



Charity No 200453

THANET DAY SERVICE

THANET REVIEW

Welcome to the February 2011 issue of Thanet Review, the Thanet Day Service's monthly local information newsletter, created and brought to you by service users. We hope you find it interesting and useful for planning your activities, outings or get togethers, please phone the office if you require further information or assistance. Everyone please keep giving us your local information, money saving tips, poems, artwork or mental health tips coming in for the next issue! (Tel: 01843 280022)
THANK YOU

Fri 18 - Sun 20 February 2011 February Broadstairs Blues Bash at various pubs and venues in Broadstairs

Broadstairs Blues Bash is a FREE Blues music festival which is now into its third year & takes place annually in mid-February in various venues in the town of Broadstairs. Many local, national and international Blues acts perform. Contact: info@broadstairsbluebash.com www.broadstairsbluesbash.com www.visitthanet.co.uk

THANET DAY SERVICE'S SEASIDE STROLL! EVERY TUESDAY FROM 8th FEBRUARY TO 29th MARCH AT 10.30am

Come and join us for a little stroll around Margate sea front for fresh air, gentle exercise, pleasant company and maybe a cuppa along the way!

Meet up at the Margate Library doorway at 10.30am every Tuesday.

Benefits talk with Diana Thomas (specialist advisor) Room C, 1st Floor, Thanet Gateway, Cecil Square, Margate. Wednesday 2nd February at 3pm. All service users are welcome to come along to this informal group session to find out about changes to welfare benefits and a question and answer session.

Coastal 'Rock Doc' Walks Learn the language of the rocks, chalk cliffs, flints & fossils on guided walks with the Rock Doc.

All walks start at 11am, and last for 1-2 hours. These walks are suitable for all ages over 14 years. Please wear suitable footwear for the beach and clothing for the weather conditions on the day.

- **Sun 27 Feb – Kingsgate** - meet at Fayreness Hotel
- **Sun 27 March - Minnis Bay, Birchington** - meet promenade by tidal pool, near the chalk cliffs

Rock Doc Walks

Learn the language of the rocks... chalk cliffs, flints & fossils, with the Rock Doc. Join Dr Alasdair Bruce as he leads you through 80 million years of history around the Thanet Coast. All walks start at 11am & last between 1 to 2 hrs. The Walk Leader reserves the right to refuse any person who disrupts the walk for the enjoyment of others.

Although this event is free, a donation to support future coastal events would be welcome. You will be automatically connected to the donation page when you complete your booking.

For further information please contact Thanet Coast Project on 01843 577672 or email thanet.coast@thanet.gov.uk

The booking system defaults to show dates for the next 3 months. To see all available dates, please click on the drop down arrow and select an alternative date range.

PLEASE NOTE: If you are unable to attend, please do let the Thanet Coast Project know - as these walks are popular and cost money - and this will allow someone else to attend

Book your place and find out about more about Thanet Coast Project events at:

www.thanetcoast.org.uk or via Visitor Info' Service Tel: 01843 577577

The Thanet Coast Project is sponsored by Natural England. Kent County Council

FREE training in IT, English and Maths at ITeC, Victoria Road, Margate. Tel: 01843 233433 or Email Amanda@ekitec.co.uk

Like fishing? The Nayland Boat Sea Angling Society is on the hunt for new members. Fishing competitions and social events take place throughout the year. Further information from Dave Harris on 01843 845743.

Enjoy local history? The Margate Museum in the Old Town Hall, Market Place, Margate, needs volunteers to help bring it back to life for its planned re opening this year. Contact Christine on 07973 569344.

Want to sing? 'Singing for Health' FREE any ability group at Broadstairs Canterbury Christchurch University Campus. Mondays 5.30-6.30pm Tel: 01303 220870 for further information.

Photo of the week The Gazette newspaper are calling for people to send in their photographs of an unusual or beautiful image of Thanet. The best photo of the week will win a free ferry crossing to Ostend! Email your photo as a .jpg attachment to newsdesk.thanet@KRNmedia.co.uk and include your name, address and brief description of where the photo was taken (ask Jo or Morag for help if you need it).

This month's poem:

This January 2011 has lots in store.
No one can say the future a bore.
The coming months much more.
My diary was empty.
Now filled with plenty.
Tuesdays, crafts and art.
Wednesdays, talk time ... library,
to take part.
Lots to choose.
Take away your blues.
So, when the chips are down.
Do NOT frown.
Get up, just do not squawk.
Try one of those special walks.
With 2011, a bright future to
begin.
If you do not try, you will never
win.

By Kathy Carr

FREE TICKETS – FREE TICKETS – FREE TICKETS –

(If you need help using the computer or phoning just ask Morag or Jo to help you)

My Kent Big Weekend - Saturday 26 and Sunday 27 March 2011

This year's **My Kent Big Weekend**, is all about celebrating Kent's unique and diverse tourism and leisure on offer. More than **100 venues** have provided more than **15,000 tickets** free of charge, ranging from free entry into gardens and castles, to free watersports and horse riding tater sessions.

No need to rush for tickets

This year, they will be opening a ballot for tickets until Midnight on **Thursday 17 February**.

There is no need to rush to apply for tickets as it doesn't matter when you enter the ballot, everyone has an equal chance of getting tickets whether you apply today or any other day.

You can enter the ballot now at www.mykentbigweekend.co.uk or contact the Tourist Information Office.

Before you apply for tickets you need to make sure:

- You live in Kent - only Kent residents can apply
- You have a printer - your tickets will need to be printed and exchanged at the venue on the day
- Decide on a day to visit, and check the date that the venue is taking part in My Kent Big Weekend - some venues are providing tickets for days other than on the My Kent Big Weekend itself
- Only two tickets per household will be allocated (and a maximum of two tickets per household applied for) but you can enter the ballot for as many venues as you wish
- Once the ballot closes, we will randomly select those who have been successful in getting tickets and inform the successful entrants by Monday 7 March. www.mykentbigweekend.co.uk

COURSES: **Thursday 3rd February** at 6 – 8pm for 4 weeks. 'Keeping up with the Children (Literacy)' course at Hartsdown Technical College (especially **for parents** of year 6 & 7 children) FREE – Provided by Kent Adult Education Service. Call Nicola 07845 979024 to book.

Monday 7th February at 9.15 to 11.45am for 5 weeks. 'Time Out for Parents' **parenting course** (adults only) FREE at St Gregory's Catholic Primary School. Tel 01843 221896.

Tuesday 8th March in the evenings for 5 weeks. 'Internet & Emailing' at Hartsdown Technology College. Course costs £15 – Call 01843 227957 to book.

Learn how to use a computer at your own pace with MyGuide self learning courses at Margate Library: Enrolling on Mondays and Fridays 9am – 4pm throughout February. See the Library staff Marion or Karl or ask Jo or Morag for help.

FEBRUARY EVENTS: ...*(PLEASE HELP! - We desperately need more local information, please pick up any local tourist information leaflets you find and pass them to Morag or Jo – Thank you!)*

Every Tuesday at 7pm Salsa Classes with Leon at Pavilion, Broadstairs Tel: 01843 600999.

Every Wednesday 9.30 – 10.30am Clothing Sale & Coffee Morning at St Pauls Community Centre, St Paul's road, Cliftonville. (Clothing donations always needed phone 01843 221290 to arrange collection).

Every Saturday & Sunday (up to Mar) Crampton Tower Museum is open 1 – 4pm at Broadway, Broadstairs.

1st February 2pm – 4pm Thanet Senior Citizens Forum are opening a Tuesday Teapot Club for the over 55s. At Kings Church, Ramsgate. Time for chat, friends and find out what's happening.

Thursday 3.2.11 & Thursday 17.2.11 at 7.30pm Broadstairs Recorded Music Society at The Red Hall, 11 Grosvenor Rd., Broadstairs. Tel: 01843 604101 or 07958 699693.

Monday 7.2.11 & Mon 21st February at 7.30pm Broadstairs Writers' Circle FREE at Brown Jug Inn, Ramsgate Rd. Tel: 07939 253832.

Tuesday 8th February at 7.30pm The Broadstairs Society. A talk by Gordon Taylor – 'Dutch & Flemish Gables' at Park Hall, Pierremont Park, Broadstairs. Tel 01843 868835.

Tuesday 8th February at 7.45 – 9pm The Canterbury Library Pride in Canterbury Society Evening. Share your favourite novels, debate and recommend good reads. Tel: 01227 463608.

Saturday 12th February 10am – 3pm The Thanet's Gateway Plus Celebrates Diversity and their 3rd Birthday with VG Lee author & stand-up comedienne at 2 – 3pm. Ring for more details or ask a member of staff Tel: 08458 247 202.

Saturday 12th February (and every 2nd Saturday in the month) at 2.30pm Bingo & Tea at St Johns Church Community Centre, Victoria Road, Margate. Cost £2.50.

Sunday 13th February at 3pm. A literature Festival for Thanet brings writers together, monthly events, workshops, open mic. Valentine's Cream Tea & Poetry with open mic. Tickets £5.75 At Mrs corby's Tea Rooms, 18-20 York St., Ramsgate. Tel 01843 586078 (ring after 2pm).

Monday 14th February at 7.30pm Isle of Thanet Geographical Association Lecture: East & West Cape by Don Wilks at Park Hall, Pierremont Park, Broadstairs. Tel: 01843 602051.

Saturday 19th February (and every 3rd Saturday in the month) Table Top Sale at St Johns Church Community Centre, Victoria Road, Margate. Sale of cakes, clothing, CDs, books etc.

Monday 21st February at 7.30pm Thanet Fuchsia Group. (Speaker to be confirmed) at St Peter's Church Hall, Broadstairs. Tel 01843 225122.

Sat 26 February 2011, 11am - 2pm Seazine FREE family art/stories/photography workshop by artist Polly Brannan at Cliftonville Library

Tuesday 1st March 10am – 3pm. Thanet Gateway Plus Education & Employment Fair at The Gateway, Cecil Street, Margate. Call for more details 08458 247 202.

5th March World Book Night. Events being run nationwide. For further information take a look at www.worldbooknight.org or enquire at your local bookshop or library.



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Here are 5 ways to help you improve your mental wellbeing. Try to integrate them into your daily life – think of them as your “5 a day” of mental wellbeing!

1. Connect... With the people around you.

With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. Be active... Go for a walk or run.

Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

3. Take notice... Be curious.

Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

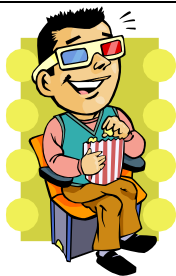
4. Keep learning... Try something new.

Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

5. Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Taken from www.liveitwell.org website. Read more at www.foresight.gov.uk or www.neweconomics.org/projects/five-ways-well-being



Thanet Day Service's outing on Thursday 3rd February:

For the February outing this month we're off to the cinema to see The Kings Speech on Thursday 3rd February at the Vue cinema at Westwood Cross Shopping Centre (weather permitting – if snow is settled on the main roads

then we won't be going)

Trip details: Bring with you the cost of the seat which is £6.35

- 11.45am Meet up at the Vue Cinema front doorway at Westwood Cross
- 12.00 The film starts
- 2.30pm After seeing the film we will all walk over to the Frankie & Benny's restaurant for a hot drink and a natter
- 3.30pm Catch your buses home.

If you want us to travel on the bus with you to and from the cinema please speak to Jo or Morag and we can arrange to travel with you. Tel: 01843 280022.

Acknowledgments:

We wish to thank the following people for their help in creating the February Thanet Review:

- Kathy Carr
- Madeline Diaper
- Susan Parke

**LOOK OUT FOR OUR NEXT MARCH OUTING - BY POPULAR DEMAND
WE'RE GOING BOWLING !**