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**DIARY OF ONLINE GROUPS -AUGUST 2025**

**All online groups listed are for registered SpeakUpCIC members only. PLEASE NOTE: If you wish to participate in a group and are not already on the facilitator’s invite list, please let Kay or Maggie know.** [**Kay@speakupcic.co.uk**](mailto:Kay@speakupcic.co.uk)**.** [**Maggie@speakupcic.co.uk**](mailto:Maggie@speakupcic.co.uk)

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| **Day - dates** | **Group/Activity** | **Time** | **Location** | **Details** |
| **TUESDAY**  **12th** | **LGBTQ+ with Seb** | 4pm – 5.30pm | **Online -Zoom** | Facilitated by Seb. Meetings are held on the 2nd Tuesday of the month. A Zoom link will be sent out the day before the meeting. |
| **19th** | **CREATIVE WRITING WORKSHOP** | 11am to 12.30pm | **Online- Zoom** | Facilitated by David. A monthly group for people interested in improving their writing technique and sharing written pieces etc. In this session we’ll be looking at Writing tips. |
| **WEDNESDAY**  **Weekly** | **TALKING AND SHARING** | 10am-11am | **Online- Zoom** | Facilitated by Carolyn. Talking and sharing and making it up as we go! A fun and interactive session. |
| **13th** | **DR WHO Group** | 1.30-3.30pm | **Online- Zoom** | A forum for Dr Who fans to watch and discuss short videos. Our theme this month is the making of the two1960s Dr Who feature films. |
| **13th Healthy eating**  **27the Perfectionism** | **ADHD Group** | **– 4pm to 5.30pm**    **– 4pm to 5.30pm** | **Online- Zoom** | Facilitated by David. Exploring the challenges and sharing experiences and coping strategies. You don’t need to have a diagnosis to attend. |
| **20th** | **BODY DOUBLING Group** | **– 2pm to 3.30pm** | **Online- Zoom** | Do you find that it hard to motivate yourself to start or complete tasks such as cleaning, ironing or filling in forms. Join our Zoom session to see if having others online doing their own tasks makes it easier for you to do yours. |
| **20th** | **BOOK CLUB** | 4.00 to 5.30pm | **Online - Zoom** | Facilitated by David. To share and discuss a book of choice (decided by group). Our book for August is The Hotel Avocado by Bob Mortimer. |
| **THURSDAY**  **14th, 21st & 28th** | **SHORT FILMS** | 12.30 to 1.45pm | **Online-Zoom** | Facilitated by David. 'Showing and discussing short films from around the world.' |
| **14th** | **ART & PHOTOGRAPHY** | 2.30 to 4pm | **Online-Zoom** | Facilitated by David. An opportunity to learn with others how to draw and take photographs. There is an optional painting exercise for homework. |
| **21st** | **AUTISM GROUP** | 2.00 to 3.30pm | **Online-Zoom** | Facilitated by David. Exploring strategies to help manage autism. Our theme in July is More on communicating your needs. |
| **21st & 28th** | **CULTURE CLUB** | 4.00 to 5.30pm | **Online-Zoom** | Facilitated by David. Watching and discussing short videos on Art, Film, Books and Music. |
| **28th** | **MUSIC JAM** | 2.30 to 4pm | **Online – Zoom** | Facilitated by David. **NB: Specifically for:** musicians and vocalists interested in participating in a face-to-face group session in Ramsgate being planned for a Sunday in September. . |
| **FRIDAY**  **Weekly** | **FRIDAY FUN!** | 10.00am -1pm | **Online- Zoom** | Facilitated by Kelly. A fun interactive session including games, stories etc. |
| **15th & 29th** | **FATIGUE SELF-HELP group** | 3.30-4.30pm | **Online - Zoom** | Facilitated by David. Sharing coping strategies in areas such as morning routines, managing energy and sleep problems. |
| **22nd** | **QUIZ GROUP** | 3.00 to 4pm | **Online - Zoom** | Facilitated by David. Choose your topics from a list of over 30 subjects. |
| **SATURDAY**  **Weekly** | **CROSSWORD GROUP** | 10 am | **Online - Zoom** | Facilitated by Clare. Fun crosswords to stimulate the mind. |

**SpeakUpCIC Facebook NIGHT OWLS a closed members group – a peer support group for people experiencing difficulties sleeping and a safe place for people to chat with others during the night. To join NIGHT OWLS please contact Maggie Gallant via email: maggie@speakupcic.co.uk**