

THANET REVIEW

Welcome to the January 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 February issue! (Tel: 01843 280022) **THANK YOU**

WISHING EVERYONE A HAPPY & A POSITIVE NEW YEAR 2011 !

SERVICE ADVISORY GROUP MEETING – 6th January 2011 at 1.30pm

Regrettably, in December we had to cancel our 'Government Spending Cuts Meeting' and our guest speakers due to the snow. Therefore, we will now discuss this topic as part of our agenda at our next 'Service Advisory Group Meeting' on 6th January at 1.30pm – 4.00pm at St John's Church Community Centre, Victoria Road, Margate. All Service Users are invited to attend this meeting where we will also have our usual discussions about the Thanet Day Service and how we can use your ideas and views to develop or improve our service. Please telephone the office to let us know if you will be coming on 01843 280022.

We have also been asked by the East Kent User Forum to invite all of you, if you wish, to do an internet survey on what you personally think about the Government Spending Cuts and proposed changes to benefits. This is the website address:
<http://www.surveymonkey.com/s/eastkentbenefits> Please fill in the survey by 15th January 2011. To request the survey by email or post, contact Maggie Gallant on 01843 230726. The results of this survey will be used by East Kent User Forum to campaign against the cuts. Thank you. (ask Jo or Morag for help if necessary)

If you want to develop your hobbies or interests why not start by taking a look at this useful website to find local clubs of interest:

<http://communityportal.thanet.gov.uk>

This website has been set up by Thanet District Council to promote a directory of Thanet clubs, community organisations, charities and events online. Please ask Jo or Morag if you need help to use the computers at the library.

If you like photography and would like to meet people with a similar interest there's a group being run by the Isle of Thanet Photographic Society in the Northdown Hall at Holy Trinity Church Community Centre, St Marys Avenue (off Millmead Rd), Cliftonville on Monday evenings at 7.30pm – 10.00pm. Contact Tel: 01843 294229 website: www.iotps.co.uk £2.50 weekly for non members.

- 10-Jan-2011 - Beginners Prints – Talk, Spotlight on Kent - Heather Willis
- 17-Jan-2011 - Beginners Prints - in house panel with Dave Silk comments
- 24-Jan-2011 - Selection Night for Battle
- 31-Jan-2011 - Studio Night still life / tabletop



Banner by Sheila Burton

THE THANET DAY SERVICE CELEBRATES IT'S 1ST SUCCESSFUL YEAR !

Thanks to everybody who helped at our promotional stall at the Gateway on 1st December when we took part in a Health Promotional Day and also celebrated our first year of operation!

In 2011 we will continue to develop and shape the service to meet service user's needs. So please, everybody continue to feedback your views and ideas to staff.

Thank you. Tel: 01843 280022 or 2 Cecil Sq., Margate, CT9 1BD.

Get Fit Dance Classes starting on Monday 10th January 2011:

ZUMBA & ZUMBATOMIC Theatre & Dance Classes. Zumba Adult Classes and kids Zumbatomic classes running every night. New get fit dance craze from Latin America and the USA.

At Trinity Resource Centre, St Mary's Avenue, Cliftonville, CT9 3TN. For more information and to book your classes: Laura Cripps Tel: 01843 293273

Email laura_cripps@hotmail.com www.dancefactorykent.co.uk

Class also at St.Laurence Parish Hall Ramsgate Friday Nights.

First Lesson just £2 (ADULT CLASS) £2.70 (KIDS)

KENT ADULT EDUCATION CLASSES STILL AVAILABLE FOR 2011, GOOD VALUE AND LOCAL!

BALLROOM & LATIN BEGINNERS CLASSES

12 x weekly sessions to be run at Broadstairs Adult Education College, Hilderstone, St Peters, Broadstairs.

Starting Thursday 13th January or 28th April 2011 at 6.30pm – 7.30pm.

Total cost for those on benefits will be approx £27.00.

Enrol by phone 0845 606 5606, online www.kent.gov.uk/adulted or in person at the colleges at Hilderstone, Broadstairs or Hawley Square, Margate. Or ask Morag or Jo for assistance.

YOGA FOR ALL

10 x weekly sessions. Total cost for those on benefits will be approx £23.00.

To be run at Broadstairs Adult Education College, Hilderstone, St Peters, Broadstairs, starting Thursday 3rd February or 5th May 2011 at 10.30am – 11.30am.

Or, at Forresters Hall, Ramsgate, starting Tuesday 1st February or 3rd May 2011 at 10.00am-11.00am.

Or at The Centre, Birchington, starting Wednesday 5th May 2001 at 9.45am – 10.45am.

Or, at Westgate Library, starting Wednesday 2nd February 2011 at 9.45am – 10.45am.

Enrol by phone 0845 606 5606, online www.kent.gov.uk/adulted or in person at the colleges at Hilderstone, Broadstairs or Hawley Square, Margate or in the Library. Or ask Morag or Jo for assistance.

IF YOU ARE LOSING YOUR HEARING? WHY NOT TRY LIPREADING CLASSES TO HELP YOU UNDERSTAND WHAT PEOPLE ARE SAYING? FREE COURSES WITH KENT ADULT EDUCATION!

10 x weekly sessions to be run at Broadstairs Adult Education College, Hilderstone, St Peters, Broadstairs. Starting Thursday 6th January or 28th April 2011 at 1pm – 3pm. Enrol by phone 0845 606 5606, online www.kent.gov.uk/adulted or in person at the colleges at Hilderstone, Broadstairs or Hawley Square, Margate. Or ask Morag or Jo for assistance.

THANET DAY SERVICE CRAFT GROUP:

Our Craft Group restarts on Tuesday 11th January 2pm – 4pm at Trinity Resource Centre, St Marys Avenue, Cliftonville (opposite the Wheatsheaf Pub)

Previously in this group we tried out various types of craft.

Now in these sessions we are hoping that you will bring along your own choice of hobby and share your craft tips and advice with others while we 'make and chat'.... or if you prefer just come along for a cup of tea and listen to relaxing music.

Staff will also bring each week a box of craft ideas that you can delve into and get inspired !

Please contact Jo or Morag Tel: 01843 280022 if you have any queries or need advice.

JANUARY EVENTS

Wednesdays 5th, 12th, 19th, 26th January at 10.30 – 11.30am. 'Talk Time'a KCC event at Broadstairs Library, The Broadway, Broadstairs, CT10 2BS. Come and join our new weekly group where you can make friends and share activities.

Fri 7th Jan 2011 5pm – 7pm The Christmas Lights Switch on which was cancelled due to bad weather on 3rd December has now rescheduled the procession as a **New Year Parade on January 7th at 5pm at Marine Terrace**, Margate, CT9 1XJ. Lantern and flag procession down Margate High Street with a marching Samba Band ! Tel: Margate Charter Trustees 221704 / www.visitthanet.co.uk



Saturday 8th January (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 9th January at 11am. Coastal 'Rock Doc' Walk. Meet at Hugin Viking Ship, Pegwell Bay, Cliffsend. For further information and to book your place please contact Thanet Coast Project on 01843 577672 / 577577 or Email thanet.coast@thanet.gov.uk Website: www.thanetcoast.org.uk 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. Join Dr Alasdair Bruce as he leads you through 80 million years of history around the Thanet Coast. Although this event is free, a donation to support future coastal events would be welcome. 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. The Walk Leader reserves the right to refuse any person who disrupts the walk for the enjoyment of others.

Saturday 15th January (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.

20th January 2011 at 2.0pm for 2.30pm. at St Peter's Church Hall, St Peter's Broadstairs. The Life and Art of Thomas Rowlandson. Lecturer is Frances Hughes. Thanet Decorative & Fine Arts Society

Monday, 24th January 2011 7.15 for 7.45pm. The IOT Archaeological Society has a talk called 'Mental Health – Pre-history to Local History' - speaker **Dick Symonds**. All welcome - £2 charge at door for non-members, at Crampton Tower Yard, High Street, Broadstairs. For further information contact: Isle Of Thanet Archaeological Society, Room B, Crampton Tower Yard, High Street, Broadstairs, Kent CT10 2AB. Email mail@iotas.org.uk



Sunday 30th January 10 – 1pm Cliftonville Farmers Market at the Oval Lawns, Cliftonville, Margate. Tel: 01843 226033.

Every Wednesday, 9 – 4pm Margate Market, Cecil Square.

Every Friday and Saturday, Ramsgate Market in the Town Centre.

LOOKING AFTER YOURSELF
Five ways to stay healthy and happy every day

Get Active: Try to exercise for at least 30 minutes daily. Walking, swimming and yoga are great for keeping fit.

Hydrate: Make sure you drink plenty of water to prevent dehydration. Aim for about six glasses per day.

Get your beauty sleep: Wind down with a relaxing bath and avoid caffeine before bedtime. Aim for six to eight hours of sleep every night.

Take time out: Whether you paint your nails or read a good book, set aside some time each week that's just for you.

Eat healthily: A well-balanced nutritious diet, based on starchy food with plenty of fresh fruit and vegetables, will help to boost your immune system.

Sleeplessness

Here are a few dos and don'ts, which may help you to sleep better but, do check with your doctor if your sleep is worrying you:

- Do** go to bed and get up at a regular time.
- Do** have a bedtime routine and wind down before bedtime.
- Do** get up if you are worrying, or are not asleep after 30 minutes, and do something relaxing.
- Do** exercise regularly, but not in the late evening.
- Do** remember that sleep changes throughout our life cycle and that lack of sleep won't harm us.
- Do** make sure your bed and bedroom are comfortable, for example, noise, temperature, light, etc.
- Do** check with your doctor whether any medicines you are taking may be affecting your sleep.
- Don't** worry about not getting enough sleep.
- Don't** lie in bed worrying about other problems.
- Don't** use your bed for things other than sleep.
- Don't** eat or drink caffeine close to bedtime, and cut down during the day.
- Don't** smoke close to bedtime.
- Don't** drink alcohol close to bedtime.

Further information is available from:

British Sleep Society www.sleeping.org.uk
British Snoring and Sleep Apnoea Association Tel: 0800 0851 097 www.britishtsnoring.com

Why not try learning how to use a computer this year?

S.E.S. Tutors Ltd bring their **FREE** online computer training to the Gateway, Margate Library and to the Argyle Centre, Ramsgate. These courses can be done using the library computers, or, if you have your own computer at home you get a login password to work through the training in your own home if you wish. For further details ring 0800 771234 or ask Jo or Morag to help you get started.

January's Poem:

THE CAT

*Do not be fooled by the Cat
 We know where he's at
 He will sit in the corner all
 innocent and wise
 However, look deeper into
 those feline eyes
 This Cat did not sit on
 anyone's lap, he most
 definitely chose yours*

by Sheilla Burton

My way of Life:

“Try to come to terms that everything in life does not always go according to plan, to accept the problem and work around it the best way possible, to concentrate on the most important job first, not to overdo things, only do them in small stages and have a break in between.”

By Marion Williams

Thanet Day Service's January Outing:

Trip to Bluewater on 4th January for those who have already previously booked and paid.



*** *Everybody, please let us know your ideas on where you would like to go for our next 2011 monthly outings*

Acknowledgments:

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

- Sheila Burton
- Carol Mitchell
- Marian Williams
- Aaron Dengate

SOME DATES FOR YOUR 2011 DIARY NOT TO BE MISSED!

Turner Contemporary Opening Exhibition programme 16th April 2011

Opening on 16th April 2011 the Turner Contemporary's rich and varied exhibition programme presents historical and contemporary art from 1750 to the present.

The new gallery does not have a collection. Instead, Turner Contemporary will present a seasonal programme of themed, one-person and group exhibitions. At the heart of the programme is a dialogue with the work and legacy of JMW Turner, whose spirit of enquiry and curiosity about the world still resonates with artists today. Admission to the gallery will be FREE, although from time to time there will be a charge for special exhibitions and events.

Turner Contemporary Exhibitions Programme 2011/12

Revealed: Turner Contemporary Opens

16 April 2011 – 4 September 2011

The opening exhibition explores the themes of imagination, discovery, wonder and the creative spirit. Centred on JMW Turner's extraordinary but little-known painting *The Eruption of the Souffrier Mountains, in the Island of St Vincent, at Midnight, on the 30th of April, 1812, from a Sketch Taken at the Time* by Hugh P. Keane, Esqre 1815, depicting a dramatic volcanic eruption that Turner himself never witnessed, the exhibition will feature six major international contemporary artists. New commissions by Daniel Buren, Russell Crotty, Ellen Harvey and Conrad Shawcross will show alongside selected works by Teresita Fernandez and Douglas Gordon.

The works in the exhibition play at the borders between what we can see and know and the truly fantastic. This dynamic relationship between imagination and reality also reflects the process of realising our long-awaited new gallery, starting from ideas and drawings to a physical building.

The opening exhibition will be followed later in the year by:

Nothing in the World but Youth

17 September 2011 - 8 January 2012

Nothing in the World but Youth exhibition explores how youth experience has been reflected in art, Inspired by Margate, a seaside town and associated in collective memory with theme parks, beauty contests and clashes between Mods and Rockers in the 1960s

This information is taken from the Turner Contemporary website: www.turnercontemporary.org Tel: 01843 233000