

**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                        |                                                                                                                                                                                  | August 2011 |
|---------------------------------------------------------------------------|------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Day/Time/ Meeting Place                                                   | Venue                              | Event                                      | Details                                                                                                                                                                          |             |
| Monday -11am-12.00<br>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<br>Room C 1 <sup>st</sup> 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<br>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-2pm-3pm<br>Room C & D<br>1 <sup>st</sup> 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-2pm-4pm<br>Meet up first in the centre's cafe                    | Trinity Church Cliftonville        | Art / Craft Group                          | Explore your creative talents and enjoy yourself. All abilities welcome                                                                                                          |             |
| Friday 11am-12pm<br>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<br>Meet at Ramsgate club                                    | Ramsgate                           | Out and about group                        | Destination and events chosen by group members weekly                                                                                                                            |             |
| Friday 1.00-2.00 pm<br>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<br>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 groups                                                            |                                    |                                            |                                                                                                                                                                                  |             |
| Day/Time/ Meeting Place                                                   | Venue                              | Event                                      | Details                                                                                                                                                                          |             |
| Tuesday 2 <sup>nd</sup> Aug Meet outside Thanet Gateway 1.30pm            | 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.                                                            |             |
| Tuesday 30 <sup>th</sup> August. Meet outside the Pizza Hut 1pm           | Westwood Cross Broadstairs         | Lunch club                                 | This month chosen venue is the Pizza Hut. Currently they are offering special meal deals! There will be birthday celebrations. All welcome                                       |             |
| Wednesday 3 <sup>rd</sup> Aug                                             | Thanet                             | Women's                                    | First Wednesday every month. New discussion                                                                                                                                      |             |

## Monthly Groups Continued.....

| Day/Time/ Meeting Place                                                                 | Venue                                  | Event                             | Details                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday 10 <sup>th</sup> Aug<br>room C and D<br>First floor (lift available)<br>3-4pm | Thanet Gateway Margate                 | Community information and advice  | Information and advice –Plus using our service newsletter find out about taking part community events in Thanet                                                                                      |
| Wednesday 17 <sup>th</sup> Aug<br>room C and D<br>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 24 <sup>th</sup> Aug<br>Room C & D<br>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 4 <sup>th</sup> Aug 11.00-12.00<br>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 25 <sup>th</sup> August<br>11.00am -12 noon<br>Meet outside church             | Baptist Church Queens Road Broadstairs | Self Help Depression group        | <b>New Group</b> This will be a self help service user run group. It is hoped that this group will run with the backing of the Depression Alliance. Service staff will also offer support if needed. |

### Trips- Outings

|                                                                                        |                                        |              |                                                                                                                                                            |
|----------------------------------------------------------------------------------------|----------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday 9 <sup>th</sup> August<br>Meet time 11.am outside the Albion Hotel Broadstairs | Broadstairs                            | Folk week    | Join us for a trip to explore the entertainment and stalls at this yearly event. Bring a food contribution towards a group picnic for lunch in the park.   |
| Tuesday 16 <sup>th</sup> August<br>Meet outside Thanet Gateway at 1pm                  | Dane Valley Windmill allotment project | Garden visit | Like gardens and gardening? Or think you may like to learn gardening skills. We have been offered a tour of the Windmill Community Allotment. All welcome. |
| Tuesday 23 <sup>rd</sup> August<br>Meet outside Thanet Gateway at 11.00am              | Manston Stables                        | Horse riding | An afternoon of horse ridding. Cost £20 per person this includes Taxi costs from Margate to Manston. Please phone office to book your place                |

### Weekend and Evening Events

|                                                                                                                 |                                   |                                   |                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Saturday 6 <sup>th</sup> Aug<br>2.30-4.00pm<br>Meet inside centre                                               | St Johns Community Centre Margate | Social group                      | Social afternoon at St Johns Community Centre quiz / games. £2.50 per person for the afternoon including drinks and snacks. |
| Saturday 13 <sup>th</sup> Aug<br>Meet time 11.am outside the Albion Hotel at the bottom of Broadstairs High St. | Broadstairs                       | Out and about in Broadstairs      | Come and have a gentle stroll in Broadstairs and have a coffee / ice cream. Please phone the office if attending.           |
| Monday 22 <sup>ND</sup> August<br>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.       |

**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 how to complete a referral form please telephone our office 01843 280022**

Helpline

Mental Health Matters - confidential emotional support and guidance  
24 hours-daily Telephone 0800 1070160