



DIARY OF SPEAKUPCIC ACTIVITIES - April 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.
	LGBTQ+ with Seb	4pm – 5.30pm	Online -Zoom	Facilitated by Seb- This meeting will be held on the 2 nd Tuesday of the month. A link for this meeting will be sent out the day before the meeting.
	LGBTQ+			This will be held the 3 rd Tuesday of the month <i>please contact, Maggie for more information</i>
	LGBTQ+ Afternoon Tea	2pm	St peters church hall	Facilitated by Ian- for more information please contact Maggie for details.
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.

	GARDENING, ART & CRAFT GROUP	10am- 12pm	In-person at the media centre	At the Media Centre, Margate. <i>If information is required, please contact Kay</i>
	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 17th more info to follow.
Thursday	Working Group 11th April	10.30am- 12.30pm	In-Person	At the Media Centre, Margate. <i>If information is required, please contact Maggie or Kay.</i>
	THANET MUSIC APPRECIATION GROUP	1.30pm- 3.30pm	In-person at: Unity House, Percy Road, Margate CT9 2DR	Facilitated by Kay.
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. <i>If information is required, please contact Kay.</i>
	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.
Saturday	CROSSWORD GROUP	10 am	Online - Zoom	Facilitated by Claire- fun crosswords to stimulate the mind. <i>*If anyone would like to be invited, please contact Maggie@speakupcic.co.uk.</i>

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.