

**Road to Recovery [R2R] March 2019 Programme**

	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
10am to 12pm				Peer Led Creative Workshop	
1pm to 3pm	R2R – Jade Assertiveness 1				
	11	12	13	14	15
10am to 12pm			Mindfulness With Adrienne	Peer Led Creative Workshop	
1pm to 3pm	R2R- Roxana Assertiveness 2			Peer Leader Training	
	18	19	20	21	22
10am to 12pm			Mindfulness With Adrienne	Peer Led Creative Workshop	
1pm to 3pm	R2R - Jade Assertiveness 3	Service Open Afternoon (1-2pm only)		Peer Leader Training	
	25	26	27	28	29
10am to 12pm		Service Focus Group Open to Peer Leaders, volunteers and people using the service	Mindfulness With Adrienne	Peer Led Creative Workshop	
1pm to 3pm	R2R - Roxana Assertiveness 4			Peer Leader Training	

***Please remember to notify us of your attendance in advance to ensure a place is held for you also it will help us plan and prepare for those attending – thank you!***

***Workshop details overleaf →***

**Welcome to the 'Road to Recovery' Programme**

We work towards a society that values and promotes good mental health and well-being for all. The support we offer may include any or all of the following:

- Personalised Support Plan and 1-to-1 support from a Community Link Worker
- Access to 'Road to Recovery' Workshops
- Train as a Peer leader, utilising your skills and interest to help others
- Sign Posting and advice about services and activities available in the community

**DETAILS OF THIS MONTHS WORKSHOPS, MEETINGS AND EVENTS:**

**R2R Assertiveness Courses:**

**1 Knowing and Valuing Your Rights**

In this workshop we will focus on creating a “List of Rights” and we will start to identify how we can assert these rights.

**2 Self Esteem & Self Worth**

In this workshop we will focus on what self esteem should be and celebrate your powers, talents and capabilities as you are now.

**3 Assertive Communication**

In this workshop we will focus on the different techniques that can be used for assertive communication, and how these techniques can be used in practice.

**4 Courage in Confidence**

In this workshop we will focus on how it feels to come across as confident.

Looking into our past experiences and find the powers from within which help us gain a stronger character and be more confident.

**Mindfulness – with Adrienne Ayres** revisiting the popular sessions of the past 3 months, so if you missed out here’s your chance to learn ways to *live in the moment*, and help you to relax.

**Peer Leader Training - Ready to give something back?**

If you are interested in training to become a Peer Leader, please contact staff on 01843 280022.

Training starts in March 2019

**Drop In & Open Afternoon ~ Tuesday 19<sup>th</sup> March from 1pm**

We are introducing a monthly slot, initially for an hour, for people to Drop By between 1-2pm, aimed at people who may be interested in or supporting someone that might benefit from joining the service, so they can come and chat to staff over a coffee and see what the service can do for them.

Depending on its success the time may be extended for the afternoon. Unpaid carers welcome – if you support a friend or family member with mental health issues this time is also open to you.

**Peer Leaders, Volunteers and Service Users Focus Group**

Peer Leaders and people using the service are invited to help shape the service and discuss ideas for current and new workshops, fundraising, community events..

**The SpAce Project runs from: 1pm until 4pm Every Saturday and Sunday**

A creative and social SpAce to try out your creative skills, chat to like minded people and enjoy a tea and chat. Stop by and ask for **Ian** at ‘The Pharmacy Gallery’ at 16 Market Street, Margate CT9 1ES It is also an opportunity to sell the masterpieces you’ve created on-site.

**Ramsgate Social Group** (previously meetings held at the Elms Social Club)

Are now meeting weekly at ‘The Odds’ (previously known as the Oddfellows) every Friday from 10.30 until 12.00 at 142 High Street, Ramsgate

For a game of pool, tea and chat and the occasional quiz! If you’re interested, attendees are respectfully requested not to drink alcohol when attending the group. Please call the service on 01843 280022 so we can arrange for you to be meet if you are feeling unsure at your first visit.

Alternatively, just ask for John.