

HAPPY NEW YEAR!

Road to Recovery [R2R] January 2020 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 January, if you are a user of the service these workshops, groups and events are open for you to attend.

	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
10.30am to 12.30pm	PLEASE ASK STAFF TO BOOK A PLACE FOR YOU ON OUR R2R & RECOVERY FOCUSED WORKSHOPS, THEY'RE FILLING UP FAST!				
1pm to 3pm					
	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
10.30am to 12.30pm		R2R Workshop Health & Nutrition		Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm		Informal Group Building Hope			
	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
10.30am to 12.30pm		R2R Workshop Mental Health & Employment (Part 1)		Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm		Informal Group Building Hope	Recovery Focus Effects of my Past Part 1		
	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
10.30am to 12.30pm		R2R Workshop Mental Health & Employment (Part 2)	T.C.S Focus Group Open to current SU and Peer leaders	Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm		Informal Group Building Hope			
	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
10.30am to 12.30pm		R2R Workshop Relationships (Part 1)		Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm		Informal Group Building Hope	Recovery Focus Effects of my Past Part 2	Service Open Afternoon	

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 ➔

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; Employment; Healthy Eating etc.. Sign up and begin your Recovery Journey with Richmond Fellowship.

07/01/2020 Health & Nutrition - A look at how nutrition affects Mental Health – this workshop will bring to your attention the benefits of healthy choices.

14/01/2020 Mental Health & Employment (Part 1) This Workshop will first examine the relationship between mental health and employment, and the difficulties people with mental health might face in employment.

21/01/2020 Mental Health & Employment (Part 2) In this Workshop we will discuss what skills can benefit you in employment and any future plans for employment and how to prepare yourself for it..

28/01/2020 Relationships (Part 1) This workshop deals with our relationships and the effect of our Mental Health on them and vice versa.

Peer-Led Weekly Informal Groups in January 2020 - Refreshments provided.

'Building Hope' - "We have been effective in discovering a journey together focussing on the main theme of hope. Our journeys begin with our individual need towards our hopes of a fulfilling future. Join us and let's explore together" with Peer Leader **Ian**.

'Creative Thursday' - Open to all levels of artistic ability, this group provides an opportunity to pursue your interests in all things creative with support of Peer Leaders **Donna & Claire**

'Managing my mental health through Drama' - Peer Leader **Sam** will be creating a number of scenarios in which attendees will take part and 'play out'

Recovery Focus Workshop

15/01/2020 'Effects of the Past (Part 1)' - This workshop deals with the trauma or influences remaining with us from the past and how to declutter our past.

29/01/2020 'Effects of the Past (Part 2)' - This workshop deals with the trauma or influences remaining with us from the past and how to declutter our past.

Service 'Open Afternoon' Thursday 30th

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 and Peer Leaders over a coffee, and see what the service can do for you or the people you are supporting.

Thanet Community Service [TCS] Focus Group Wednesday 22nd

Peer leaders & users of the service are invited to help shape the service and discuss ideas for future workshops, ideas for 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**.