

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		September 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 pm meet outside Hartsdown Leisure Centre Main entrance doors.	Hartsdown Leisure centre Hartsdown Park Margate	Badminton	New group – running for eight weeks – cost 2.30 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-2pm-4pm Meet up first in the centre's cafe	Trinity Church Cliftonville	Art / Craft Group	Explore your creative talents and enjoy yourself.	
Thursday 22 nd 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 groups

Day/Time/ Meeting Place	Venue	Event	Details
Tuesday 13 th September Starting 10.45 am Meet outside church	Baptist Church Queens Road Broadstairs	Self Help Depression Group	Special meeting – The Depression Alliance will share their experiences of setting up self help groups.
Tuesday 13 th September 1.00pm- Meet outside the Broadstairs train station	Cramptons Broadstairs	Lunch club	This month chosen venue is Cramptons -They are offering special meal deals for £5.00 per person
Tuesday 20 th September Meet outside Thanet Gateway at 11.00am	Manston Stables	Horse riding	An afternoon of horse riding. Cost £20 per person this includes Taxi costs from Margate to Manston. Please phone office to book your place
Tuesday 27 th September 1.30-4.30	St Johns Church Margate	Service Advisory Group	Meet other service users to discuss and feedback your views on how to develop the day service.
Wednesday 7 th September 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 14 th September room C and D First floor (lift available) 3-4pm	Thanet Gateway Margate	Speaker's group Debbie Weatherall	New speakers group – Meet up with the new Recovery Manager from the Community Mental Health Team (Beacon). Find out more about the Beacon and your chance for a question and answer session.
Wednesday 21 st September 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 28 th September 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 1 st September 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 22 nd September 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. It is hoped that this group will run with the backing of the Depression Alliance. Service staff will also offer support if needed.

Weekend and Evening Events

Saturday 10 th September 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.
Saturday 24 th September Meet time 2pm outside Broadstairs library	Broadstairs	Out and about in Broadstairs	Come and have a gentle stroll in Broadstairs and visit the car rally event at Cramptons Museum
Sunday 25 th September 10.30 am outside Thanet Gateway	Margate Main beach	Kite festival event	Margate Kite flying festival on Margate Main sands. Cameras will be available.
Wednesday 21 st September 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 September 28 th meet outside Thanet Gateway 6.00pm	Bugsys Snooker Hall Cliftonville	Snooker club	New Group -Enjoy a game of snooker/pool- beginners welcome

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

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