



Diary of Activities for October 2016 THANET

DATE	Starting	VENUE	EVENT	Details and Costs
Monday 3 rd October @ 12.30-2.30pm	Monthly	St John's Community Centre, Victoria Road, Margate, CT9 1LN	Newsletter Workshop	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. Come along and enjoy writing creatively for the upcoming newsletter.
Monday 10 th October @ 12.30-2.30pm	Monthly	St John's Community Centre, Victoria Road, Margate, CT9 1LN	Discussion Group	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. Come along and talk about how your conditions effect you.
Monday 17 th October @ 12.30-2.30pm	Monthly	St John's Community Centre, Victoria Road, Margate, CT9 1LN	Monthly Quiz	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. Come along and join in as David D leads you through his monthly quiz.
Monday 24 th October @ 12.30-2.30pm	Monthly	St John's Community Centre, Victoria Road, Margate, CT9 1LN	Speakers' Forum	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. SpeakUpCIC welcomes Tim to come and talk to the group about Mate Crime.
Monday 31 st October @ 12.30-2.30pm	Monthly	St John's Community Centre, Victoria Road, Margate, CT9 1LN	Service Users' Forum	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00. SpeakUpCIC welcomes local service users to talk about any issues that they have had or are having, and offer the opportunity to hear what is going on in the local area.
Every Tuesday @ 1.00-3.30pm	Weekly	Meet at Margate clock tower. Leaves promptly at 1pm	Walk & Talk Margate	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 12 th & 26 th October @ 2.00-3.30pm	Fortnightly	The Media Centre, 11-13 King Street, Margate. CT9 1DA	The 'John Baker' Art & Craft Group	Cost: Entry Free. £1 for teas, coffees, biscuits and materials. Come along and meet other people in a relaxed and friendly environment and have a go at Art Making. Beginner welcome.

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Every Wednesday @ 11:30am	Weekly	The Media Centre, 11-13, King Street, Margate. CT9 1DA NEW VENUE	Cliftonville Peer Support Tea and Chat	Cost: Entry Free. Come along and enjoy a cup of tea and a chat with likeminded people to improve your wellbeing.
Thursday 6 th October @ 1-3pm	Monthly	The Media Centre, 11-13, King Street, Margate. CT9 1DA	Bipolar Support Group	A peer support group for those with the diagnosis of Bipolar.
Every Thursday @ 4 – 6pm	Weekly	Druid's Social Club Unity House Percy Road, Margate, Kent, CT9 2DR NEW VENUE	Music Appreciation Group	Music is one of the greatest therapies for helping to lift our mood and raise our spirits. This is a new informal group for people who want to meet up with others to socialise and share their favourite music. Just bring along a piece of music/song that means something special to you (on CD) and join us for a chat and a cuppa.
Every Thursday @ 10am	Weekly	The Media Centre, 11-13, King Street, Margate. CT9 1DA	Unicorn Women's Group	Cost: Entry FREE. Tea, Coffee and Biscuits £1.00 A women's group run by volunteers. A peer support group that meets to offer women mutual support and understanding.
Thursday 20 th October @ 11am-12pm	Monthly	The Beacon, Manston Road, Ramsgate. CT12 6NT	Thanet Service Users' Forum @ The Beacon, Ramsgate	Cost: Entrance Free. Tea and Coffee free. A service users' forum held at the Beacon to discuss matters relating to the provision of Mental Health services.
Thursday 20 th October @ 12:30pm	Monthly	The Goose, 34-38 Harbour Street, Ramsgate CT1 1 8HA	Women's Group, Ramsgate	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 27 th October @ 4:30pm	Monthly	The Promenade, Margate. Next to Margate 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.

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Every Friday @ 10am – 2pm	Weekly	Windmill Community Gardens, Margate, Kent.	Wellbeing Project	Cost: Entry and Refreshments Free. Take part in this fantastic opportunity to get involved in a local community gardening project, improve your fitness and mental wellbeing out in the fresh air. Please see David if you would like to take part in this group.
Friday 14 th & 28 th October @ 3 – 5pm	Fortnightly	The Asha Café, The Aspirations Centre, Unit 2, Westwood Business Park, Strasbourg Street, Margate, CT9 4JJ	Café Haven	Cafe Haven is a safe place for those who struggle with mental health to come along for a cuppa and a chat with like-minded people. Here you can find a space to meet other people over a coffee, share time together, make friends and access information about services in the area that can provide support. This group was created and run by one of our members.
Saturday 8 th & 22 nd October @ 11am.	Fortnightly	Olympia Café, Cliftonville,	Coffee Haven	Coffee Haven is a safe place for those who struggle with mental health to come along for a cuppa and a chat with like-minded people. Here you can find a space to meet other people over a coffee, share time together, make friends and access information about services in the area that can provide support. This group was created and run by one of our members.