

We work with people who need help managing their mental health and 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.**
- **Access to Thanet Day Service's community based groups and opportunities for service users to run their own services and support each other.**
- **The opportunity to work with a Community Link Advisor to help explore your choices and put together your own personalised recovery plan.**
- **Mental health advice for relatives and friends to increase their understanding of your support needs.**

Weekly Groups		Programme of Events		October 2011
Day/Time/ Meeting Place	Venue	Event	Details	
Monday -11am-12.00 Ground floor by computers	Thanet Gateway 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.	
Monday-1pm-6pm Room C 1 st Floor	Thanet Gateway Margate.	Service appointments	Help with self-referrals to the Thanet Day Service and a confidential space for one to one support session. (lift available)	
Wednesday-10.00am Meet outside Thanet Gateway	Margate	Seaside stroll	Join the group for a gentle walk-for about half an hour followed by refreshments – Route changes weekly. Cameras available if people would like to take photographs on route	
Wednesday 11.30 am - 12.30pm meet outside Hartsdown Leisure Centre Main entrance doors.	Hartsdown Leisure centre Hartsdown Park Margate	Badminton	New group – running for eight weeks – special price now only costing £1.00 per person. Equipment will be provided. But you need your own footwear e.g. trainers. Beginners welcome	
Wednesday-2pm-3pm Room C & D 1 st Floor (lift available)	Thanet Gateway Margate.	Drop-in	Time for socialising- discussion – refreshments- plus find out information on a wide variety of activities and organisations	
Thursday September- 2pm-4pm Meet up first in the centre's café	Trinity Church Cliftonville	Paper-mache group	New Group- Due to popular demand!! The return of another weekly specialist paper- mache course. (over six weekly sessions)	
Friday 11am-12pm Meet inside club	Ramsgate Social Club Elms Avenue	Drop in	Meet new friends at the Ramsgate drop in – refreshments and pool table available (opposite Waitrose car park)	
Friday 12-1pm Meet at Ramsgate Social club	Ramsgate	Out and about group	Destination and events chosen by group members weekly	
Friday 1.00-2.00 pm Meet outside centre	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.	
Fridays 2-3pm Meet you outside the Hilderstone centre	Adult Education Centre Broadstairs	Ballroom dancing (event run by Porchlight)	Come along and learn how to Ballroom dance with a qualified instructor. It's a great way to keep fit and you don't need a partner. Phone the office if you would like to attend	

Monthly Events

Day/Time/ Meeting Place	Venue	Event	Details
Tuesday 25 th October meet outside Thanet Gateway 12.30pm to get the bus to Cliftonville or meet outside the pub at 1pm	The Olde Charles Northdown Road Cliftonville	Lunch club	This months lunch club venue -The Olde Charles Cliftonville . Cost £3.95 or £5.96.for a selection of meals. Very friendly group – new people especially welcome
Wednesday 5 th October 3-4 pm Room C and D	Thanet Gateway Margate	Women's group	First Wednesday every month. New discussion group to explore women's issues. Please arrive on time.
Wednesday 12 th October September room C and D First floor (lift available) 3-4pm	Thanet Gateway Margate	Speaker's group	New speakers group – find out about community safety and how to keep safe in your home. Also safety using the internet Speaker will be from the local police service
Wednesday 19 th October room C and D 3-4pm	Thanet Gateway Margate	Creative writing and book reviews	All abilities welcome. Come and explore the World of Literature and Poetry and try your hand at creative writing.
Wednesday 26 th October Room C & D 3-4pm	Thanet Gateway Margate	Service User Forum	An opportunity to express your views on mental health services. This group is facilitated by SpeakUp CIC
Thursday 6 th October 11.00-12.00 noon Meet inside church	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 6 th October and 20 th October 11.00 am - 12 noon Meet outside church	Baptist Church Queens Road Broadstairs	Self Help Depression Group	New Group This will be a self help service user run group This group is running with the backing of the Depression Alliance. Service staff will also offer support if needed.

Weekend and Evening Events

Monday Evening Weekly 5.30pm-6.30 pm Meet outside the main Campus entrance	Christchurch University Campus Broadstairs	Singing for all	Beginners welcome Join us for community singing for positive health benefits- including stress reduction-improving mental wellbeing and even boosting the immune system Please call the office to let us know you will be coming
Tuesday 18 th October Meet outside Thanet Gateway 6.15pm	AMF (Margate bowling alley)	Bowling (disability lane booked)	Come and have a game of bowling. Special price £ 2.75 per person per game. Please call the office to book your place.
Wednesday 26 th October meet outside Thanet Gateway 6.00pm	Bugsys Snooker Hall Cliftonville	Snooker club	New Group -Enjoy a game of snooker/pool- beginners welcome
Saturday 8 th October 2.30-4.00pm Meet inside centre	St Johns Community Centre	Social group	Social afternoon at St Johns Community Centre quiz / games. £2.50 per person for the afternoon including drinks and snacks.
Sunday 16 th October meet at 11.30am outside Margate Winter Gardens	Winter Gardens Margate	World food Day Out and about event	Join us for a day out -lots to see and do e.g. Fairtrade cotton fashion show, cookery demonstrations, food tasting, drumming and global workshops, storytelling, hands on activities for children, trade stands, entertainment and lots more.

Not sure where our groups are running? 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.
For more information on the groups advertised and completing a referral form please telephone the office 01843 280022

Telephone Helpline

Mental Health Matters - confidential emotional support and guidance-24 hours-daily Telephone 0800 1070160
 Also available online @ www.mentalhealthmatters.com online live chat service