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**THANET - DIARY OF SPEAKUPCIC PEER SUPPORT ACTIVITIES – SEPTEMBER 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 would like 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 22nd\*** | **BATON OF HOPE**  **‘An Afternoon of Hope’** | 3pm to 7pm | **Market Place - Margate Old Town** | SpeakUpCIC will be having a stall to promote the support we provide and to participate in activities to mark the arrival of the baton bearers to Margate. |
| **TUESDAY**  **Weekly [apart from 23rd]** | **Member Forum** | 10:30 am – 12.30pm | **In-person at the Media Centre** | A weekly forum for members to meet up, participate in activities, discuss topical issues and engage with providers etc.  *2nd* Alina Takazauskaite - Social Care Involvement Officer (East Kent) – to explain her role and gain thoughts about what people think about KCC social care etc. [in Lifeboat Room]  *9th* Talk by Ian and Val Carter Chapman ‘A Trip to the Pictures’. [In Art & Craft Room]  *16th* - TBC  *23rd* – NO FORUM TODAY  *30th* **EVERYDAY MENTAL HEALTH TRAINING session** [by Mid Kent Mind]. SpeakUpCIC are running this session as a group via Zoom in the Lifeboat Room at 11.00am sharp start. |
| **Fortnightly**  **2nd & 16th** | **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 |
| **Fortnightly**  **9th & 23rd** | **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.* |
| **LGBTQ+ Zoom – 9th** | **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. |
| **30th** | **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 24th which starts at 12.30). | **In-person at the Media Centre (in the Lifeboat Room)** | ***Please contact Kay to find out more***  *3rd* Depression & Anxiety Group with David.  *10th* ‘MIND TO STITCH’ workshop. Join us to be creative with fabric to make a textile book for an exhibition as part of the Rachelle Francis project.  *17th* ‘PUMPKIN PATCH’ with Mellissa. Join us to have fun decorating pumpkins for our exhibition to mark World Mental Health Day.  *24th* Chair Yoga with Katya |
| **\*THURSDAY**  **4th\*** | **FEED BACK ENGAGEMENT** | 10.30 to 12.30 | **In-person at the Media Centre (in the Lifeboat Room)** | ***Visit from Hayley Mason - Community Engagement and Involvement Lead***  ***(KMPT) - to discuss Thanet Health Inequalities in relation to a Mental Health Checklist with members. A chance to have your say!*** |
| **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)***.*** |

**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.**