

# THANET REVIEW

Welcome to the October 2011 issue of the Thanet Day Service Newsletter

## The New Speaker's Group

The Thanet Day Service resumed its speaker's group this month, with its first guest speaker Debbie Weatheral, the new manager of the Recovery Team from the Community Mental Health Team (CMHT) based at the Beacon. Debbie described her role and the difference between the two teams at the Beacon i.e. Recovery and Access and defined how people move between the teams.

A number of topics were discussed at the question and answer slot including the costs of getting in touch with Beacon staff. One service user suggested that texting was an economical way to communicate and Debbie will take this suggestion back to her team for consideration. Service users were able to discuss a number their individual issues which Debbie agreed to take forward

The main actions from this meeting included:-

- Confirmation that every person discharged from the Beacon should have a discharge plan including details of how individuals can access the CHMT if their situation deteriorates.
- Debbie suggested sending a list of senior manager's contact details to the day service so service users can take forward unresolved issues to the appropriate person at the Beacon.
- Debbie offered to attend the day service every couple of months to keep service users up to date with the Beacon service's and offer Service Users an opportunity to influence how CMHT services are delivered. There would also be a chance to discuss individual concerns and agree how they may be resolved.

The feedback from the session was extremely positive and Debbie and service users are both looking forward to meeting up again on a regular basis

**This months speaker will be from a member of the police force, the talk will cover safety in the home, in the community and online.**

## Service Advisory Group Meeting

This month saw the Service Advisory Group Meeting (SAG) which was very well attended. The meeting started with a working lunch followed by a review of the last SAG meeting minutes which gave service users the opportunity to comment on service activities over the past months.

Updates were given on both the sports survey and the progress being made with the new self help depression group and how this is being supported by the Depression Alliance. Both updates were well received and service users had the chance to add to the feedback and ask questions about the new groups as well as give recommendations.

The second half of the meeting focused on two workshops.

The first workshop explored the term 'service user' and comments and suggestions were recorded around the Red 'sparky'. The SAG members felt that a change of terminology would be a positive move.

The next step will be to take this to a wider group and the service will carry out an opinion poll to establish a view on how people would like to be addressed.

The next workshop involved people looking at ideas for groups and days out with Thanet Day Service. This exercise brought up many new and exciting ideas for the Service. Ideas for Christmas included another January sales trip to Bluewater and an outing to a panto. One service user suggested a

saving scheme that would allow service users to put money aside on a regular basis for bigger trips many at the group felt this was a good idea. All that attended seemed to enjoy the afternoon and our thanks go out to all for their comments and ideas. All service users are welcome to attend this group. So please let us know if you would like to take part. The full details of the workshop results will be collated and published in November's newsletter.

The Service Advisory Group and the Red 'Sparky'



### **Depression Alliance Meeting**

A meeting with the Depression Alliance was well attended many thanks to those that came along. The talk was headed by Laura Sachs from the head office of the Depression Alliance in London. The talk focused on ground rules and the importance of letting the group build a firm foundation before becoming a self-led group. Feedback from Laura was extremely positive

*“ I really enjoyed meeting the group. One thing that really struck me during the meeting was just how supportive and thoughtful members were to each other, which is fantastic grounding for a group and so good to see.*

*It will be good to take small steps at a time... and in time people will start to feel more comfortable and more confident with it and there are things we can do to help there. I look forward to visiting again...”*

We look forward to seeing Laura again and the group will now be held fortnightly

## What's on in Thanet

**Ask your Community Link Worker for the full listing of these events e.g. where the events are taking place, the time, costs etc. We can help you plan your trips**

"All Banged Up" A walk focussing on the history of Margate Police Force.	Mods and Rockers Exhibition at Margate museum.	Purple Zeppelin, Bands pay homage to Led Zeppelin and Deep Purple at the Granville Theatre	Kent Cabaret Soiree. at Margate's Tom Thumb Theatre.	Georgian Squares walk in Margate	Rodin's Kiss at the Turner Contemporary.
Giant Print Event, featuring a steam roller.	Thanet writers award night.	Penny Dreadful's Etherdome at the Theatre Royal	Quiz Night, at Ramsgates St Laurence Church.	Spikedrivers, an amazing blues band.	BHF Viking Bike Ride. Viking Coastal Trail
Patrick Dunn Piamo concert, Sarah Thorne Theatre	Walk on the wildside, Cliftonville walk.	Macbeth at the Theatre Royal Margate	QEQM Hospital League Of Friends, fashion show.	Murder Mystery at the Powell Cotton Museum	The band "You Me At Six", appearing at Margate Winter Gardens
Comedy Club	Smallti and Milefiore advanced mosaics course	World Food Day, Winter Gardens Margate	Live music with Hullabaloo at The Minnis	Margate shops and Marine Drive walk	Invisible, the play at the Theatre Royal
KCW wildlife photographic study workshopt	"Something" exhibition at Powell Cotton Museum	Life drawing and sculpting workshops at the Turner Contemporary	Royal Wind Orchestra, wonderful familiar and unknown tunes	Charity day at St Nicholas at Wade	

## Family Events

Sea Garden Autumn Task at Thanet Coast Project	Seal Spotting and wildlife watching..	Wednesday beginner lessons at Revolution Skatepark	Children's Halloween party at Jungle Jims
KCW Sea Safaris	KCW Rocky Shore Discovery tour.	KCW storytelling Treasure trails- Thanet Coast Project	

### **Lunch Club-Tuesday 25<sup>th</sup> October**

**Join us for this months lunch event – Meet outside the Olde Charles pub in Cliftonville at 1pm at or Meet at Thanet Gateway at 12 .30pm to travel together by bus to Cliftonville. Costs Roast dinner large £5.96 or small £3.95**

# Up and Coming Dates and New Groups

## World Food Day

Come and see the Fairtrade cotton fashion show, which includes food tasting, drumming, cookery demonstrations and global workshops, storytelling, hands on activities for children, trade stands, entertainment and much more.

Meet at the entrance to the **Winter Gardens, Margate** on **Sunday 16<sup>th</sup> Oct** at **11:30am**

## Speakers Corner

A talk on safety will be held at **Thanet Gateway, Margate** on **12<sup>th</sup> October** between **3pm and 4pm**, by a local policeman.  
All welcome, refreshments will be provided.

## Women's Group

Meets the first **Wednesday** of every month between **3pm-4pm**  
**New members very welcome**

## Badminton for all

**This month a very special price**

£1.00 per-person  
Equipment provided

## Snooker / Pool night

New early evening group  
Book your place by phoning 01843 280022 or speak to your Community Link Worker

## Singing For Health

The singing for health is resuming on **Monday 26<sup>th</sup> September** and will be on every Monday evening. The singing sessions will take place at the **Broadstairs Christ Church Campus** in **the Hall** starting at **5.30pm – 6.30pm**.

All abilities are welcome. Meet outside the main entrance