

Road to Recovery [R2R] June 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' 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
	3	4	5	6	7
10am to 12pm				Informal Workshop Peer Led Creative Workshop	
1pm to 3pm		Informal Workshop Coping with My Mental Health	R2R Mindfulness 1		Informal Workshop Drama
	10	11	12	13	14
10am to 12pm				Informal Workshop Peer Led Creative Workshop	
1pm to 3pm		Informal Workshop Coping with My Mental Health	R2R Mindfulness 2	"Drop In" & Service Open Afternoon	Informal Workshop Drama
	17	18	19	20	21
10am to 12pm		Service Focus Group **11am-12pm		Informal Workshop Peer Led Creative Workshop	
1pm to 3pm	R2R Health and Nutrition	Informal Workshop Coping with My Mental Health			Informal Workshop Drama
	24	25	26	27	28
10am to 12pm				Informal Workshop Peer Led Creative Workshop [LAST ONE]	
1pm to 3pm	R2R Relationships 1	Informal Workshop Coping with My Mental Health [LAST ONE]			Informal Workshop Drama [LAST ONE]

Please remember to book your place in advance for the R2R Workshops!

DETAILS OF THIS MONTHS WORKSHOPS, MEETINGS AND EVENTS:

R2R Week 10 to 11 Mindfulness: Wednesday afternoon

Mindfulness 1 & 2 – 2 Sessions looking at using Mindfulness to help you to improve your physical and mental wellbeing.

R2R Week 12 Health and Nutrition: Monday afternoon

This workshop will look at

R2R Week 13 to 14 Relationships: Monday afternoon

This workshop will look at

Informal Workshops

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

- Tuesday Afternoon ~ *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.*
- Friday Afternoon ~ *Drama: Coping with depression and anxiety using theatre techniques.*
- Thursday Morning ~ *Creative arts, crafts, model making, creative writing, weaving etc...*

*****Please note that from July there will be 3 new informal workshops on offer*****

'Drop In' & Service Open Afternoon ~ Thursday 13th

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. 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.

TCS - Peer Leaders, Volunteers and Service Users Focus Group ~ Tuesday 18th 11am-12pm only

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 for you to be met, if you are feeling unsure at your first visit, alternatively, ask for **John**.