

Sandra Bray 07740488576 sandra-bray@together-uk.org Project Manager





Jenny Gibson 07850601939 jenny-gibson@together-uk.org Art Deco, Life Skills , Card Making , Glass Craft.

Matt Bromley 07880039578 matthew-bromley@togetheruk.org Peer Support Co-ordinator .



Ray Jeffrey 07880 039 581 raymond-jeffrey@together-uk.org Allotment & IT

The Geese Project

**Counselling Angela Fowler** 

Saturday's The Healthy Living Centre Sheerness Tel: 07487666254



Would you like to use your own experiences to support others who are going through something similar? For further information, or if you would like to meet up to discuss the role, please contact **Matt Bromley** on 07880039578

email matthew-bromley@together-uk.org

## Additional Trip Activities

£5.00 Non refundable deposit secures your place on any of these trips.

> Made in Dagenham 26th April 2017

> > Keep Dancing 20th May 2017

Evita 3rd June 2017

Hairspray 2nd September 2017

> Cinderella 29th Dec 2017

Kingfisher 19th June, 17th July & 7th Aug 2017

> Adams Family 4th Nov 2017

Christmas Dinner 22nd Dec 2017 @ Abbey Motel

The Key Group 2nd & 4th Thursdays of the Month (a) The Quays Sports Hall 10am—11am Discussion Group With KMPT Chaplain Rev Pam Beckinsale

## Activity Locations Sittingbourne.

The Quays - Crown Quay Lane Sittingbourne Kent ME10 3JN. 01795 471376. Swallows Leisure - Centre Central Avenue Sittingbourne, Kent ME10 4NT. 01795 420420. Job Centre Plus - 9 Roman Square 17 - 19 The Square Sittingbourne, Kent. ME10 4BP 0845 608 8501.

## **Activity Locations Sheerness.**

Healthy Living Centre -Off Royal Road Sheerness Kent ME12 1HH. 01795 583547 / 585335.

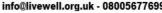
Sheppey Gateway -38-42 High Street Sheerness, Kent. ME12 1NL. 01795 417850.

Additional Activities at the Quays . Careers Advisor Wednesday's 10.00-16.00 Book in at the reception desk.

## Quays Gym session's

9.30 – 11.30 Mon –Sat <u>ladies only</u> 14.00 - 15.00 Mon – Sat open to all 16.00 –19.00 Tues – Sat open to all (not Mondays football training)







Together was formed in 1879, we believe that people with mental health issues have the right and the abilities to lead independent, fulfilling lives as part of their communities.

The people who use our services are at the heart of everything we do. They influence and shape the support they receive from us, and the way our services are run. **Together's vision** is a world where each individual can play their part in breaking down the barriers that exist through ignorance and lack of understanding, and live their life without prejudice. Our **seven** core values give us the principles that ensure we deliver our services in a way that is consistent with our philosophy are:

Individual-centred and holistic.
2. Choice.
3. Working alongside.
4. Listening, learning and adapting.
5. Valuing and involving.
6. Quality.
7. Future positive.



Changing attitudes • Changing lives

	MONDAY	Connect	Total Tone     Studio HLC     10.30am – 11.30am*	Informal Drop In H.LC Hub 10.00–12.00am Ray	Keepsake Cards Abbey Room HLC 12.00pm-3pm. Jenny	Football Therapy Toni Oasis Academy 5-7pm	Massage & Alternative Therapies Call for an appointment Wendy 07445451690
<b>Sheppey</b>	TUESDAY	1-2-1's By Appointment HLC 10am– 12.00 Jenny	Body Pump Studio 10.15—11.15 2pm–2.30pm NHS Health Trainer HLC. Gym Julie Calder	Allotment Transport 10.20am-14.30pm Blackburn Lodge Ray, Mike & Phil	Sheppey Gateway High Street 10.00am– 12.00pm Loz		Jake's Joggers The Quays 6pm-7.30pm Jake
	WEDNESDAY	Body Sculpt Studio HLC 930am-10.30am*	Art Deco Abbey Room HLC 12pm-3pm Jenny	Connect	Take Notice	Keep Learning	Be Active
	THURSDAY	Just Jhoom Studio HLC 9.30—10.30am*	Low Impact Aerobics Studio HLC 1130am-12.30am*	Low Impact 50+ Dance Studio HLC 11.30am – 12.25pm*	Free Counselling Call for an appointment Mooney Call Wendy 07445451690	<b>Be Active</b>	Connect
	FRIDAY		Stretch & Tone Studio HLC 10.30am – 1130am*	Keep Learning	Care	Take Notice	Give
Ð	MONDAY	9.30am – 12.30pm NHS Health Trainer The Quays <mark>Siphime</mark>		Keep Learning	Take Notice	Be Active	Give
ngbourn	TUESDAY	1-2-1's By Appointment The Quays 9am-11am Donna	Supported Gym Session The Quays <u>Ladies only</u> 9.30am-11.30am Jake	Creative Writing The Quays 11 am – 1pm Donna	MDF Creations The Quays 1.15pm-3.30pm Donna	Allotment Transport 10.50am pick up Sittingbourne Train Station Return 2pm Ray, Mike & Phil	Keep Learning
	WEDNESDAY	Healthy & Hearty Cooking The Quays 10.30am – 2pm Donna	Supported Gym Session The Quays <u>Ladies only</u> 9.30am-11.30am Jake	Sittingbourne Job Centre+ Referral, meet and greet. 10.30am-1pm Ray		Informal Drop-in The Quays 2pm –4pm Supported Gym Session The Quays 2pm –3pm Jake	Jake's Joggers The Quays 6pm-7.30pm Jake
Īti	THURSDAY	Breakfast Club The Quays 8.30am-10.30am Donna	Art Deco The Quays 12pm-3pm Jenny	The Quays <u>Ladies only</u>	Ballet Fit * 11am – 12pm Swallows Leisure Centre		Turn Up & Play Football Milton Rec 6pm—7.30pm Toni & Jake
S	FRIDAY	Card Making Group The Quays 9am-12pm Jenny	Supported Gym Session The Quays <u>Ladies only</u> 9.30am-11.30am Jake	Working with Glass The Quays 12.30-15.30. Jenny	Healthy & Hearty Cooking The Quays 10.30 - 2pm Donna	Connect	Give