

Programme of Events			February 2011	
Day/ Time	Starting	Venue	Type of Event	Details
Monday	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	Need help using a computer or brush up on your skills in a relaxed and flexible setting. We use the <b>'My Guide'</b> computer course.
Tuesday 2-4pm	Weekly	Trinity Church Resource Centre Cliftonville	Arts and craft group	Explore your creative talents !! all abilities welcome. You choose your craft e.g. Painting - card making- jewellery/model making –knitting
Tuesday 10.30 11.30	Starting 8 <sup>th</sup> February	Meet at Thanet Gateway library doors, Margate	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
Tuesday 11.30-12.30	15 <sup>th</sup> February	Tastegate café, New Street, Margate	Brunch Club	Meet at the The Tasegate café - famous for its fantastic full English breakfasts!. For more info please contact the service
Wednesday 2pm-3pm	2nd February	Thanet Gateway Cecil Square, Margate.	Benefit advice	Meet with Diana Thomas specialist benefits advisor. An overview of the changes to the welfare benefit system and a question and answer session
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	February 9 <sup>th</sup> Feb. 16 <sup>th</sup> Feb	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 welcome service users welcome
Wednesday 3-4pm	23 <sup>rd</sup> February	Thanet Gateway Plus, Cecil Square, Margate.	User Forum	An opportunity to express your views on mental health services. This group is facilitated by the East Kent User Forum.
Thursday	3 <sup>rd</sup> February	Meet at the Vue cinema, Westwood Cross Broadstaris	Cinema afternoon Outing	Latest film realises to be chosen by group attending Call the office 01843 280022 or ask service staff for more details.
Thursday 11.00-12.00	Monthly 3 <sup>rd</sup> February	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)
Friday 11am-12	Weekly	Animal Ark Charity Shop High Street, Margate	Discussion and feedback group	Service user led – service users' views on groups and activities –ideas – volunteering –topics for new groups (Information gathered will

Day / Time	Starting	Venue	Type of event	Details
Friday 12-1pm	Weekly	Animal Ark Charity Shop High Street, Ramsgate	Drop-In,	Social support 'drop-in'---café /shop setting. Light refreshments will be provided
Fridays 12.45- 1.45pm	Weekly From 4 <sup>th</sup> January	Meet up at Animal Ark Charity Shop Drop-In, High Street, Ramsgate, and then walk to venue	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 ' <b>MyGuide</b> '.
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. <b>To find out the best walk for you</b> telephone 01843 280022

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.

### Training for February

Another First Aid course. - Assertiveness course in partnership with East Kent with User Forum and Thanet College

**Free** theatre trip and travel to see a musical in London in partnership with Porchlight  
For more details -- day and times of trip etc. --- phone 01843 280022

**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](http://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, Rethink, Baptist Church Margate, St Johns Church, Thanet Gateway, Animal ARK charity, St