

We work with people who need help managing their mental health and 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		January 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 provide	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 outside centre	Hartdown leisure centre	Open Gym session	New - Free gym sessions to book your place contact office 01843 280022 or Speak to Tim / Vanessa. Run in partnership with Skillsnet..	

Monthly Events

Day/Time/ Meeting Place	Venue	Event	Details
Tuesday 3 rd January Meet outside Thanet Gateway 2.00pm	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.
Tuesday 10 th January	Bluewater	Day trip	Coach trip to Bluewater- Find a bargain in the

Monthly Events Continued

Day/Time/ Meeting Place	Venue	Event	Details
Tuesday 17th January meet outside the burger King 1pm	Burger King Westwood cross near Argos	Lunch club	Burger King – after Christmas economy lunch club. Meal deals available. Lunch from £2.00. Friendly group- all welcome.
Tuesday 24th January 1.30- 3pm. Meet outside club. 142 High Street	Oddfellows club Ramsgate	Snooker club	New Free Group. Enjoy a game of snooker/pool- beginners welcome.
Tuesday 31 st January 11.00am until 2pm Meet outside Thanet Gateway at 10am	Broadstairs Westwood Industrial estate	Half day trip	Hornby visitors centre – come to the visitors centre for a fascinating journey through the history Britain's best loved toys. Café available
Wednesday 4th January 3-4 pm Gateway Room C and D	Thanet Gateway Margate	Women's group	First Wednesday every month. New discussion group to explore women's issues. Please arrive on time.
Wednesday 11 th January 3-4pm Gateway Room C and D	Thanet Gateway Margate	Speakers group	New Year new you -This months speaker is Mark the health trainer. Talking about healthy diet improving fitness and lots more !
Wednesday 18 th January 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 25th January 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 5 th January 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 9 th January and 23 rd January 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.
Friday 20 th January at 2.00 pm. 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

Weekend and Evening Events

Monday Evening Weekly 5.30pm-6.30 pm Meet outside the main Campus entrance 9 th 16 th and 23 rd January	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
Saturday 14 th January 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 28 th January 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 Tim

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.

For more information on the groups advertised and completing a referral form please telephone the office 01843 280022

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