

Happy New Year ≈ ≈ ≈ coming soon a new event for February ≈ ≈ ≈ walking for softies ≈ ≈ ≈ get fit at your pace ≈ ≈

Day /Time	Starting	Venue	Type of Event	Details
Monday 1pm-6pm	On-going.	Thanet Gateway Plus, 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	Need 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 with Jo
Tuesday 2-4pm	Weekly Starting 11 th Jan	Trinity Church Resource Centre St Mary's Ave Cliftonville	Arts and craft group	Explore your creative talents !! all abilities welcome. You choose your craft e.g. Painting - card making- jewellery making –knitting – felting – model making.
Tuesday 2-5pm	Weekly	Thanet Gateway Plus, Cecil Square, Margate	Health trainers	New year- New you campaign. Get one to one support and advice from a personal health trainer. Call 08008494000 for more details
Tuesday All day	Venue changes monthly 4 th Jan	Bluewater shopping centre	Day trip	Day Trip to find the sale bargains. Travel by coach to Bluewater. (<i>Sorry not Fully booked</i>)
Wednesday 2pm-4pm	Weekly	Thanet Gateway Plus, Cecil Square, Margate.	Drop-in	Time for socialising- plus find out information on a wide variety of activities and organisations.
Wednesday 2.45 – 4pm	19 th January	Thanet Gateway Plus, Cecil Square, Margate.	Presentation from the Kent Wildlife Trust	Would you like to find out more about the Wildlife Trust ? what they do and how to become a volunteer. This talk will take place during the Wednesday Thanet Gateway drop in. All welcome
Thursday 11.00-12.00	First Thursday every month 6 th January	St Paul's Church, Northdown Road, Cliftonville	Drop-in,	Come along to St Paul's Open Church Coffee Morning where you can meet new people. Enjoy free tea, coffee and biscuits (<i>donations welcome</i>)
Thursday 2-4pm	6 th January	St Johns Church Cliftonville Margate	Service Advisory Group	To help provide an effective day service we need your views, ideas and skills. To take part in the Service Advisory Group or to find out more information please speak to service staff or phone 01843 280022
Thursday 1 pm	Thursday 27 th January	Thanet College Broadstairs	lunch club	To attend you need to pre-book with the service so please phone 01843 280022 for event details.
Friday 11am-1pm	Weekly	Animal Ark Charity Shop High Street, Ramsgate	Drop-In,	Social support 'drop-in'---café /shop setting. Light refreshments will be provided
Fridays 12.45-1.45pm	Weekly From 4 th January	Meet up at Animal Ark Charity Shop Drop-In, High Street, Ramsgate, and then walk to venue	Computer Club	Qualified computer expert Arran will be on hand to support your learning answer any questions you may have about computers. We are using the basic online learning course 'MyGuide' .
Most days of the week	Every week	Taking place throughout Thanet	East Kent Health Walks	Get walking- get fit -get active. All fitness levels welcome. To find out the best walk for you telephone 01843 280022

Free training courses starting January 2011- Personal Budgeting and Debt Management- Assertiveness and First Aid. To book your place phone 01843 280022



Thanet Day Service Tel : 01843 280022

We aim to improve the quality of life for those people affected by mental ill health

What we do

We offer the following services :

- The opportunity to work with a Community Link Advisor to help explore your choices and put together your own personalised recovery plan.
- 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.
- Help to develop your social life, make new friends, build self-confidence and develop your skills.
- Mental health advice for relatives and friends to increase their understanding of your support needs.

Who is our service for

The day service is for people :

- who live in the Thanet area
- over the age of 18
- who need additional support to manage their mental health recovery

How to apply

Referrals to the service are welcome from a wide range of sources including self-referrals and any agency supporting people with / or recovering from mental health difficulties

Please contact the service for a referral form
Telephone 01843 280022

Other information

Service Advisory Group (SAG)

We are committed to developing the service and responding to the diverse needs of the Thanet community. Our work is steered by an independent group of service users and community representatives. Please contact the service for information on the SAG.

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, East Kent User Forum, SureStart, St Paul's Community Centre, Thanet MIND, Connexions, CMHT at the Beacon, Rethink, Baptist Church Marg St Johns Church, Thanet Gateway, Animal ARK charity, St Trinity Church and Carr-Gomm