

Programme of Events		June 2011		
Day	Time / meeting place	Venue	Type of Event	Details
Monday Weekly	1pm-6pm Room C 1 <sup>st</sup> Floor	Thanet Gateway Cecil Square, Margate.	Service appointments	Help with self-referrals to the Thanet Day Service and a confidential space for one to one support session. (lift available)
Monday Weekly	11am-12.00 Ground floor by computers	Thanet Gateway Plus, Cecil Square, Margate	Computer Club	Help using a computer or brush up on your skills in a relaxed and flexible setting. We use the <b>'My Guide'</b> computer course. Please book your place by phoning the office.
Monday Evening 20 <sup>th</sup> June	Meet outside Thanet Gateway at 6.15 pm	AMF (Margate bowling alley)	Bowling (Disability lane booked)	As requested by service users another monthly bowling event. Special price £2.75 per person per game. Please call the office to book your place
Monday Evening Weekly	Meet outside the main Campus entrance 5.30pm-6.30 pm	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 7 <sup>th</sup> June	Meet outside Gateway at 1.30 pm	AMF (Margate bowling alley)	Bowling (Disability lane Booked)	Come and have an afternoon bowling game. Special price £2.75 per person per game. Please call the office to book your place.
Tuesday 14 <sup>th</sup> June	Meet outside Margate Train Station at 9.45 back at 4pm	Herne Bay.	Day Trip	Arrive at Herne Bay at 10.20am and get bus or walk to town. Take a packed lunch or fish and chips. Phone office to book your place. Train travel costs will be £3.20 return.
Tuesday 21 <sup>st</sup> June	Meet outside Tesco Metro on the high St at 11am	Broadstairs Dickens Fair	Half Day Trip	Come and join us at the Dickens Fair, stroll around the Victorian Country Fair and bring your own packed lunch.
Tuesday 28 <sup>th</sup> June	Meet outside Hungrey Horse 1.30pm	The Hungry Horse Northdown Park Rd	Lunch Club	The venue this month as recommended by the lunch club members. A varied menu and good value. All welcome.
Wednesday weekly	Meet outside Thanet Gateway 10.00am	Margate Lido	Seaside stroll and boot fayre	Join us on a health walk to the Lido and also attend a Boot Fayre and pick up a bargain or two! Meet outside
Wednesday Weekly	2pm-4pm Room C & D 1 <sup>st</sup> Floor	Thanet Gateway Cecil Square, Margate.	Drop-in	Time for socialising- plus find out information on a wide variety of activities and organisations.
Wednesday Weekly	3-4pm Room C & D	Thanet Gateway Cecil Square, Margate	Community information and advice	Information and advice –Plus using our service newsletter find out about community events in Thanet
Wednesday Monthly June 29 <sup>th</sup>	3-4pm Room C & D	Thanet Gateway Cecil Square, Margate	User Forum	An opportunity to express your views on mental health services. This group is facilitated by SpeakUp CIC
Thursday Weekly	2pm-4pm Meet up first in the centre's cafe	Trinity Church Resource Centre Cliftonville	Art / craft Group	Explore your creative talents and enjoy yourself. All abilities welcome

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Thursday Monthly 7 <sup>th</sup> June	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.)
Friday Weekly	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 Weekly	12-1pm Meet at Ramsgate Social Club	Ramsgate	Out and about group	Destination and events chosen by group members weekly
Friday Weekly	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 Weekly	2-3pm Meet you outside the Hilderstone centre	Adult Education Centre at Hilderstone's college. 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.
Saturday 4 <sup>th</sup> June	11-1pm Meet inside the cafe	Trinity Church Resource Centre Cliftonville	Chat and Chew' social event-	Come and have a Saturday natter and coffee and cake.
Saturday 18 <sup>th</sup> June	Meet outside the Thanet Gateway	Margate	Out and about in Margate	Come and have a gentle stroll in Margate and have a coffee afterwards. Please phone the office if attending.
Sunday 5 <sup>th</sup> June	Meet outside the school visitor's entrance at 10.00am	Charles Dickens School- Broadstairs	Boot Fayre	Come and join us bargain hunting and a cup of tea. Please phone the office if you would like to come.

**For more information on the groups advertised please telephone our office 01843 280022 or speak to your community link worker**

**Not sure where our groups are running? – No problem -- 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.**

**Mental Health Matters Helpline - confidential emotional support and guidance – new opening times  
24 hours-daily Telephone 0800 1070160  
Also available online @ [www.mentalhealthmatters.com](http://www.mentalhealthmatters.com) online live chat service**

**Our aim is to improve the quality of life for those people affected by mental ill health.  
We 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
- The opportunity to work with a Community Link Advisor to help explore your choices and put together your own personalised recovery plan.
- Access to Thanet Day Service's community based groups and opportunities for service users to run their own services and support each other.
- Mental health advice for relatives and friends to increase their understanding of your support needs.

#### **Acknowledgements**

The day service operates from community bases throughout the Thanet area. We work closely with local partners and would like to thank the following organisations for their continued support.

Porchlight SpeakInCIC SureStart St Paul's Community Centre Thanet MIND Connexions CMHT at the Beacon