

Road to Recovery [R2R] February 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
10.30am to 12.30pm		R2R Workshop Relationships (Part 2)		Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm					
	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
10.30am to 12.30pm		R2R Workshop Confidence and Self Esteem (Part 1)		Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm			Recovery Focus Preparation for Service Leavers		
	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
10.30am to 12.30pm		R2R Workshop Confidence and Self Esteem (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				Service Open Afternoon	
	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
10.30am to 12.30pm		R2R Workshop Assertiveness (Part 1)		Informal Group Creative Thursday	Informal Group Managing MH through Drama
1pm to 3pm			Recovery Focus Decluttering the Mind		

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 Focused 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.

Relationships (Part 2) - This workshop deals with our relationships and the effect of our Mental Health on them and vice versa.

Confidence and Self Esteem (Parts 1 & 2) - In these two Workshop you will take part in discussions and activities aimed at improving your Confidence and Self esteem, such as Challenging your inner critic, valuing your strengths and positive aspects as well as your Self.

Assertiveness (Parts 1) - This workshop examines what it means to be assertive and how we can adapt such attitude. We will also look at different techniques to increase assertive behaviour such as learning to say 'No', handling criticism and body language.

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

'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

Preparation for service Leavers – As you know, you are with Recovery Focus Programme for up to one year – but your Exit from the service is not a sad or bad thing – it can be your first step to stronger, empowered you continuing your journey of recovery. In this workshop we discuss 'What Next' in preparation for your Exit – this workshops best suits those of you who have been with the service for 6 months or over.

Decluttering Your Mind – An interactive workshop with tips and trick to calm the mind so to take note of what serves to your benefit and what need to be dropped.

Service 'Open Afternoon' Thursday 20th

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 19th

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

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**.