



Thanet Day Service

Tel: 01843 280022

Season's Greetings

We work with people who need help managing their mental health. For more information on the groups advertised and completing a referral form please telephone our office or email terry.balby@richmondfellowship.org.uk

Weekly Groups		Programme of Events		December 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.	
Wednesday 12.30 am - 1.30pm meet outside. The sports centre High Street, Ramsgate	Ramsgate Sport Centre	Badminton Dates during December 7th and 14th Only	No charge -special free course -Running in partnership with the Health Trainers. Learn how to play badminton or brush up on your skills. 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 café	Trinity Church Cliftonville	Art and crafts	Due to popular demand!! The return of candle making maybe for gifts or to treat yourself. Dates during. December 1st, 8th and 15th only	
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 outside club	Ramsgate Social Club	Out and about group	Destination and events chosen by group members weekly	
Friday 1.00-2.00 pm Meet outside centre Dec 2nd, 9th, 16th only	Argyle Centre York Street Ramsgate	Computer club	Learn how to use a computer – email, internet setting up Facebook. Also gain a qualification in English and maths. Beginners very welcome	
Fridays 2-3pm Meet you outside the Hilderstone centre. Dec 2nd 9th and 16th only	Adult Education Centre Broadstairs	Ballroom dancing (event run by Porchlight)	Come along and learn how to Ballroom dance It's a great way to keep fit and you don't need a partner. Phone the office if you would like to attend 01843 280022	

Monthly Events

Day/Time/ Meeting Place	Venue	Event	Details
Tuesday 6th December Meet outside Thanet Gateway 2.00pm	AMF (Margate bowling alley)	Bowling (disability lane booked)	Come and have a game of bowling. Special price £ 2.00 per person per game. Please call the office to book your place.
Tuesday 13 th December Meet outside Thanet Gateway 2.00pm	Bugsys Snooker Hall Cliftonville	Snooker club	New Group -Enjoy a game of snooker / pool. Beginners very welcome. Special price £2.00 per person.
Wednesday 7th December 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.

Monthly Events Continued

Day/Time/ Meeting Place	Venue	Event	Details
Wednesday 14 th December room C and D 3-4pm	Thanet Gateway Margate	Creative writing and book reviews	All abilities welcome. Special Christmas theme Come and explore the World of Literature and Poetry and try your hand at creative writing.
Wednesday 21 st December Room C and D 2-3pm	Thanet Gateway	Christmas Quiz	Christmas team quiz – with surprises and prizes
Thursday 1 st December 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 15 th December ^h and 29 th December 11.00 am -12 noon Meet outside church	Baptist Church Broadstairs	Self Help Depression Group	This is 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.
Thursday 22 nd December meet outside the Racing Greyhound 12.30 pm	Racing Greyhound Ramsgate	Special Christmas Lunch club	Christmas celebration lunch. To book your place please give you deposit (£ 4.00 non-returnable) to Tim or Vanessa by 9 th December.
Friday 9 th and 16 th December at 2.00 pm. Meet outside "Fillers" cafe' on Queen Street	Ramsgate	Walking group	Join Jo for a gentle walk and coffee in a friendly, informal group. Friends, family, all are welcome. This walk is run by KCA, for more information please contact Jo Johnson on 593832

Weekend and Evening Events

Monday 5 th December 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.
Saturday 3 rd December Meet outside Tesco's 11.00am Broadstairs	Piermont Park Broadstairs	Christmas Fair	Christmas fare-stalls. Entertainment live bands. Enjoy a stroll around Broadstairs and morning refreshments.
Saturday 10 th December 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 December 11am at the Albino Hotel	Broadstairs	Christmas walk	Christmas eve walk and refreshments with Jo.
Sunday 4 th December Time 2.30pm. Meet outside Argos at 2.pm	Ramsgate	Panto	Scrooge the modern musical at the Kings Cinema Theatre. Special price £5.00 per person
Sunday 11 th December Meet outside main entrance 2.45pm	Winter gardens	Victorian Christmas	Cost £3.00 per person Salvation Army choir and band. Please phone the office to book your place

Events between Christmas and New Year

Wednesday 28 th December first floor 2-4pm	Thanet gateway	Drop in	Social Drop in - refreshments provided and another mince pie! or maybe not !
Thursday 29 th December 11.00- noon and 12.30 - 2pm	Baptist Church Broad Stairs	Drop in and depression group	Self help depression group 11.00am-noon Followed by a service drop in 12.30 – 2.30
Friday 30 th December	Social Club Ramsgate	Drop in	Social Drop in - refreshments provided – What's your new year resolutions?



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.

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