




DIARY OF SPEAKUPCIC ACTIVITIES - August 2022

If you are a member and would like to participate in any online group sessions, you need to confirm by contacting Kay or the facilitator as indicated – unless you are already on the invite list for participating in specific groups. Zoom invites are emailed out individually by the facilitator before the online session starts.

*****SPECIAL NOTICE FOR THE NEW PERDI GROUP ARRANGEMENTS – PLEASE SPEAK TO KAY*****

DAY	TIME	In-Person/ online details	GROUP NAME	DETAILS
Monday				
Not 29th	10.00am	Online - Zoom	WOMEN'S GROUP	Facilitated by Kay. An opportunity for women members to share experiences with each other.
	10.00am	In-person	GARDENING, ART & CRAFTS GROUP	At the Media Centre, Margate. <i>If information is required, please contact Kay.</i>
8th	10.30	In-person	BROADSTAIRS FOLK WEEK 	Meeting up with Maggie at Morelli's for a coffee and 11am at the Charles Dickens
Not 29th	1.30 to 3.30pm	In-person at: Deal Ability 43 Victoria Road Deal CT14 7AY	DOVER & DEAL MUSIC APPRECIATION GROUP	Facilitated by Kay. A social peer support group for <u>Dover and Deal</u> members to meet over a cuppa, share favourite pieces of music and enjoy fun quizzes etc.
	12.00 to 1.00pm	Online - Zoom	MONDAY MOTIVATION	Facilitated by Kelly. A group to help promote motivation by fun activities etc.
Tuesday				
Wednesday				
	10.00 to 11.00am	Online - Zoom	TALKING & SHARING	Led by Carolyn. Talking and sharing and making it up as we go! A fun and interactive session.
	10.00am	In-person	GARDENING, ART & CRAFT GROUP	At the Media Centre, Margate. <i>If information is required, please contact Kay.</i>
17th	11.30 to 1.30pm	In-person	RAMSGATE - MEET UP IN THE PARK	An opportunity to meet up with others and members of the team for a cuppa and a chat. Ellington Park, Ramsgate Meet outside the Cafe.

Thursday				
Date tbc		Online or in-person	NEW MEMBERS WELCOME GROUP	Facilitated by members of the team – for new members to learn about SpeakUpCIC and our services and groups.
7 th	11.15am	In-person	MARGATE – MEET UP IN THE PARK	Interested in an opportunity to meet up with others? Contact Kay
	1.30 to 3.30pm	In-person	THANET MUSIC APPRECIATION GROUP	Facilitated by Kay. A social peer support group for <u>Thanet members</u> to meet over a cuppa and enjoy sharing favourite pieces of music. Please feel free to bring along your CDs. Contact Kay
	7.00 to 8.30pm	Online - Zoom	MAN CAVE	Facilitated by Shane. An evening group where (Thanet) members can meet to share and discuss ideas, hobbies etc. <i>*Anyone interested please contact Kay*</i>
25 th	4.00pm	In-person	LGBTQ MEET UP	Facilitated by Ian Carter-Chapman. An opportunity for members to meet up for a chat and a meal. Contact Maggie for venue
Friday				
	10.00am	Online - Zoom	FRIDAY FUN!	Facilitated by Kelly. A fun interactive session including games, stories etc.
	10.00am	In-person	GARDENING, ART & CRAFT GROUP	At the Media Centre, Margate. <i>If information is required, please contact Kay.</i>
	2.00pm	Online - Zoom	MEN'S GROUP	Facilitated by Shane. A group for men to meet up and socialise to share etc. <i>*Interested? contact Kay*</i>
Saturday				
	10.00am	Online - Zoom	CROSSWORD & PUZZLES GROUP	Facilitated by a team member- fun puzzles to stimulate the mind. <i>*If anyone would like to be invited, please contact Maggie@speakupcic.co.uk.</i>
	12noon	Online - Zoom	MUSIC QUIZ	Music Quiz facilitated by Shane. A fun quiz providing the opportunity for music lovers to test their knowledge on a range of music old and new!
13 th	3.45pm	In-person	MARGATE PRIDE MARCH	Meeting at Oval Bandstand - Maggie & Ian for a 4pm start
Sunday				
20 th	1.00 to 3.00pm	In-person	SUNDAY WEEKEND ACTIVITY	Facilitated by Kay. An opportunity for people to meet up with others to socialise. Interested? Contact Kay.
tbc	tbc	In-person	Afternoon Tea at Walpole Bay Hotel <i>'Remembering Claire Macdonald'</i>	In memory of Claire Macdonald , her sister has made a generous donation to allow all those who knew her could come together and celebrate Claire's life. Contact Maggie

7 days a week	Every night	Facebook Peer Support Group	NIGHT OWLS	A closed peer support group for people who experience difficulties sleeping. Night Owls is a safe space where people can chat with others during the night. <i>Interested? contact Maggie*</i>
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Our peer support groups and activities are for SpeakUpCIC members – To join a group, please contact Kay – kay@speakupcic.co.uk or call her on: 07543 977 670

Members who wish to join Night Owls contact Maggie - maggie@speakupcic.co.uk