

Diary of Activities for Ashford, October 2016.

DATE	Starting	VENUE	EVENT	Details and Costs
Tuesday 4 th October	11.00am - 12.30pm	Live-It-Well Centre, Gore Hill, Canterbury Road, Ashford.	Service Users' Forum	SpeakUpCIC welcomes Service Users to raise any issues that they may have. We also welcome the Health Trainers to talk to the group.
Tuesday 4 th October	1.30pm – 3.00pm	By The Tank Café, 8 New Street, Ashford.	Peer Support Drop-In	An informal peer support group for people suffering with mental health problems. Come and have a chat with people who understand and empathise. Lunch is available from the café.
Tuesday 11 th October	11.00am - 12.30pm	The Scout Hut, Forge Lane, Ashford.	Art Group	Come along and join in this group and keep a journal of your artistic journey. Newcomers welcome.
Tuesday 11 th October	1.30pm – 3.00pm	By The Tank Café, 8 New Street, Ashford.	Peer Support Drop-In	An informal peer support group for people suffering with mental health problems. Come and have a chat with people who understand and empathise. Lunch is available from the café.
Tuesday 18 th October	11.00am - 12.30pm	The Scout Hut, Forge Lane, Ashford.	Creative Writing	Come along and have a hand at creating an anthology of stories and verse. Led by David, a published author. Photographs, stories, poetry and pictures are all welcome to be sent in to add. All day breakfast and Hot Meals from £1.75. Tea, coffee and cold drinks also available at the centre.
Tuesday 18 th October	1.30pm – 3.00pm	By The Tank Café, 8 New Street, Ashford.	Peer Support Drop-In	An informal peer support group for people suffering with mental health problems. Come and have a chat with people who understand and empathise. Lunch is available from the café.

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DATE	Starting	VENUE	EVENT	Details and Costs
Tuesday 25 th October	11.00am - 12.30pm	The Scout Hut, Forge Lane, Ashford.	Art Group	Come along and join in this group and keep a journal of your artistic journey. Newcomers welcome.
Tuesday 25 th October	12.30pm – 3pm	The Stag. 108-110 High St, Ashford TN24 8SD	Lunch Club & Peer Support Drop- In	Join us as we have a lunch at The Stag. If you could let us know that you'll be attending so we have an idea about numbers.