

Programme of Events		May 2011		
Day/Time	Starting	Venue	Type of Event	Details
Monday 1pm-6pm	On-going.	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.
Monday 11am-12.00	Weekly	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 'My Guide' computer course. Please book your place by phoning the office.
Monday 6.15 pm	Evening 16 th May	Meet outside Thanet Gateway	AMF bowling	As requested by service users another monthly bowling event. Special price £2.70 per person per game. Please call the office to book your place
Monday 5.30pm-6.30 pm	Evening Weekly Starting from 9 th May	Meet outside the main entrance to Christchurch University Campus Broadstairs	Singing for all Beginners welcome	Join us for community singing for positive health benefits- including increased lung capacity, stress reduction-improving mental wellbeing and even boosting the immune system Please call the office to let us know you will be coming
Tuesday Meetup at 10am	Health walk Weekly	Meet outside the Thanet Gateway in Margate.	Health walk	Health Walk for a gentle walk of up to one hour. Gentle exercise is great for mind and body!-
Tuesday 1pm	31 st May	Meet outside Thanet Gateway at 1pm.	Half day trip	Visit Carter's Vintage Steam Fair on the Dreamland Site in Margate. Free entry
Tuesday phone office for starting time	24 th May	Cinema Granville Ramsgate.	Half day trip Cinema club	Come with us to See the New spectacular, swashbuckling adventure of the Pirates of the Caribbean 'On Stranger Tides' Price is £4.50.
Tuesday 1.30pm	May 17 th	Meet outside Main entrance to Debenhams	Lunch Club	Toby Carvery in New Haine Rd Westwood Cross. £5.49 for meal and £1.00 off your pudding.
Wednesday from 10.30- 11.30am	New Group Starting 4 th May. Weekly	Baptist Church. Cecil Square Upper Floor (there is a stair lift available)	Drop-In	Come along to the Baptist Church Coffee Morning where you can meet new people. Tea, coffee and chocolate 30p
Wednesday 2pm-4pm	Weekly	Thanet Gateway Cecil Square, Margate.	Drop-in	Time for socialising- plus find out information on a wide variety of activities and organisations.
Wednesday 3-4pm	Weekly	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 3-4pm	Monthly 25 th May	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	Trinity Church Resource Centre Cliftonville	Special craft group	Papier-mâché Learn how to make very fancy papier-mâché items. sorry group now full
Thursday	Monthly	St Paul's Church,	Drop-in,	Come along to St Paul's Open Church

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Thursday 10am-11am	Weekly	Ramsgate area Meet outside McDonalds High Street	Seaside stroll	Join us for a gentle stroll by the seaside and a cup of tea afterwards. Gentle exercise is great for mind and body alike! Every week for 8 weeks
Friday	Weekly 11am-12pm	Ramsgate Social Club Elms Avenue, CT11 9BD	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	Out and about group	Destination and events chosen by group members weekly
Fridays 1.00- 2.00 pm	Weekly	Meet outside 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.
Saturday	7 th May 11am	Meet outside entrance to the Albion Hotel, Albion Street, Broadstairs.	Out and about group	Out & About in Broadstairs. Come along for a walk along the seafront and an ice cream afterwards. Please call the office to let us know you will be coming.
Saturday	28 th May 11am	Meet outside McDonald's on King Street, Ramsgate town centre.	Out and about group Ramsgate	Come along for a walk by the harbour or along the beach, and a coffee afterwards. Please call the office to let us know you will be coming.

For more information on the groups advertised please telephone our office [01843 280022](tel:01843280022) 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 [0800 1070160](tel:08001070160)
Also available online @ 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, SpeakUpCIC, SureStart, St Paul's Community Centre, Thanet MIND, Connexions, CMHT at the Beacon, Rethink, Baptist Church Margate, St Johns Church, Thanet Gateway, Ramsgate Social Club, St Trinity