

Programme of Events			March 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 'My Guide' computer course.
Tuesday 2-4pm	Weekly	Trinity Church Resource Centre Cliftonville	Arts and craft group	Explore your creative talents !! all abilities welcome. This month special event is candle making with beeswax plus the usual activities e.g. painting - card making- jewellery/model making –knitting etc
New group Tuesdays 2-3pm	Weekly	Trinity Church Resource Centre Cliftonville	Computer design arts and crafts	Using computers to explore art and design – all abilities welcome-
Tuesday 10.30 11.30	Weekly throughout March	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 12.30pm	8 th March	Cosmo Marine terrace Margate	Lunch Club Chinese food	Oriental buffet. Eat as much as you like for £ 6.99 person. (drinks extra) Please ring the service to book your place 01843 280022.
Wednesday All day trip	9th March	London (via mini bus) Various pick up points in Thanet	Theatre trip to see Wicked	Free trip to see a show in London – plus bring your own lunch for a picnic in Green Park and a walk to see Buckingham Palace (In partnership with Porchlight) <i>sorry now fully booked</i>
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	30 th March	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 Half day trip	24 TH March	Meet outside Margate Library 12.30pm and walk to Bowling alley	Bowling afternoon Outing	Bowling at AMF Margate. Will cost £2.75 per person. We have booked the lane with disabled access. Call the office 01843 280022 or ask service staff for more details.

Day / Time	Starting	Venue	Type of event	Details
Thursday 11.00-12.00	Monthly 3 rd March	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	31 st March	St Johns Community Centre Margate	Service Advisory Group	Meet other service users to discuss and feedback your views on how to develop the day service.
Friday 11am-12	Weekly	Meet outside McDonalds 138 King street Ramsgate	Drop-In,	Drop in -Service user led – service users' views on groups and activities –ideas – volunteering –topics for new groups (Information gathered will help the Service Advisory Group)
New group Friday 12-1pm	Weekly	Meeting point changes weekly ring service for details	'Out and about '	New Out and About group. Explore what's going on in Ramsgate and visit local places
Fridays 12.45-1.45pm	Weekly	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

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 group for April

FREE Course ≈ a special six weeks course making very fancy papier-mâché running on a Thursday afternoon. To book your place call 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 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