

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		July 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.	
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. All abilities welcome	
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 12th July 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.	
Wednesday 6 th July 2.4pm	Thanet Gateway	Women's group	First Wednesday every month. New discussion group to explore women's issues	

Monthly Groups Continued.....

Day/Time/ Meeting Place	Venue	Event	Details
Wednesday 13 th July - room C and D First floor (lift available) 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 20 th July 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 27 th July 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 7 th July 11.00- 12.00 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.)

Trips- Outings

Tuesday 26 th July. Meet outside Thanet gateway at 10am.	Canterbury City and Umbrella centre	Day Trip	Morning enjoy the sights / shopping. Lunch (varied) at the umbrella centre £3.50 per person + free afternoon art group. Also play pool, darts etc. Bus fair to Canterbury £ 5. 30 return or use bus pass. Please Phone the office to let us know you are coming
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Weekend and Evening Events

Friday 8 th July 5.30pm meet outside Thanet Gateway	Cecil's Bar Cecil square Margate	Dinner club	Steak Dinner and a drink – Special Meal Price £ 6.49 per person. Phone the office to let us know you are coming
Saturday 2 nd July 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 -- visit the new Community Centre and have a coffee / ice cream afterwards. Please phone the office if attending.
Saturday 9 th July 2.30-4.00pm 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

Training Courses

Monday / Wednesday	Sessions run in Ramsgate and Margate	Leisure Centre Gym	Keep fit with eight free gym sessions. To book your place phone 01843 280022. (this event is run by porchlight)
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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