

## Road to Recovery [R2R] May 2019 Programme

Welcome to the 'Road to Recovery' Programme

Working 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:

- Individual support sessions working to create a personalised Support Plan.
- Access to 'Road to Recovery' [R2R] Workshops and access to Informal 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
10am to 12pm				Informal Workshop Peer Led Creative Workshop	
1pm to 3pm					Informal Workshop Drama
	6	7	8	9	10
10am to 12pm	<b>BANK HOLIDAY</b>	Informal Workshop Coping with My Mental Health		Informal Workshop Peer Led Creative Workshop	
1pm to 3pm	<b>SERVICE CLOSED</b>	R2R Anxiety 1		<b>OPEN AFTERNOON</b> Service Drop In	Informal Workshop Drama
	13	14	15	16	17
10am to 12pm		Informal Workshop Coping with My Mental Health	'Body Image' Mental Health Awareness Event 10.30am to 2.30pm Open to All	Informal Workshop Peer Led Creative Workshop	
1pm to 3pm	R2R Anxiety 2	Service Focus Group		Who wants to be a Peer Leader?	Informal Workshop Drama
	20	21	22	23	24
10am to 12pm		Informal Workshop Coping with My Mental Health		Informal Workshop Peer Led Creative Workshop	
1pm to 3pm	R2R Anxiety 3				Informal Workshop Drama
	27	28	29	30	31
10am to 12pm	<b>BANK HOLIDAY</b>	Informal Workshop Coping with My Mental Health		Informal Workshop Peer Led Creative Workshop	
1pm to 3pm	<b>SERVICE CLOSED</b>	R2R Anxiety 4			Informal Workshop Drama

**\*\*\*Please book in advance for R2R Workshops\*\*\***

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

**R2R Week 6 to 9 Managing Anxiety**

Come along to four Workshops this month which aim to provide an understanding of anxiety and techniques that can be used to help manage anxiety.

**PLEASE BE AWARE, DUE TO HAVING 2 BANK HOLIDAYS THIS MONTH, OUR R2R WORKSHOPS WILL BE HELD EITHER MONDAY OR TUESDAY**

**Informal Workshops**

Co-facilitated by staff and Peer Leaders ~ our Weekly Informal Workshops include:

- *Coping with My Mental Health – Group discussions and activities on a range of issues relating to mental health, where individuals can share advice from their lived experience of mental health and provide support to one another.*
- *Drama: ‘No drama’ – Coping with depression and anxiety using theatre techniques.*
- *Creative arts, crafts, model making, creative writing, weaving etc...*

**‘Drop In’ & Open Afternoon ~ Thursday 9<sup>th</sup> May between 1 and 3pm**

For people to *drop by* and is aimed at people who may be interested in the service or are supporting someone that might benefit from joining. So come along for a chat with staff over a coffee and see what the service can do for you or the people you are supporting. Unpaid carers, supporting a friend or family member with mental health issues this invitation is open to you especially if you have mental health problems yourself.

**Who Wants to be a Peer Leader? Thursday 16<sup>th</sup> May starts at 1pm**

Are you ready to take the next step? Do you want to give something back?

Current users of the service can train to become a Peer Leader, come along and find out about it!

**TCS - 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, and community events.

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

Meeting weekly at ‘The Odds’ (*previously known as the Oddfellows*) every Friday from 10.30 until 12.00 at 142 High Street, Ramsgate, enjoy a game of pool, have tea and chat, also there is the occasional quiz! If you’re interested, please call the service on 01843 280022 so arrangements can be made for you to be met, if you are feeling unsure at your first visit, alternatively, ask for **John**.

**\*\*\*SPECIAL NOTICE\*\*\***

From 1<sup>st</sup> May 2019 the SpAce Project, which runs an art-focus MH service on Saturday and Sunday from 1pm to 4pm is having a change of organization, the service will continue but under the management of SpeakUpCIC.

All enquiries and referrals contact: **Maggie Gallant** on **01843 448384** and **tell staff your call is related to the SpAce Project.**