

## Diary of Activities for Ashford, October 2017.

DATE	Starting	VENUE	EVENT	Details and Costs
Tuesday 3 <sup>rd</sup> October	<b>11.00am - 12.30pm</b>	Live-It-Well Centre, Gore Hill, Canterbury Road, Ashford.	<b>Service Users' Forum</b>	SpeakUpCIC welcomes Service Users to raise any issues or complaints that they have with current service provision. This month, a representative from Aspirations will be coming to talk about their service.
Tuesday 3 <sup>rd</sup> October	<b>1pm – 3pm</b>	By the Tank Café, 8 New Street, Ashford.	<b>Peer Support Drop-In – Lunch Club</b>	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. Engage will also be attending this group to talk to the group about the Sustainability and Transformation Plan.
Tuesday 10 <sup>th</sup> October	<b>11.00am - 12.30pm</b>	The Scout Hut, Forge Lane, Ashford.	<b>Creative Writing</b>	A creative writing group for poetry or prose where the group will be writing pieces for the World Mental Health Writing Competition with Canterbury Christ Church. This group will be led by Francesca Baker.
Tuesday 10 <sup>th</sup> October	<b>1pm – 3pm</b>	By the Tank Café, 8 New Street, Ashford.	<b>Peer Support Drop-In – Lunch Club</b>	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 17 <sup>th</sup> October	<b>11.00am - 12.30pm</b>	The Scout Hut, Forge Lane, Ashford.	<b>Poetry Appreciation Group</b>	Come along and try your hand at writing some poetry and explore what poetry means to you.
Tuesday 17 <sup>th</sup> October	<b>1pm – 3pm</b>	By the Tank Café, 8 New Street, Ashford.	<b>Peer Support Drop-In – Lunch Club</b>	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 24 <sup>th</sup> October	<b>11am – 12.30pm</b>	The Scout Hut, Forge Lane, Ashford.	<b>Art Group</b>	Come along and join in this group and keep a journal of your artistic journey. Newcomers welcome.

For more information on our service or activities in Ashford please contact Amanda at:

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Tuesday 24 <sup>th</sup> October	<b>1pm – 3pm</b>	By the Tank Café, 8 New Street, Ashford.	<b>Peer Support Drop- In – Lunch Club</b>	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 31 <sup>st</sup> October	<b>11am – 12.30pm</b>	The Scout Hut, Forge Lane, Ashford.	<b>Art Group</b>	Come along and join in this group and keep a journal of your artistic journey. Newcomers welcome.
Tuesday 31 <sup>st</sup> October	<b>1pm – 3pm</b>	By the Tank Café, 8 New Street, Ashford.	<b>Peer Support Drop- In – Lunch Club</b>	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.