

## Road to Recovery [R2R] December 2019 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]

During November, if you are a user of the service these workshops, groups and events are open for you to attend.

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
10.30am to 12.30pm		R2R Workshop Self esteem and Confidence	'Creative thinking' Recovery Focussed Workshop	All About Art Informal Group	
1pm to 3pm		Mental Health Wellbeing 'What works for me'			Cycle to Wellbeing Informal Group
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
10.30am to 12.30pm		R2R Workshop Mindfulness		All About Art Informal Group	
1pm to 3pm		Mental Health Wellbeing 'What works for me'	TCS Focus Group		Cycle to Wellbeing Informal Group
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
10.30am to 12.30pm		R2R Workshop Mindfulness	'Creative Thinking' Recovery Focussed Workshop	All About Art Informal Group	
1pm to 3pm		Mental Health Wellbeing 'What works for me'			Cycle to Wellbeing Informal Group
	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
10.30am to 12.30pm	Peer Leader Christmas Party 11.00 -2.00	<i>Seasons Greetings</i>  Happy New Year			
1pm to 3pm					
	Monday 30	Tuesday 31	<b>Help us to prepare, by letting us know if you are attending the R2R Workshops, so a place can be held for you!</b>		

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 Peer led 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.

**Full details of the workshops, groups, and events can be found overleaf →**

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

### Road to Recovery [R2R] Workshops

Thanet Community Service's 'Road to Recovery' workshop sessions covering numerous Recovery Focussed themes, such as What is Recovery; Confidence and Self-esteem; Assertiveness as well as Mindfulness, Healthy Eating etc.. Sign up and begin your Recovery Journey with Richmond Fellowship.

#### R2R – Self Esteem and Confidence

In this workshop you will take part in a variety of activities and group discussions aimed at improving your Confidence and Self Esteem; such as challenging your inner critic, valuing your self worth and your strengths and positive attitudes.

#### Recovery Focus – Creative Thinking

In this workshop we will provide you with options and invite you to try new activities that would enhance your Creative thinking. These methods would help you with a more allowing perception and better decision making.

#### R2R – Mindfulness

Mindfulness is a state of being aware. In this workshop we work on how to live a more mindful life which would help us feel calmer, become more self-aware and kind and it will help you to manage difficult thoughts and feelings better.

**Peer-Led Weekly Informal Groups in December** - Refreshments will be provided.

**Mental Health Wellbeing 'What works for me'** – Sharing with others what works for you when managing your mental health. We can all learn from one another, we may have a great idea to share. Come along and share 'What works for you' in a safe and supportive group session, with Peer Leader **Ian** facilitating.

**All about Art** - Open to all levels of artistic ability, this group provides an opportunity to pursue your interest in all things creative with support of Peer Leaders **Donna & Claire**

**Cycle to Wellbeing** – Join Peer Leader **Sam**, bring your bikes to our cycling group.

We all know mental and physical wellbeing are linked so getting exercise, meeting new people and planning routes for the groups to try out, visiting different areas around Thanet and beyond?

### The Thanet Community Service [ TCS] Focus Group

Clients of 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.

**\*Peer-Leaders' Christmas Party\*** – Monday 23<sup>rd</sup> December 2019 – 11am to 2.00pm

Please join our Peer leaders who have organised some fun activities for our Christmas 2019.

There will be Board Games, Music, Pass the Parcel, Charades, Quiz and Prizes.

Soft drinks are provided but please bring as item of food if you can, we hope you can make it.

**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**.