

Diary of Activities for January 2020 - THANET

Date	Running	VENUE	GROUP/ACTIVITY	Details
Every Monday 11.30 – 1.30pm	Weekly	St John's Community Centre, Victoria Road, Margate CT9 1LN	Monday Peer Support Group	A weekly peer led group where members can meet up, have a cup of tea/coffee, discuss various issues, take part in quizzes and invite guest speakers etc. Cost: £1.00 donation for refreshments.
Every Tuesday 1.30 - 3.30pm	Weekly	The Media Centre, 11-13, King Street, Margate. CT9 1DA	Computer Group	A weekly drop-in computer group for all your IT needs. Bring your own device or use the ones provided – beginners welcome! Cost: £1.00 donation for refreshments.
Every Tuesday 11.00 – 1.00pm	Weekly	The Media Centre, 11-13 King Street, Margate CT9 1DA	PERDI – Personality Disorder Peer Support Group	This peer support is for people living with a personality disorder diagnosis in Thanet. Weekly group sessions and workshops providing the opportunity to meet and connect with others to share and support each other in a safe and friendly space. <i>Please call Maggie or Kay for further information.</i>
Wednesdays 10.30 – 1.00pm	STARTS ON 22nd JAN.	The Media Centre, 11-13 King Street, Margate CT9 1DA	Your Port In A Storm	**A NEW weekly drop-in service starting on 22nd January - funded by Football United. <i>Please call the office for further information.</i>
Every Wednesday 1pm – 3pm	Weekly	The Media Centre, 11-13 King Street, Margate. CT9 1DA	The Safe Haven Gardening Group	The opportunity to enjoy a spot of gardening with others in SpeakUpCIC's lovely sheltered garden area. NB: if the weather is bad, gardening themed activities take place indoors.
Every Thursday @ 1.30 – 3.30pm	Weekly	Druid's Social Club, Unity House, Percy Road, Margate, Kent, CT9 2DR	Music Appreciation Group	Music is one of the greatest therapies for helping to lift our mood and raise our spirits. This group is for people who want to meet up with others to socialise and share their favourite music. Just bring along a piece of music/song that means something special to you (on CD) and join us for a chat, cuppa, sing-a-long and a dance (if the mood takes you)!
Thursday 30 th – 4.30 to 6pm.	Monthly	The Promenade, Margate (next to Margate train station)	LGBTQ Peer Support Group	Are you a LGBTQ Mental Health Service User? Our monthly meet ups provide the opportunity to socialise, share experiences and make new friends.

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

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

Diary of Activities for January 2020 - THANET

Every Friday @ 10am – 2pm	Weekly	Windmill Community Gardens, Margate, Kent	Wellbeing Project	Cost: Entry and Refreshments Free. Take part in this fantastic opportunity to get involved in a local community gardening project, improve your fitness and mental wellbeing out in the fresh air. Please speak to David if you would like to take part in this group and would like further information.
Every Saturday and Sunday @ 12 – 3pm	Week- ends	The Media Centre, 11- 13 King Street, Margate. CT9 1DA	SpAce – Art & Craft Peer Support Group	The opportunity to enjoy and take part in a variety of art-based activities with other people in a friendly and supportive environment. All materials and refreshments are provided.
Date to be confirmed.	Monthly	Visit to Hornby Hobbies Museum in Margate.	Weekend Peer Support Activity Group	A group activity/outing (which is agreed by members in advance) providing the opportunity for people to meet with others and take part in social activities. [<i>NB: people pay <u>only</u> if there is an admission fee for a particular activity</i>].
The last Friday of every month	Monthly	The Media Centre, 11- 13 King Street, Margate. CT9 1DA	Family Circle – drop café for carers	An informal drop-in for people who care for loved ones living with a mental health condition providing the opportunity to chat over a cuppa. Cost: Donation towards refreshments.
Ongoing	24/7		On-line Peer Support Groups	Closed on-line peer support groups which are moderated by staff and volunteer peer support mentors. Night Owls – for people who have trouble sleeping at night and who would like to chat with others in a safe place. 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. <i>Anyone wishing to join these closed groups please email: Maggie@speakupcic.co.uk</i>
Ongoing			Service User Engagement and Outreach Support	Do you have something to say about local mental health services or have issues to report? David and John will listen and take forward your feedback. Telephone: 01843 448384 or email: feedback@speakupcic.co.uk.

These groups and activities are open to SpeakUpCIC members. If anyone wishes to become a member, please contact the office: 01843 448384 to arrange a risk assessment.