

Programme of Events			April 2011	
Day/Time	Starting	Venue	Type of Event	Details
Monday 1pm-6pm	On-going.	Thanet Gateway Cecil Square, Margate.	Service appointments	Help with self-referrals to the Thanet Day Service and a confidential space for one to one support session.
Monday 11am-12.00	Weekly	Thanet Gateway Plus, Cecil Square, Margate	Computer Club	Help using a computer or brush up on your skills in a relaxed and flexible setting. We use the 'My Guide' computer course. Please book your place by phoning the office.
Tuesday	Health walk Weekly starting 5 th April at 9.30 am	Margate area	Health walk	Join us as we join up with the free public Health Walk for a gentle walk of up to one hour. Gentle exercise is great for mind and body! Meet at 9:30 at the Six Bells Children's Centre, High Street, Margate (opposite St John's church)
Tuesday	Half day trip 19 th April 12.30pm- 4.30pm	The Turner Arts Margate Harbour	Visit to the Turner Arts Centre	Yes it's finally here – the Turner arts centre is now open – find out what's going on inside the brand new building! Meet outside the Margate library doors at 12.30 and walk to the Turner Centre
Tuesday from 12.30	26 th April	Meet outside Margate Library 12.30pm and walk to Bowling alley	Bowling at AMF Margate.	Last month service users really enjoyed this event – so why not join this group – Will cost £3.00 per person. We have booked the lane with disabled access.
Tuesday 2pm-5pm	12 th April	Cecil's Cecil square Margate	Lunch Club Special price	Join us for a late lunch special price meal- £ 3.50 per person. Meet outside the library in Margate at 2pm
Wednesday 2pm-4pm	Weekly	Thanet Gateway Cecil Square, Margate.	Drop-in	Time for socialising- plus find out information on a wide variety of activities and organisations.
Wednesday 3-4pm	Weekly	Thanet Gateway Cecil Square, Margate	Community information and advice	Information and advice –Plus using our service newsletter find out about community events in Thanet – All service users welcome
Wednesday 3-4pm	Monthly 27 th April	Thanet Gateway Plus, Cecil Square, Margate.	User Forum	An opportunity to express your views on mental health services. This group is facilitated by SpeakUp CIC (formerly East Kent User Forum)
New Thursday	Weekly 2pm-4pm	Trinity Church Resource Centre Cliftonville (Held in the upper lounge)	Special craft group	Papier-mâché Learn how to make very fancy papier-mâché items. (not like the attempts you may remember at school) . New six weeks course
Thursday 11.00-12.00	Monthly 7 th April	St Paul's Church,	Drop-in,	Come along to St Paul's Open Church Coffee Morning where you

Day / Time	Starting	Venue	Type of event	Details
Thursday	14 th April Weekly for eight weeks 11am-12	Ramsgate area Meet outside McDonalds High Street	Seaside stroll	Join us for a gentle stroll by the seaside and a cup of tea afterwards. Gentle exercise is great for mind and body alike! Every week for 8 weeks
Friday	Weekly 11am-12pm	Ramsgate Social Club Elms Avenue, CT11 9BD	Drop in	Meet new friends at the Ramsgate drop in – refreshments and pool table available (opposite Waitrose car park)
Friday	Weekly 12-1pm	Meet at Ramsgate Social Club	Out and about group	Destination and events chosen by group members weekly

Please note - because of the April Bank Holidays for two weeks only we are moving our Friday social group to temporary slots i.e. Thursday 21st and 28th April.. The group will still run at the Ramsgate Social Club as detailed above---starting 11.00am

Fridays 1.00-2.00 pm	Weekly Please note not running 22 nd -29 th April	Meet outside Argyle Centre York Street Ramsgate	Computer Club	Qualified computer expert Arran will be on hand to support your learning and answer any questions you may have about computers. We are using the basic online learning course 'MyGuide'.
Most days of the week	Every week	Taking place throughout Thanet	East Kent Health Walks	Get walking- get fit -get active. All fitness levels welcome. To find out the best walk for you telephone 01843 280022

For more information on the groups advertised please telephone our office 01843 280022 or speak to your community link worker

Not sure where our groups are running? – No problem -- 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.

New groups planned for May
Singing and cookery phone the service to find out more

Mental Health Matters Helpline - confidential emotional support and guidance - Opening times 5pm-9am and 24 hours weekends and Bank Holidays 0800 1070160
Also available online @ www.mentalhealthmatters.com online live chat service

Our aim is to improve the quality of life for those people affected by mental ill 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
- The opportunity to work with a Community Link Advisor to help explore your choices and put together your own personalised recovery plan.
- Access to Thanet Day Service's community based groups and opportunities for service users to run their own services and support each other.
- Mental health advice for relatives and friends to increase their understanding of your support needs.

Acknowledgements

The day service operates from community bases throughout the Thanet area. We work closely with local partners and would like to thank the following organisations for their continued support.

Porchlight, East Kent User Forum, SureStart, St Paul's Community Centre, Thanet MIND, Connexions, CMHT at the Beacon, Pathink, Baptist Church Margate, St Johns Church, Thanet Gateway, Ramsgate Social Club, St