**Road to Recovery  November Courses and Workshops**

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**Working towards a society that values and promotes good mental health and well-being for all**

**Welcome to our Road to Recovery Programme, we hope you will find the following information helpful in learning how Richmond Fellowship are supporting people with mental health problems in Thanet.**

**The support we give, for a period of up to one year, includes the following:**

**An opportunity to work on a one to one basis with a Community Link Worker to develop a personalised support and recovery plan**

**Access to a range of Road to Recovery Workshops and Courses including: Anxiety Management, Positive Thinking, Making Every Moment Count, Assertiveness and Effective Communication**

**Information and sign-posting to other services and activities available within the community, including social and leisure activities, education and training**

**Support to develop a fulfilled and healthy social life, to make new friends, to build self-confidence, to improve self esteem and to achieve new skills**

**Sharing mental health information with relatives and friends to increase and enhance an understanding of personal support needs**

**Workshops, Courses and Meetings – November 2017**

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| Event |  |  |  |  |
| **Brain Training Workshop** | Monday 6th  1pm - 2. 45pm | Monday 13th  1pm - 2. 45pm | NO EVENT | Monday 27th  1pm - 2. 45pm |
| **Assertiveness Course** | Thursday 9th  1pm – 2.45pm | Thursday 16th  1pm – 2.45pm | Thursday 23rd  1pm – 2.45pm | Thursday 30th  1pm – 2.45pm |
| **Peer Led Activity** | NO EVENT | TBC  Monday 13th  10.30am – 12pm | NO EVENT | TBC  Monday 27th  10.30am – 12pm |
| **Speak Up CIC User Forum “Drop In”** | NO EVENT | Wednesday 8th  10.30am – 11.30am | NO EVENT | Wednesday 22nd  10.30am – 11.30am |
| **Peer Leaders Focus Group** | Wednesday 1st  1pm – 2.45pm | NO EVENT | Wednesday 15th  1pm – 2.45pm | NO EVENT |

**All workshops and courses are SPACE LIMITED**

**Please contact us to find out more details or to book your place**

Richmond Fellowship (Thanet Community Service) is part of the Live Well Kent partnership. [www.livewellkent.org.uk](http://www.livewellkent.org.uk) email:info@livewellkent.org.uk

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Further Details of Courses & Workshops

*Brain Training Workshops*

By utilising puzzles, riddles and games we will work on improving cognitive processes such as memory, attention, speed of processing and problem solving.

*Assertiveness Course*

Assertiveness is the ability to communicate opinions, thoughts, needs and feelings in a direct, honest and appropriate manner. This course strives to provide you with the tools and techniques necessary to improve your Assertiveness through open discussion and focused activity. This course covers the different communicative styles whilst assisting you to identify your own; allowing you to find your strengths and areas for improvement.

Further Details of Meetings

*Speak Up CIC User Forum Drop In*

These forums are once a fortnight and designed to allow service users from to provide their feedback regarding services across Thanet.

*Peer Leader Focus Group*

We hold bi-weekly meetings with our volunteer Peer Leaders to discuss current workshops, fundraising, community events and new workshop development. To attend these meetings is it necessary to have completed the Richmond Fellowship ‘Peer Leader’ Training Course. For details of the next available course, please ask your Community Link Worker.

Peer Led Activities

*Friday Social Group*

Each Friday ‘The Friends of Richmond Fellowship’ meet at the Elm’s Club Ramsgate to socialise, play pool or partake in the Sign Language Course hosted by one of our volunteers. If you are interested in attending, let a member of staff know to ensure one of our Peer Leaders is available to greet you.