

Road to Recovery [R2R] September 2019 Programme

Welcome to the Road to Recovery Programme!

We work towards a society that values and promotes good mental health and well-being for all.

Below is the list of workshops, groups and events that are happening at Thanet Community Service [TCS] in **SEPTEMBER**. If you are a user of the service these workshops, groups and events are open for you to attend.

If you would like to attend a R2R Workshop please notify a member of staff.

	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
10am to 12pm			Informal Group How I Manage my Mental Health+	Informal Group Only Art	
1pm to 3pm		R2R Workshop Mental Health & Employment Part 2		Open service 1-2pm	Informal Group Mental Exercising
	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
10am to 12pm			Informal Group How I Manage my Mental Health+	Informal Group Only Art	
1pm to 3pm		R2R Workshop Goal Setting Part 1			Informal Group Mental Exercising
	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
10am to 12pm			Informal Group How I Manage my Mental Health+	Informal Group Only Art	
1pm to 3pm		R2R Workshop Goal Setting Part 2	TCS Focus Group meeting starts at 1pm		Informal Group Mental Exercising
	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
10am to 12pm			Informal Group How I Manage my Mental Health+	Informal Group Only Art	
1pm to 3pm		R2R Workshop Reflection & Evaluation			Informal Group Mental Exercising

At the Thanet Community Service [TCS], the support we offer may include any or all of the following:

- Support to encourage you to develop a personalised Recovery Support Plan.
- Access to 'Road to Recovery' Workshops.
- Access to Informal Recovery Focussed Groups.
- Train as a Peer leader, utilising your skills and interest to help others.
- Sign Posting and information about services and activities available in the community.

More details of the workshops, groups, and events overleaf →

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

R2R Week 23 Mental Health and Employment:

This Workshop will focus on the relationship between mental health and employment, and the difficulties people with mental health might face in employment. We will then discuss what skills can benefit you in employment and any future plans for employment.

R2R Week 24 and 25 Goal Setting:

In this Workshop we will discuss strategies and tips to support you in setting your goals, and strategies to motivate you to follow through on your goals and avoid procrastination.

R2R Week 26 Reflection and Evaluation:

This Workshop provides you the opportunity to come along and offer your feedback on the R2R Workshops, and offer any suggestions you have for additional R2R Workshops.

If you would like to attend a R2R Workshop please notify a member of staff.

Informal Workshops:

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

- **'How I Manage my Mental Health'** - Come along for a chat and share coping experiences with others in a supportive environment, whilst enjoying a cup of tea or coffee. **September only 'Gardening for better MH'**
- **Only Art** - Open to those of all artistic abilities, this Workshop provides you the opportunity to pursue your interest in Art and the chance to develop your artistic skills with the support of Peer Leaders.
- **'Mental Exercising'** - Join others in a social setting to actively focus on your recovery journey. This sessions will enable you to keep your mind and brain active which will involve playing various Board Games to help you improve your planning and thinking skills, whilst having fun.

'TCS - Open Service'

This event is for those who may be interested in, or are supporting someone that might benefit from joining TCS. Come along for a chat with staff over a tea and coffee and see what support the service can offer..

We would especially welcome interest from those aged 18 – 25, to hear about how the service could support you best.

TCS Focus Group

Clients at TCS and Peer Leaders are invited to help shape the service and discuss ideas for current workshops, ideas for future workshops, fundraising, and community events.

Ramsgate Social Group Friday 10.30 to 12.00 (previously 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, and take part in the occasional quiz! If you're interested please call the service on 01843 280022 so we can discuss your first visit, alternatively, ask for **John**.