



Peer Support Activities Diary for February, 2012

Day /Time	Starting	Venue	Type of Event	Details and Costs
Monday 6th February, 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Speaker's Forum	Cost: Entry Free. Tea, Coffee and Biscuits £1.00 This month's speaker welcomes Jenny Gunnell, a Next Step Advisor. Jenny will be talking about guidance and training for Self-Development and/or career advice.
Monday 13th February, 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Peer Support Group	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 A self-help group that meets to encourage peer support between members.
Monday 20th February, 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Discussion Group.	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 A Service User led group which talks about and discusses topics of interest with the members.
Monday 27th February, 12.30-2.30pm	On-going Monthly	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Thanet Service Users Forum.	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 An informal meeting to discuss issues relating to the provision of services to mental health service users.
Tuesday 7th February, 10.30-2.30pm	New Activity Bi-Monthly.	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	Information Desk and Drop-in.	Cost: Entry FREE. Tea and Coffee available at the machine 50p. An information desk run by volunteer Brian to give out information about mental health related issues and SpeakUpCIC service. Also able to take issues raised by the public relating to Mental Health Provision.
Tuesday 21st February, 10.30-2.30pm	New Activity Bi-Monthly.	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	Information Desk and Drop-in.	Cost: Entry FREE. Tea and Coffee available at the machine 50p. An information desk run by volunteer Brian to give out information about mental health related issues and SpeakUpCIC service. Also able to take issues raised by the public relating to Mental Health Provision.
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Tuesday 21st Feb, 11am	Meets Monthly	The Beacon, Manston Road, Ramsgate. CT12 6NT	Service Users Forum.	Cost: Entrance Free. Tea and Coffee free. A service users forum held at the Beacon to discuss matters relating to Mental Health.
Wednesday 8th Feb, 1 - 3pm	Once a month	St Johns Community Centre, Victoria Road, Margate, CT9 1LN	Art Group	Cost £1 Entry Fee for teas, coffees and biscuits. Come along and meet other people in a relaxed and friendly environment and have a go at Art Making. Come along to this informal group. Beginners especially welcome.
Every Wednesday 1pm-3.30pm	Meets weekly	Margate – Meet at Margate clock tower. Group leaves promptly at 1pm .	Walk & Talk	Cost: Entry Free. Walk at your own pace along the coast line stopping for refreshments half way. Great way to improve your wellbeing and meet people. Walk length approx 3.5 miles.
Wednesday 29th Feb, 3-4pm	Once a Month	Thanet Gateway Plus, Cecil Square, Margate. CT9 1RL	Thanet Day Service Members Forum	Open to all Richmond Fellowship Thanet Day Service Members. A forum to discuss issues relating to Mental Health Services and to influence the delivery of Mental Health Service Provision.
Thursday 16th Feb, 12.30pm	Once a month	The Sovereign, 34 High Street, Ramsgate. CT11 8HA	Women's Group.	Cost from £6 for a meal and drink. A group for women to meet in this friendly and non-judgemental environment to make friends and discuss issues relating to Mental Health.
Thursday 23rd Feb, 6pm-8pm	Once a month	The Promenade, Margate. Next to Margate Railway Station.	LGBT group Dinner Club	Cost of a meal and a drink approx. £7.00. Are you a LGBT Mental Health Service User? Come along and voice your opinions about the services you receive and enjoy good company and an evening out.
Friday 24th Feb, 12pm	Monthly Activity On-going.	Cosmo Chinese Restaurant, Margate. CT9 1XJ	Lunch Club 	Cost: All You Can Eat for £5.99 - Drinks Extra. Social networking self-help group that meets for lunch and a chat in this informal setting.