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**THANET - DIARY OF SPEAKUPCIC PEER SUPPORT ACTIVITIES – AUGUST 2025**

**All face-to-face and online groups listed are for SpeakUpCIC members only. If you wish to participate in an online group and are not already on the invite list, please let us know. If you want to attend an in-person group and want more information, please contact either Maggie or Kay. Polite reminder: For members who are not subscribing (£10 per month) we ask for a £2.00 contribution towards refreshments and room hire for each in-person group session.**

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| **Day** | **Activity** | **Time** | **Location** | **Details/Info** |
| **\*MONDAY**  **11th\*** | **Meet up at Broadstairs Folk Week** | 10.30am | **Morrelli’s Gelato, Broadstairs** | **The annual SpeakUpCIC Folk Week meet up for members who want to join Maggie for a cuppa, ice cream and browse around the stalls etc.** |
| **TUESDAY**  **Weekly** | **Member Forum** | 10:30 am – 12.30pm | **In-person at the Media Centre (in the Lifeboat Room)** | A weekly forum for members to meet up, participate in activities, discuss topical issues and engage with providers etc.  *5th –* Louise Piper from the Adult Mental Health Team (NHS Kent & Medway). Discussing the proposed NEW Thanet Crisis Recovery House – a chance to have your say and learn more!  *12th – ‘*Tree of Life’ workshop led by Nicky and Mellssa.  *19th –* Historical talk by IAN AND VAL CARTER-CHAPMAN – **10.30am start. Being held in the art & craft room**: “CINEMA AT SEA” – history about the Carlton Cinema in Westgate.  *26th –* Chat with Kay to discuss future ideas and aspirations etc |
| **12th & 26th** | **Magic The Gathering** | 1.30 to 4.30pm | **In-person at the Media Centre (in the Lifeboat Room)** | Facilitated by David – for those who enjoy playing this specific game. *NB: If further information is required, please let us know.* |
| **19th** | **Board Games** | 1.30 to 4.30pm | **In-person at the Media Centre (in the Lifeboat Room)** | Facilitated by David – a chance to meet up and have some fun playing strategy board games with others |
| **LGBTQ Zoom – 12th** | **LGBTQ+ Zoom with Seb** | 4.00 to 5.30pm | **Online - Zoom** | Facilitated by Seb. A Zoom link will be sent out the day before the meeting. |
| **26th** | **LGBTQ+ Social Meet Up** | 2pm | **In-person meet up** | This will be held the last Tuesday of the month ***please contact, Maggie for more information*** |
| **WEDNESDAY**  **Weekly** | **Talking and sharing** | 10am-11am | **Online -Zoom** | Led by Carolyn. Talking and sharing and making it up as we go! A fun and interactive session. |
| **Weekly** | **ART & CRAFT GROUP** | 10am- 12pm | **In-person at the Media Centre** | At the Media Centre, Margate.  ***If information is required, please contact Kay*** |
| **Weekly** | **WELLBEING WEDNESDAYS** | 1pm – 3pm (apart from 23rd which starts at 12.30). | **In-person at the Media Centre (in the Lifeboat Room)** | ***Please contact Kay to find out more***  *6th –* Textile Mindfulness workshop led by Nicky and Mellissa  *13th –* ‘MIND TO STITCH’ WORKSHOP [based on Rachelle Francis new wellbeing project]  20th – Laughter and Chair Yoga with Katya  27th – Resin Workshop led by Michelle |
| **FRIDAY**  **Weekly** | **FRIDAY FUN!** | 10.00 -11.30am | **Online- Zoom** | Facilitated by Kelly. A fun interactive session including games, stories etc. |
| **Weekly** | **ART & CRAFT GROUP** | 9.30am –11.30pm | **In-person at the Media Centre** | ***If information is required, please contact Kay.*** |
| **Weekly** | **CREATIVE WRITING GROUP** | 12.30pm – 2.30pm | **In-person at the Media Centre (in Lifeboat Room)** | Facilitated by Kay. A group for members to meet up, share ideas and explore self-expression and creativity by writing. |
| **SATURDAY**  **Weekly** | **CROSSWORD GROUP** | 10 am | **Online - Zoom** | Facilitated by Claire- fun crosswords to stimulate the mind. ***\*If anyone would like to be invited, please contact*** [***Maggie@speakupcic.co.uk***](mailto:Maggie@speakupcic.co.uk)***.*** |
| **9th** | **\*MARGATE PRIDE\*** | Parade 1pm |  | **SpeakUpCIC will be supporting Pride by taking part in the parade with our banner. Parade leaving from Walpole Bay at 1pm. \*People wishing to participate meet on the lawns from 12noon\*** |

**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 her email.**