equipment will be provided	No charge -special free course. Running in partnership with the Health Trainers learn how to play badminton or brush up on your skills. Bring your own trainers	
Wednesday-2pm-3pm Room C & D 1 st Floor (lift available)	Thanet Gateway Margate.	Drop-in	Time for socialising- discussion – refreshments- plus find out information on a wide variety of activities and organisations	
Thursday -2pm-4pm Meet up first in the café	Trinity Church Cliftonville	Art and Craft group	Explore your creative talents and enjoy yourself. All abilities welcome	
Friday 11am-12pm Meet inside club	Ramsgate Social Club Elms Avenue	Drop in	Meet new friends at the Ramsgate drop in – refreshments and pool table available (opposite Waitrose car park)	
Friday 12-1pm Meet at Ramsgate Social club	Ramsgate	Out and about group	Destination and events chosen by group members weekly	
Friday 1.00-2.00 pm Meet outside centre	Argyle Centre York Street Ramsgate	Computer club	Learn how to use a computer – email, internet setting up Facebook. Also gain a qualification in English and Maths. Beginners very welcome	
Friday 3-4.30pm Meet inside centre's cafe	Hartdown leisure centre	Open Gym session	New - Free gym sessions to book your place contact office 01843 280022 or Speak to Theresa or Vanessa. Run in partnership with Skillsnet..	

Monthly Events

Day/Time/ Meeting Place	Venue	Event	Details
Monday 6 th February and 20 th February 10.30am - 12 noon Meet outside church	Baptist Church Queens Road Broadstairs	Self Help Depression Group	A self help group for people who experience low moods. Offering a supportive network with a positive outlook. This group is back by the Depression Alliance. Service staff will also offer support if needed.
Monday 13 Feb and Monday 27 th Feb 1.30pm Meet outside Thanet Gateway	Margate area	Walking group	Join Jo for a gentle walk and coffee in a friendly, informal group. Friends, family, all are welcome. This walk is run by KCA, for more information please contact Jo Johnson on 593832
Monday 20 th February Meet outside theatre 9.45am-11am	Granville Theatre Ramsgate	Line dancing	New taster group. Special price £1.00 per person Comfortable cloths. Please wear shoes not trainers
Tuesday 7 th February Meet outside 3-4pm	St Johns Church Margate	Women's group	New venue Discussion group to explore women's issues. Refreshments available. Please arrive on time.
Tuesday 14 th February meet outside the Star for 1pm lunch 	Star Inn Margate Ramsgate Road	Lunch club 	Star Inn - Come join the group for a special Valentines lunch . Cost special price £5.95 per person -two courses – ask staff for menu 
Tuesday 28 th February 1.30- 3pm. Meet outside the club 142 High Street	Oddfellows club Ramsgate	Snooker club	New Free Group . Enjoy a game of snooker/pool- beginners welcome.
Wednesday 1 st February 3-4 pm Gateway Room C and D	Thanet Gateway Margate	Current affairs discussion group	Whats going on ? – whats your opinion ? Share your thoughts with others for a lively debate. A selection of Todays newspapers will be provided
Wednesday 8 th February room C and D 3-4pm	Thanet Gateway Margate	Creative writing and book reviews	All abilities welcome. Come and explore the World of Literature and Poetry and try your hand at creative writing.
Wednesday 15 th Feb room C and D 3-4pm	Thanet Gateway Margate	Games group	An afternoon of quiz and games. Bring along your favourite games for the group to try e.g. chess, cludo, scrabble etc but not twister !!
Wednesday 22 nd Feb February 3-4pm Gateway Room C and D	Thanet Gateway Margate	Speakers group	What's going on in your Library ? This month speaker is from Margate library. Find out how to join and what's on offer !
Wednesday 29 th February Room C & D 3-4pm	Thanet Gateway Margate	Service User Forum	An opportunity to express your views on mental health services. This group is facilitated by SpeakUp CIC
Thursday 2 nd February 11.00-12.00 noon Meet inside church	St Paul's Church, Cliftonville	Drop-in	Come along to St Paul's Open Church Coffee Morning where you can meet new people. (Drinks provided - donations welcome.)
Thursday 23 rd February 10am meet outside Tesco main entrance	Tesco Margate Ramsgate Rd	Food shopping group	New shopping and budgeting group . Make the most of your weekly budget for food and help choose the ingredients for the 'cook in' group

Weekend and Evening Events

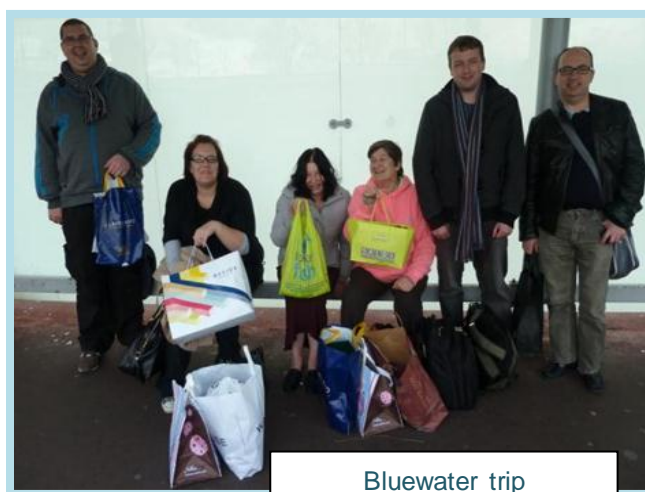
Day/Time/ Meeting Place	Venue	Event	Details
Monday Evening Weekly 5.30pm-6.30 pm Meet outside the main Campus entrance 6 th , 13 th , 20 th 27 th . February	Christchurch University Campus Broadstairs	Singing for all	Beginners welcome . Join us for community singing for positive health benefits- Please call the office to let us know you will be coming

Weekend and Evenings Continued

Saturday 4 th February Meet outside main entrance 2.15pm	Winter Gardens Margate	Fame the musical	Join us for a trip to see Fame the musical. Cost £6.00 per person. To book your place contact our office 01843 280022 cost £6.00 per person
Saturday 11 th February 2.30-4.00pm Meet inside centre	St Johns Community Centre	Social group	Social afternoon at St Johns Community Centre quiz / games. £2.50 per person for the afternoon including drinks and snacks.
Saturday 18 th Feb. 12 noon. Meet Jo outside Thanet Gateway and walk to AMF	AMF (Margate bowling alley)	Bowling (disability lane booked)	Come and have a game of bowling. Special price £ 2.00 per person per game. Please call the office to book your place.
Saturday 25 th February 11am- 2.30	St Johns Community Centre	Cooking group	New group – join us to prepare, cook and share a lunch. To book your place call 01843 28002 or speak to Vanessa or Theresa

News from the groups

Thanet Day Service first trip of the New Year was to Bluewater shopping centre. Members travelled by coach on a bright and crisp Tuesday morning, to seek out January sale bargains at the one of the countries largest shopping centres. The journey up was comfortable and quick with plenty of room on the coach Once up at Bluewater members strolled around the numerous shops finding that many were full of bargains. Some members even stopped for a head and neck massage which was a welcome treat after carrying shopping bags round the centre all morning. We returned to Margate early evening with bags of sale booty with a request to go again next year or even sooner.



Bluewater trip

January also saw the start of the new monthly Saturday 'Cook In' group. Members met up and prepared and cooked a meal to share. The day's menu included grilled pork chops and a full selection of our five a day vegetables and to follow apple crumble and custard. Everyone helped in all areas of making the meal from washing up through to seasoning the pork chops or making lots of cups of tea and coffee. All who came along thought the day was enjoyable and Gordon said the meal "was excellent". The group planned their menu for February and all voted to make a chicken pie and a healthy fresh fruit salad.



Members of the 'Cooking In' group

If you would like to join this group and want to come to the meal in February book your place by calling the office on 01843 280022 or giving your name to a Community link Worker at one of Thanet Day Services events.

Out and about events during February



The All New Star Inn

460 Margate Road, Westwood, Broadstairs, Kent

Special Valentines Menu for Thanet Day Service
Lunch for Tuesday, February 14th, 2012
A set 2-course lunch for £5.95 per person.

Mains

Roasted shoulder of pork with chorizo and sage stuffing accompanied with slow roasted local farm fresh seasonal vegetables including cauliflower cheese, Nash Farm Maris Piper potatoes (roasted), Yorkshire & Chef's own gravy.

Or

Homemade deep filled lasagne with creamy béchamel sauce & extra mature cheddar cheese topping accompanied by French fried chips & fresh mixed crispy leaf salad dressed with Mediterranean herb & balsamic vinegar infused olive oil.

Desserts

Coffee Panna Cotta Or Syrup sponge & custard

Speak up CIC Guest Speaker Event

Find out about the Digital Switch Over

St Johns Community
Centre, Victoria Road, Margate, CT9
1LN

Monday 5th March 12.30-2.30pm

To book you place phone 01843 609359
and speak to Maggie or Amanda

Two events for February

St John's Community Centre, Margate

Pancake Party

Saturday 11th February 7pm

Tickets £6.00 children £2.50

Tickets include supper and pancakes
BYO drinks

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Saturday 18th February 10am-12noon.
Make and meet new friends at the trinity
shop

Stalls and bargains + raffle and
refreshments

Musical Matinee Fame!

Do you enjoy musicals? Thanet Day Service is organising a trip to Fame the Musical which is being shown at the Winter Gardens.

The performance is on **Saturday 4th February at 2.30pm**

Tickets cost **£6.00**

We will be meeting outside the **Winter Gardens** main entrance at **2.15pm**

If you wish to come along then let a community link worker know either by phoning the office on **01843 280022**. Or by letting workers know at a group.

Telephone Helpline

Mental Health Matters - confidential emotional support and guidance-24 hours-daily Telephone
0800 1070160

Also available online @ www.mentalhealthmatters.com online live chat service