

Dover & Deal Diary of Activities January 2020

DATE	Time	Activity	VENUE	Details
Mondays (apart from Bank Holidays)	1.15pm – 3.15pm	Deal – Service Users’ Advice Clinic	Deal Ability Centre, 43 Victoria Road, Deal CT14 7AY	This informal drop-in allows service users to raise any issues, complaints or compliments that have arisen and which need to be taken forward. Signposting support and advice also provided as necessary.
Dates to be confirmed.	TBC	Dover – Service Users’ Advice Clinic	At Take Off and Dover Big Local	These informal drop-ins allow service users to raise any issues, complaints or compliments that have arisen. For dates of these clinics, please contact John Childs – Mob: 07923 429231 email: john@speakupcic.co.uk
Ongoing			Service User Engagement and Outreach Support	Do you have something to say about local mental health services or have issues to report? John will listen and take forward your feedback. Telephone: 01843 448384 or email: feedback@speakupcic.co.uk.

Live Well Kent Peer Support Groups and Activities:

DATE	Time	Activity	VENUE	Details and Costs
Every Monday (apart from Bank Holidays)	1.15pm – 3.15pm	Dover/Deal – Music Appreciation Group	Deal Ability Centre, 43 Victoria Road, Deal CT14 7AY	SpeakUpCIC welcomes people wanting to socialise and meet with others to this weekly peer support group which uses music as the connective and mood lifting tool. People are welcome to bring along music to share and join in our regular fun music quizzes.
Next meeting on Monday 20th	1.15pm	Dover/Deal – LGBTQ Peer Support Group	Deal Ability Centre, 43 Victoria Road, Deal CT14 7AY	This group meets monthly and provides the opportunity for members of the LGBTQ community to meet new people, talk about lifestyles, share experiences and make new friends. The group meets at the Deal Ability Centre and – depending on the weather – goes for a walkabout and/or lunch (as decided on the day). Anyone wanting further details please contact – Maggie: 01843 448384 email: maggie@speakupcic.co.uk .

For more information on our service or activities please contact: Kay or John @ the Office

The Media Centre, 11-13 King Street, Margate, Kent. CT9 1DA Tel: 01843 448384 Email: john@speakupcic.co.uk or kay@speakupcic.co.uk Registered CIC no. 7530955

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Ongoing	24/7		On-line Peer Support Groups	<p>Closed on-line peer support groups which are moderated by staff and volunteer peer support mentors.</p> <p>Night Owls – for people who have trouble sleeping at night and who would like to chat with others in a safe place.</p> <p>PERDI Personality Disorder Peer Support Group – for people living with a PD diagnosis who want to link with others to share news, views and experiences etc.</p> <p><i>Anyone wishing to join these closed groups please email:</i> <i>Maggie@speakupcic.co.uk</i></p>
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