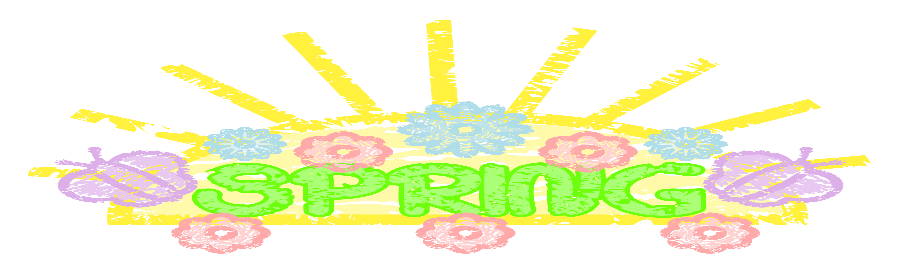
Logo

Description automatically generated A picture containing icon

Description automatically generated A blue and white logo

Description automatically generated

**DIARY OF SPEAKUPCIC ACTIVITIES – March 2024**



**All face-to-face and online groups listed are for SpeakUpCIC members only. If you wish to participate in a group, please contact the facilitators listed below or Maggie Gallant. Polite reminder: £1.00 towards refreshments and room hire for each in-person group session.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Tuesday** | Activity | Time | Location | About |
|  | **Speak up meet up with Georgina** | 10:30 am – 1pm | **In-person at the media centre** | Facilitated by Georgina – a range of fun activities and service user forums etc. |
| **Wednesday** | **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. |
|  | **Thanet PERDI - mixed** | 10.00 to 12pm | **In-person** | Facilitated by Kay. A mixed group providing the opportunity for people with a PD/CED diagnosis to meet, connect and share. **\*Please contact Kay for further information\*** |
|  | **GARDENING, ART & CRAFT GROUP** | 10am- 12pm | **In-person at the media centre** | At the Media Centre, Margate.  ***If information is required, please contact Kay*** |
|  | **Thanet WOMEN’S PERDI** | 1pm-3pm | **In- person** | Facilitated by Kay. **\*Please contact Kay for further information.** |
|  | **ASHFORD – Creative Voice** | 11.30am – 12.30pm | **Online- Zoom** | Facilitated by Becky. An opportunity for Ashford members to connect to share views, discuss topics, poetry readings and much more! **F2F will be on 20th more info to follow.** |
| **Thursday** | **Thanet PERDI online group** | 11am -12.30pm | **Online- Zoom** | Facilitated by Kay for members with a PD/CED diagnosis to engage and share with each other. |
|  | **THANET MUSIC APPRECIATION GROUP** | 1.30pm- 3.30pm | **In-person at:**  **Unity House, Percy Road, Margate CT9 2DR** | Facilitated by Kay. |
|  | **Dover & Deal PERDI online group** | 4.30pm- 6pm | **Online- Zoom** | Facilitated by Kay for members living in Dover and Deal with a PD/CED diagnosis to engage and share with each other. |
| **Friday** | **FRIDAY FUN!** | 10.00 to 11.30am | **Online- Zoom** | Facilitated by Kelly. A fun interactive session including games, stories etc. |
|  | **ART & CRAFT GROUP** | 10.00am –12pm | **In-person** | At the Media Centre, Margate.  ***If information is required, please contact Kay.*** |
|  | **CREATIVE WRITING GROUP** | 11.00am to 1pm | **In-person** | Facilitated by Kay. A group for members to meet up, share ideas and explore self-expression and creativity by writing. |
|  | **FEEDBACK CLINIC-DROP-IN** | 10.00am -12.30pm | **In-person**  **Wetherspoon in Ramsgate** | If anyone has any feedback on mental health services come and find Becky at Wetherspoon.  The 2nd and last Friday of the month |
| **Saturday** | **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.**