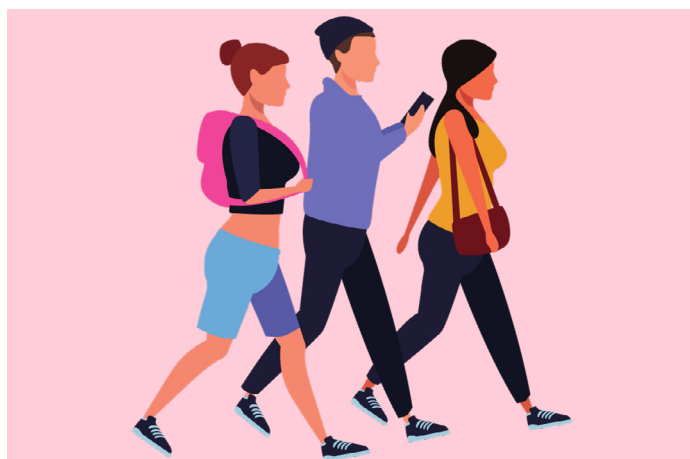




# mind East Kent

## Activities Programme Jan-Mar 2024



**Registered charity number 1110130**



# EAST KENT MIND

Programme - January-March 2024

## Welcome to our new Activities Programme

East Kent Mind is offering an array of live activities, courses, groups and workshops that you can book via telephone or on your computer at home.

Please call 01843 319193 or you can complete the January-March Registration Form here: [Sign Up](#)

To read more about what East Kent Mind has to offer, please visit: [eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)

“I believe MIND groups ‘saved me’ and I wouldn’t have made it this far without them. I can’t stress enough how important they are and how they have improved my life.”

**Quote from a client**

# WAYS TO WELLBEING

The new **East Kent Mind** January to March 2024 Activities Programme has our courses, groups and workshops listed under the **Ways to Wellbeing** headings of:

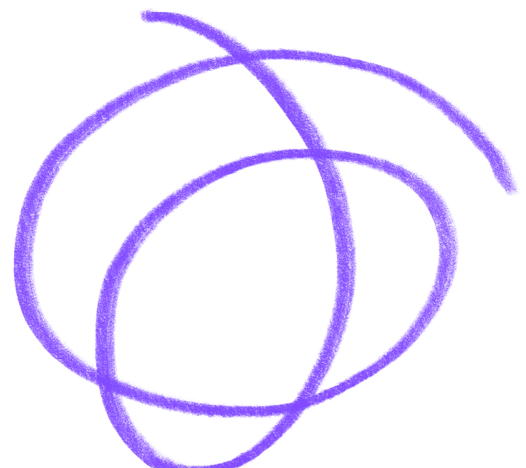
- **Be Active**
- **Keep Learning**
- **Connect**
- **Take Notice**

These are four of the **Ways to Wellbeing** which research has found improve our mental wellbeing and create a happier, more positive life for ourselves. Trying these things could help you feel more positive and able to get the most out of life.

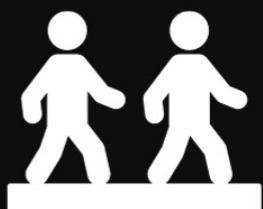
The **Ways to Wellbeing** are promoted by the National Health Service, Mind and other mental health organisations.

More information about the research can be found: [here](#)

To find out more about East Kent Mind courses, groups and workshops, please visit our website at: [eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# BE ACTIVE


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# KEEP LEARNING

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To sign up to any of the courses, groups or workshops in this Activities Programme, please click 'SIGN UP' below.

If you require any help signing up, please call 01843 319193 or email: [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)



\* Revival Food & Mood will be closed from January 8th until January 21st. None of the courses, groups and workshops at Revival will be running during those dates.

[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)



# TAKE NOTICE



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[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# BE ACTIVE

## Breath and Meditation

**Days:** Tuesdays

**Times:** 9.30am-10am

**Location:** Online



Breathing and Meditation is learning to relax and learning to integrate the mind and body to reduce any physical sensations that cause discomfort within the body.

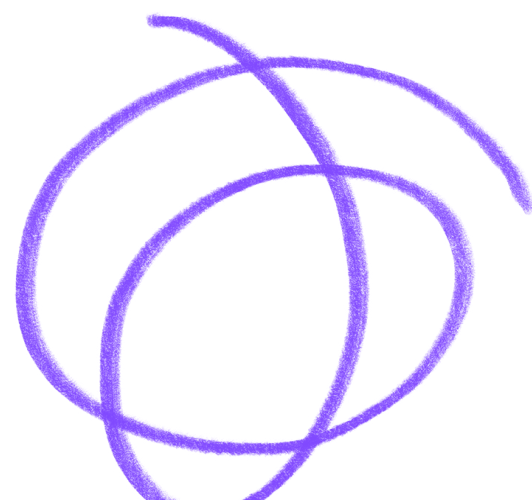
Breathing techniques and meditation can help reduce stress, anxiety and negative emotions.

It can reduce physical and psychological tension, calming your emotions and improving focus and concentration.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# BE ACTIVE

## Gardening at Kent Community Oasis Garden

**Days:** Wednesdays and Fridays

**Times:** 10am-2pm

**Location:** University of Kent  
Kent Community Oasis Garden  
Crab and Winkle Way  
Canterbury CT2 7NZ

[Google Maps](#)



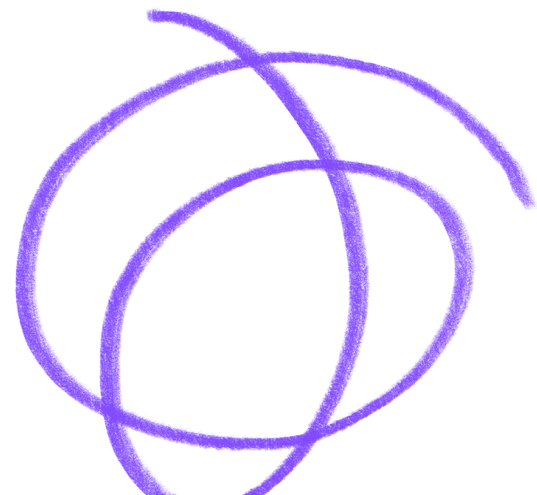
Explore the delight of gardening within our inclusive community. Embrace the joy of cultivating greenery and fostering friendships by becoming a part of our regular gatherings. Take the step and sign up today and witness the growth of a shared passion.

Everyone is warmly welcomed to nurture their love for nature.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# BE ACTIVE

## Healthy Mind and Body

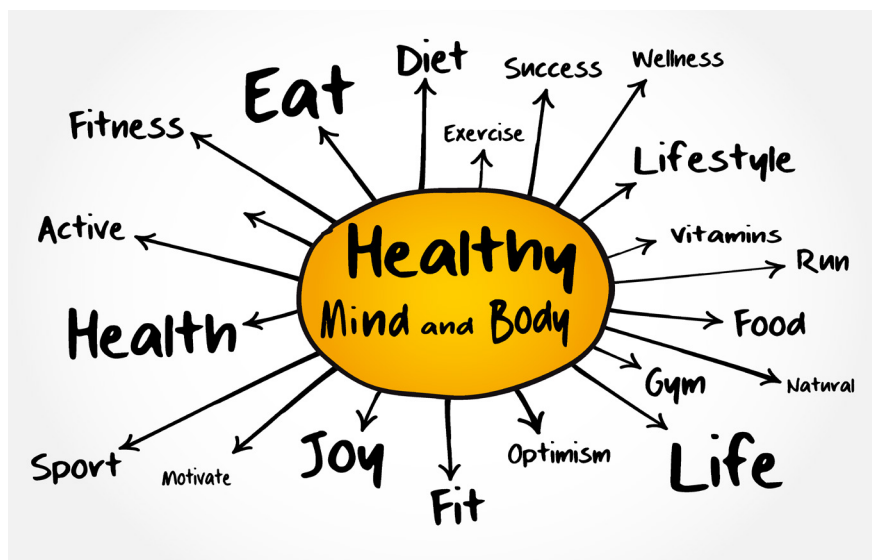
### Dates:

Monday 12 February

Monday 11 March

**Times:** 10am-11am

**Location:** Online



In this one-hour workshop, you will be given ideas, inspirations and encouragements to help you live a more balanced lifestyle. Achieving optimal health and wellbeing requires taking care of both your body and mind.

We will look at what we can do and can avoid doing to bring balance into our lives.

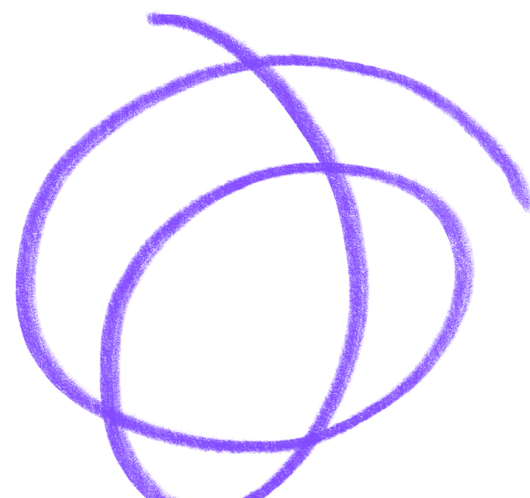
We all need to exercise, eat well, get enough sleep and practise self-care and in this workshop we will help you discover what methods suit you best.

Please register online and book your place.

**SIGN UP**



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# BE ACTIVE

## Pilates

**Days:** Thursdays

**Times:** 12pm-12.45pm

**Location:** Online



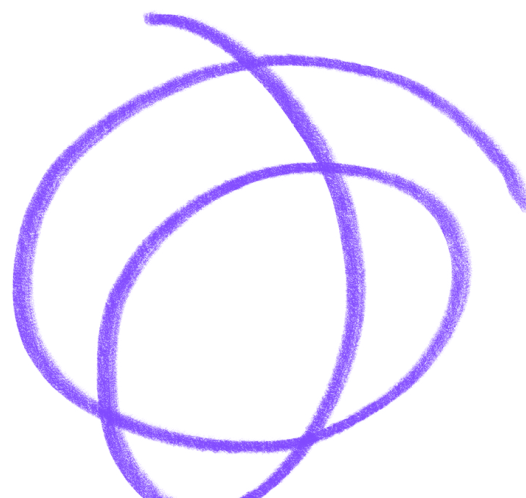
Pilates, pronounced “Puh-Lah-Tees”, takes its name from Joseph Pilates who was born in Germany in 1880. Pilates believed mental and physical health were closely connected. His method was influenced by western forms of exercise, including gymnastics, boxing and wrestling. He immigrated to the US in the 1920s and opened a studio in New York, where he taught his method, which he called Contrology.

Pilates mat-work classes are fun, but also designed to help you improve flexibility and strength. Small equipment such as bands, toning circles and balls are used during mat-work classes to help you achieve better movement patterns and provide you with more awareness of your body – and of course to challenge you! Our instructors cater to each individual, offering alternative movements if needed - so there is never a reason to worry about your ability.

**SIGN UP**



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# BE ACTIVE

## Tai Chi

**Days:** Tuesdays

**Times:** 9.30am-10.30am

**Location:** Online



Tai chi is an ancient Chinese tradition that is practiced as a graceful form of exercise.

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

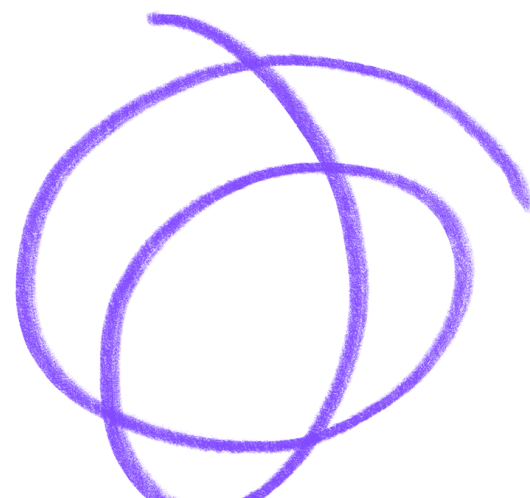
Tai chi, also called tai chi chuan, is a non-competitive, self-paced system of gentle physical exercise and stretching.

Each posture flows into the next without pause, ensuring that your body is in constant motion.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# BE ACTIVE

## Wellbeing Walks

**Days:** Tuesdays  
(from January 15th)  
**Times:** 10.30am-12pm  
**Location:** Herne Bay

**Days:** Wednesdays  
**Times:** 10.30am-12pm  
**Location:** Various  
locations across Thanet

**Days:** Sundays  
**Times:** 10am-11.30am  
**Location:** Whitstable



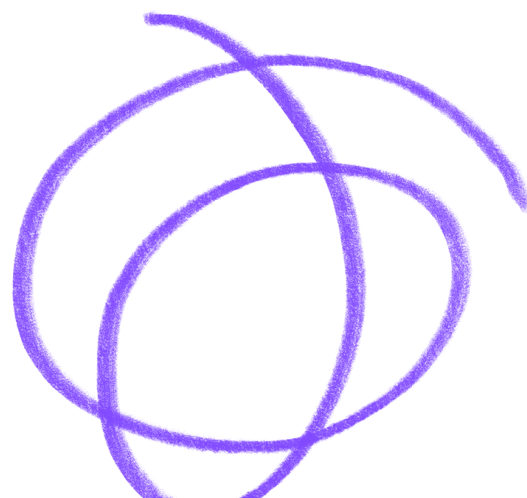
Join our friendly and relaxed groups helping you to connect with nature, the community and your local area.

You can walk and talk, walk and watch, or just walk with us knowing that you are not alone.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# BE ACTIVE

## Wild Wellbeing Workshops

**Days:** Wednesday 10 January  
Wednesday 28 February

**Times:** 10.30am-12pm

**Location:** University of Kent  
Kent Community Oasis Garden  
Crab and Winkle Way  
Canterbury CT2 7NZ

[Google Maps](#)



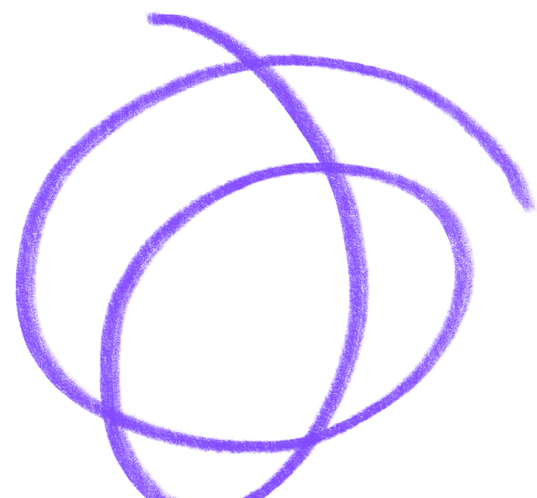
Join our seasonal crafting sessions that use natural materials to create mindful creations.

These sessions are complimented by guided discussions by professional facilitators on a range of wellbeing topics.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# BE ACTIVE

## Yoga

### Days:

Mondays (9am-10am)

Tuesdays (6pm-6.45pm)

Fridays (9am-9.45am)



### Location: Online

A gentle but energising all levels practice. Focusing on mindful movements, connection to breath, refreshing stretches and some strengthening poses, this practice will set you up for whatever your day brings. Open to all, including beginners.

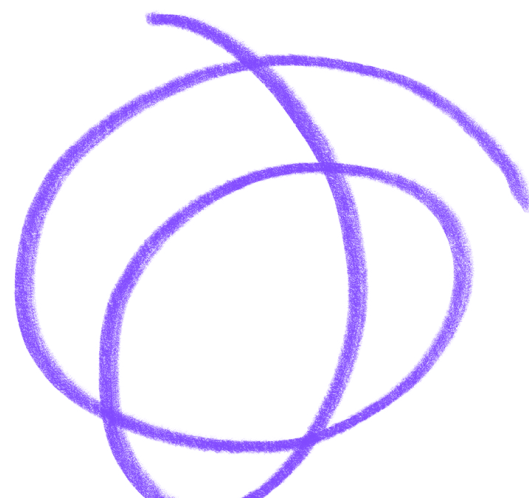
The benefits of practicing Yoga include, but are not limited to:

- Reduce stiffness and tension
- Reduction in anxiety, stress and worry
- Increased strength and flexibility
- Take time for yourself
- Increase focus
- Prepare the body and mind for your day
- Connection to breath and calming techniques

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





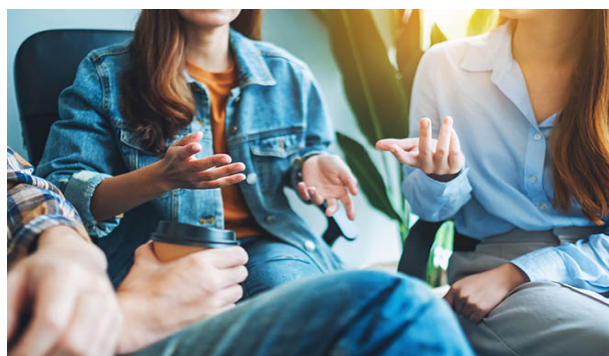
# KEEP LEARNING

## Anger Management

**Dates:** Tuesday 13 February

**Times:** 10am-12pm

**Location:** Online



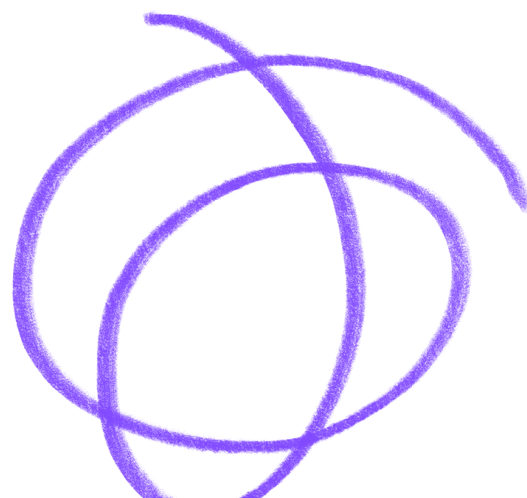
This workshop helps people to understand the cycle of anger and when certain types of anger become problematic.

During this workshop you will identify the causes of anger, the effects of anger on your health and your relationships and most importantly a variety of coping strategies to deal with anger. We help promote the use of self-awareness and self-reflection to aid anger management. Sometimes the simplest coping strategies are the most effective!

The workshop also promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of the thoughts and patterns that surround anger.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# KEEP LEARNING

## Body Image

**Dates:** Tuesday 23 January (part one)  
Tuesday 30 January (part two)  
Tuesday 19 March (part one)  
Tuesday 26 March (part two)  
**Times:** 10am-12pm **Location:** Online



The workshop runs over a two-week period, split into two two-hour sessions. It will adjust how you think about body-image and challenge the images of idealised bodies shown in the media that can negatively impact people's perceptions of themselves.

The course aims to help you achieve:

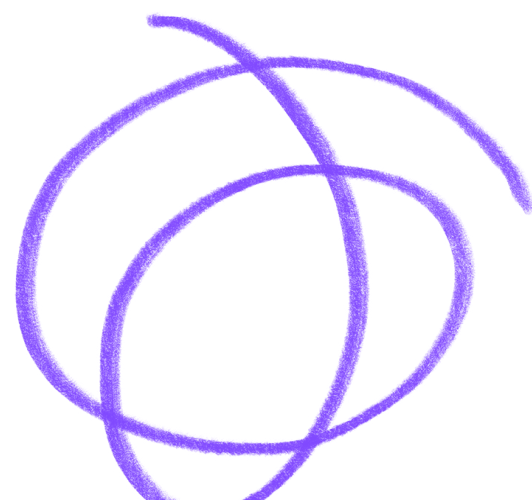
- An improved self-image
- A more realistic approach to body-image

During the course we explore:

- Body image and how it is affected
- How external/internal factors influence how we think and feel
- Body image in men and women
- How to accept your body and not aspire to unrealistic ideals
- How not everything in the media is as it seems
- How body image affects mental health
- Ways to overcome negative body image
- Body image and eating disorders



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## Confidence and Assertiveness

**Days:** Thursdays

**Times:** 10am-12pm

**Location:** Online



The course aims to increase group members' self-awareness, coping mechanisms in stressful situations and teach techniques to enable individuals to plan positively for the future.

The course is in modules and covers:

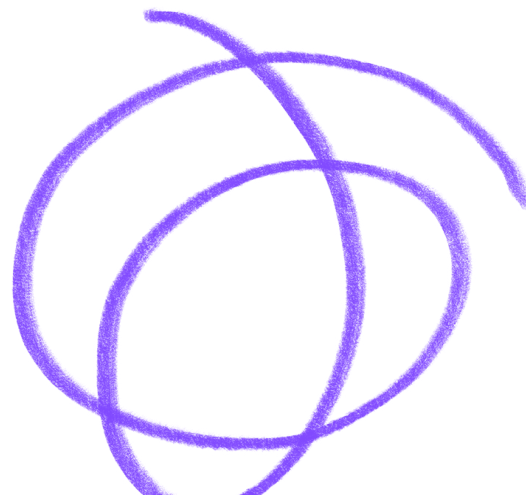
- Building confidence
- Self-awareness and building positive self-image
- Stress management
- Assertiveness
- Goal planning

The course runs for six weeks.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## Coping with Depression

**Days:** Thursdays from Jan 11

**Times:** 1.30pm-3pm

**Location:** Online

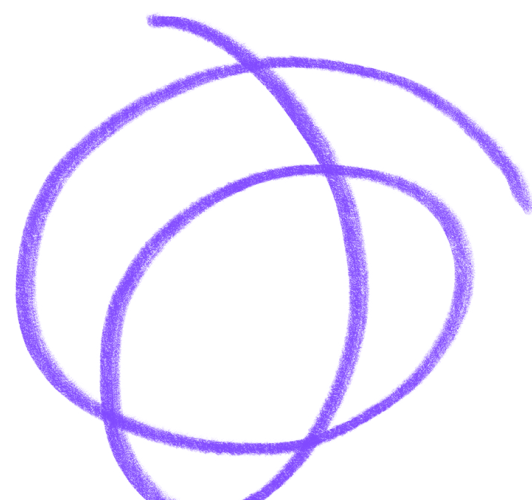


The course will help you develop a better understanding of depression by looking at the thoughts, feelings and behaviours that can cause depression. You will be able to identify warning signs and risks of depression; identify the effects and symptoms of depression, and learn coping strategies.

Participants will develop skills that will help them to change their emotional cycle and learn how to effectively use a range of cognitive coping tools and mechanisms to deal with times when they are feeling low. The course involves group work and exercises that look at identifying the cause of their own depression and how this can be positively managed, with the aim of working towards sustained recovery.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# KEEP LEARNING

## Creative Writing

**Days:** Mondays

**Times:** 12pm-1.30pm

**Location:** Online

**Days:** Wednesday

**Times:** 2pm-4pm

**Location:** 34 King Street  
Ramsgate CT11 8NT

[Google Maps](#)

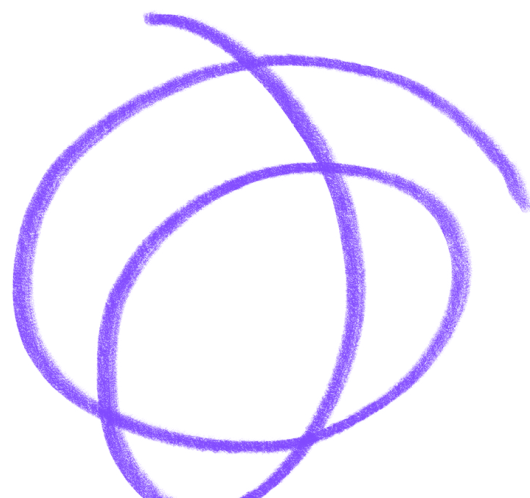


Would you like to experience gentle learning and give time to developing your writing skills? Maybe you sense you have a short story or poem you would like to write. Learning new skills can improve our mental wellbeing giving us a sense of purpose and helping us connect to others.

In this group, there is guided learning such as an inspiring thought or theme or discussion and a variety of activities to help us express ourselves. These may include reading a story, sharing a poem or playing word games. Please register.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## Emotional Intelligence

**Dates:** Tuesday 16 January  
Tuesday 5 March

**Times:** 10am-12pm

**Location:** Online

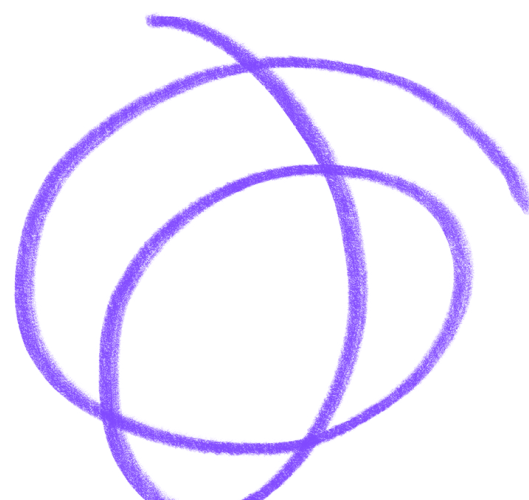


This workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and how to manage negative emotions effectively. The hoped outcome is that you will become more self-aware, be able to regulate your emotions more effectively and to develop your social skills including empathy and understanding different perspectives.

Overall, the suggested tips and coping strategies should help you to start challenging your learnt behaviours; become more in tune with your emotions and in time build up your resilience. This workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of emotional intelligence. Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

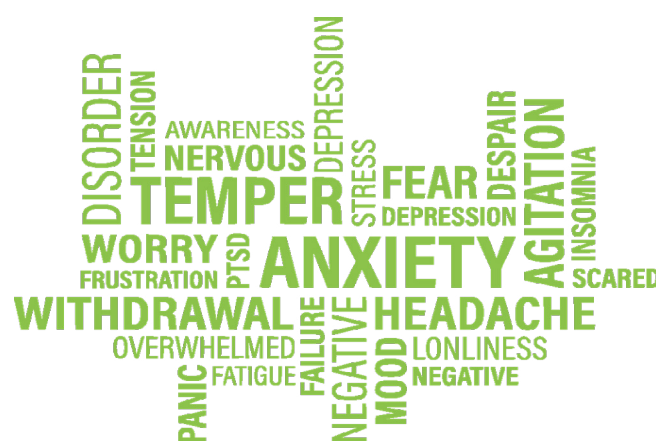
## Low Mood and Depression

**Date:**

Tuesday 27 February

**Times:** 10am-12pm

**Location:** Online



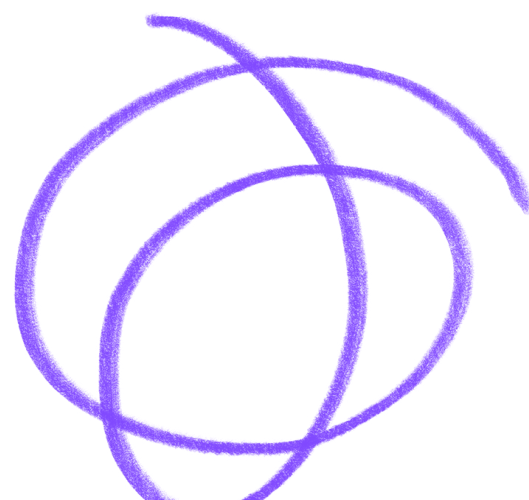
This workshop looks at the key differences between low mood and depression and the psychological, physical, emotional, social and behavioural symptoms linked to both.

The main focus is looking at the many causes of depression and understanding them fully and the most effective coping strategies to help manage depression in daily life.

The workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of low mood and depression. Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# KEEP LEARNING

## Mental Wellbeing with Nutrition and Lifestyle Intervention

**Dates:** Wednesday 10 January  
Wednesday 7 February  
Wednesday 6 March

**Times:** 2pm-3.30pm

**Location:** Online



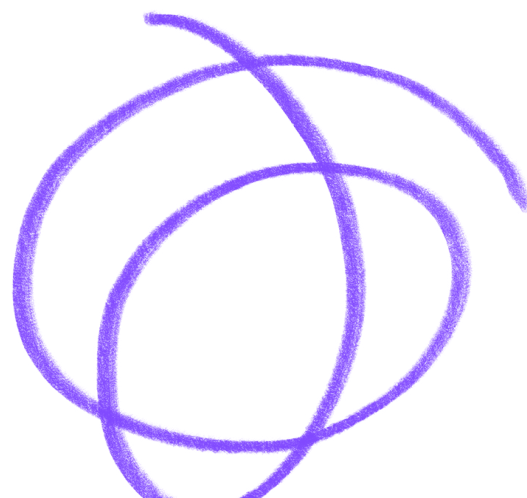
We can achieve so much for our mental and physical health with just a few diet and lifestyle adjustments, without too much effort or drastic changes. The workshops look at the impact of our food habits and what more nourishing simple choices we can integrate to support mental and physical wellbeing.

Diving into our human nature to gain a better understanding of some fundamental internal interactions and what can trigger a disharmonious state in order to have more control over our health. Full of practical tips, easy to implement for long-lasting changes, working with the greatest gifts nature has to offer.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## Money Management

### Dates and times:

For the dates and times of Money Management, please check our website timetable at: [eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)



### Location: Online

In the Money Management workshop, you will learn the importance of knowing where your money goes each month.

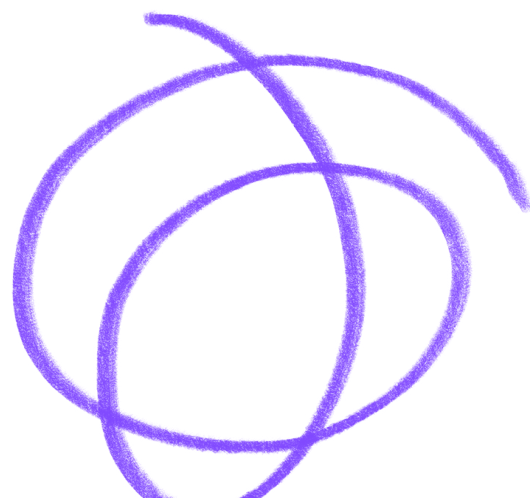
We will look at the ways to save on spending, and how to budget our money, as well as how to manage debt, and where to seek help.

We are living through 'a cost of living crisis', and we can offer you the information you need to get your money in order and control your debts.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## Positivity

**Days:** Tuesdays

**Times:** 2pm-4pm

**Location:** Online



A positive self-image is key to living a happy and healthy life. Research shows that people who feel confident in themselves can problem solve and make better decisions, take more risks, assert themselves and strive to meet their personal goals.

Aims of the workshop:

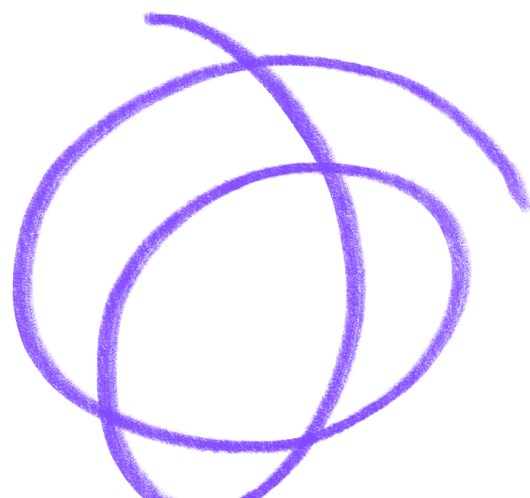
- Provide the participants with a better understanding of what is positive thinking, how it impacts and how to develop it
- Enable a greater self-awareness
- Equip the participants in effective techniques for changing attitudes
- Support wellbeing

Course content:

- What is positive thinking?
- Why is positive thinking the key to a successful life?
- How to develop the skill of positive thinking



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# KEEP LEARNING

## Routine Builders

### Dates and times:

Monday 15 January - **6pm-7pm**

Monday 29 January - **10am-11am**

Monday 12 February - **6pm-7pm**

Monday 11 March - **6pm-7pm**

Monday 25 March - **10am-11am**



**Location:** Online

Would you like to start making the most of your time?

Maybe you don't know how or where to start?

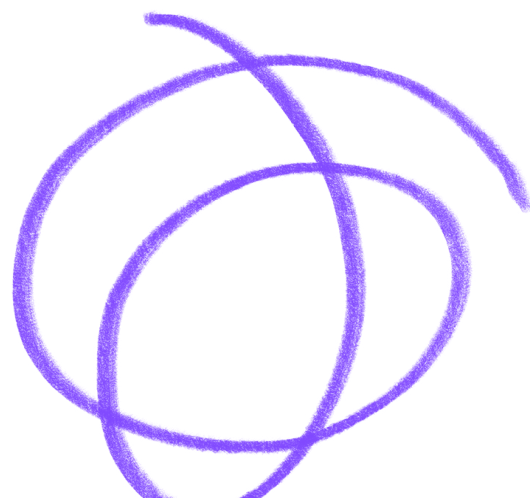
If so, this workshop is for you

During these session, you will be shown the benefits and importance of having a routine. We will then discuss methods for building and sticking to the routine that you really want

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## The Self-Care Hour

**Days:** Mondays  
(every two weeks)

**Times:** 6pm-7pm

**Location:** Online

TO DO LIST:

- ☐ SELF CARE
- ☐ SELF CARE
- ☐ SELF CARE



This group will run every two weeks.

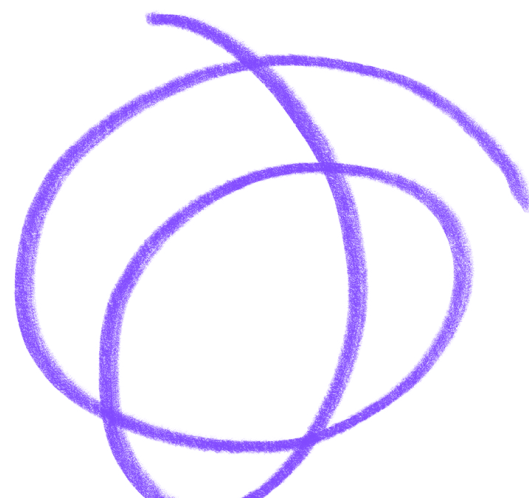
It is your time to learn new and exciting way to care for yourself.

You will be shown a variety of different methods and ways to add them into your routine, all the while having the support and encouragement from other group members.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# KEEP LEARNING

## Stress and Anxiety

### Days and times:

Tuesdays 6pm-8pm

Thursdays 2pm-4pm

### Location: Online



Anxiety and stress cause more sick days and illness than physical ailments. Discover the difference between stress and anxiety and why in combination they are a cause of concern for many.

### Aims of the workshop:

- Provide participants with a better understanding of what is positive thinking, how it impacts and how to develop it
- Enable greater self-awareness
- Equip participants in techniques for changing attitudes
- Support wellbeing

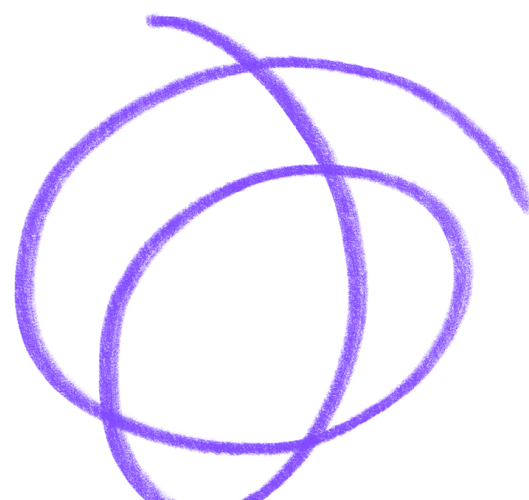
### Course content:

- Typical causes of anxiety
- How to become familiar with triggers
- How to select coping strategies that work for you

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# KEEP LEARNING

## Understanding Anxiety and Panic

**Day:** Tuesday 6 February

**Time:** 10am-12pm

**Day:** Thursday 28 March

**Time:** 5pm-7pm

**Location:** Online



This workshop is for those who would like to learn more about anxiety and panic.

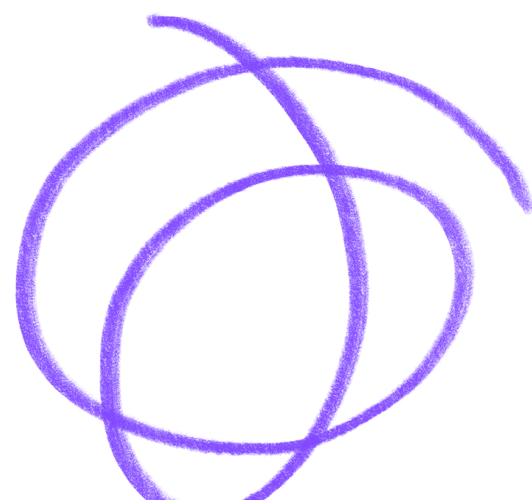
We learn about different types of negative thinking patterns and share our own experiences of how we can relate to these.

We will explore different ideas on how we can turn negative reactions and thought patterns into positives by incorporating different healthy ways to wellbeing into our lives.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Arts and Creative Activities

**Days:** Tuesdays  
(Jan 2nd and 9th only)

**Times:** 1.30pm-3.30pm

**Location:** Herne Bay

[Google Maps](#)

**Days:** Mondays  
(from February 26th)

**Times:** 10am-12pm

**Location:** Ramsgate

[Google Maps](#)



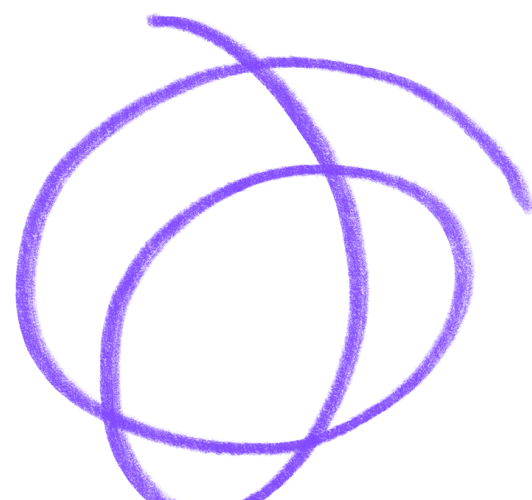
Combat mental health challenges like loneliness and isolation, anxiety, and depression through the power of art and creative activities.

Find peer support in a safe and welcoming creative community. Let's create together and build a path to brighter days.

To register for these sessions, please click below:



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Autism Awareness

**Date:**

Thursday 22 February

**Times:** 5pm-7pm

**Location:** Online



This workshop has been designed to explore and understand how an autistic person experiences the world, in ways that a non-autistic person doesn't.

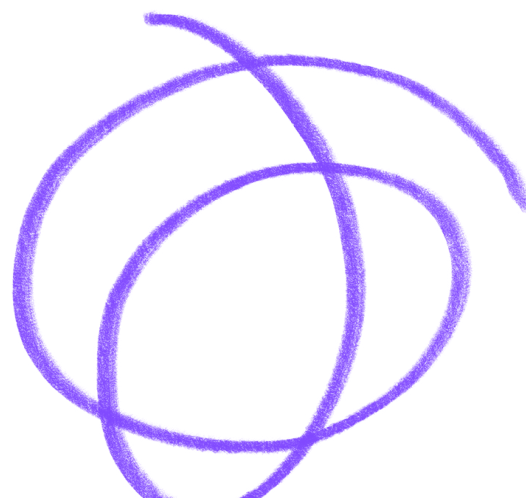
It will also help for a better understanding of those differences, and disadvantages, autistic people endure as they navigate the non-autistic world.

Please register online and book your place.

**SIGN UP**



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# CONNECT

## Chatty Tuesday

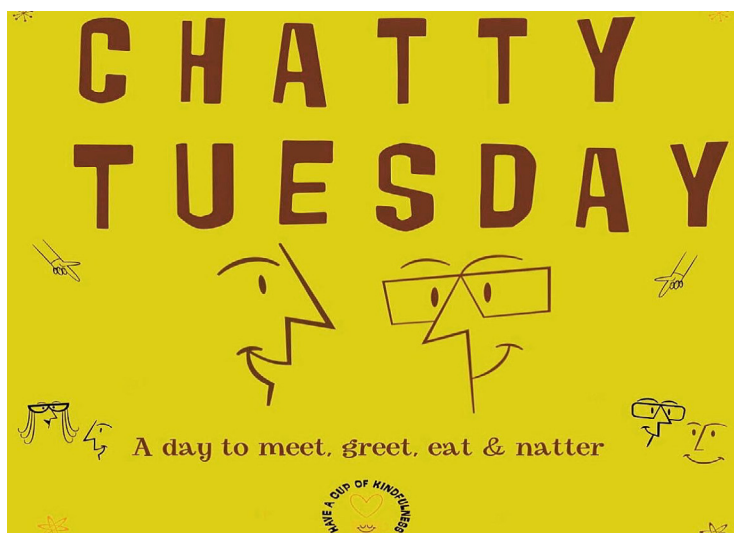
**Days:** Tuesdays

**Times:** 10am-3pm

**Location:**

Revival: Food & Mood  
58 High St  
Whitstable CT5 1BB

[Google Maps](#)



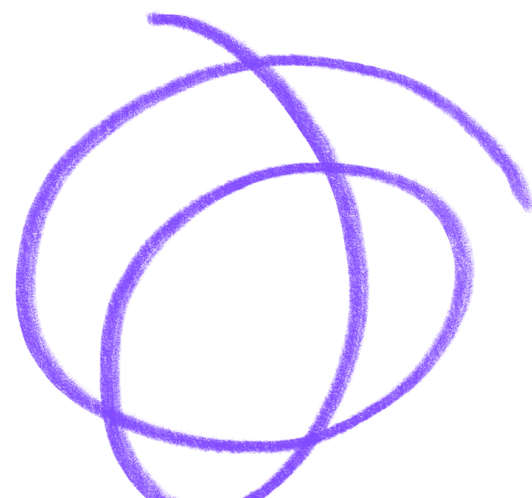
Pop in for a chat from 10am-3pm, our friendly staff and volunteers are extra aware today of anyone dining alone and will turn up the talk to brighten your day.

If you know someone living alone, new to the area, retired, lonely or in any way needing a friendly face do point them in our direction, quietest times are before 11am and after 2pm.

It is also a good opportunity to make the time to meet the friend you have been meaning to catch up with - make the time to talk. To register, please click below:



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Cuppa Club

**Days:** Tuesdays

**Times:** 10am-11am

**Location:**

Revival: Food & Mood  
58 High St  
Whitstable CT5 1BB

[Google Maps](#)



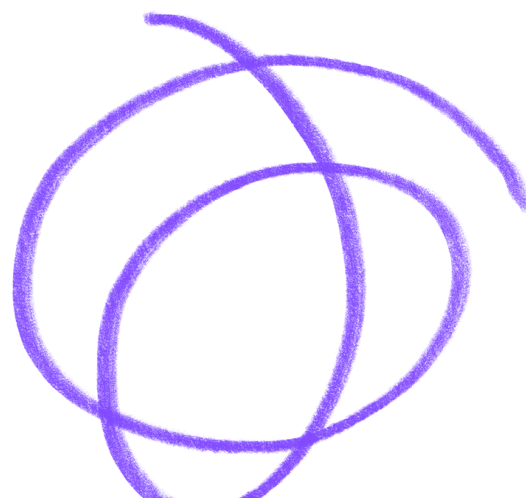
Informal meet and chat circle to connect, make friends and be part of your community.

There will be free tea, coffee and biscuits.

To register, please click below:



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Make, Mend and Motivate

**Days:** Wednesdays 11am-1pm

**Location:** Online

**Days:** Thursdays 10.30am-12.30pm

**Location:** Herne Bay [Google Maps](#)

**Days:** Fridays 10am-12pm

**Location:** Whitstable [Maps](#)

**Days:** Fridays 10.30am-12.30pm

**Location:** Ramsgate [Maps](#)



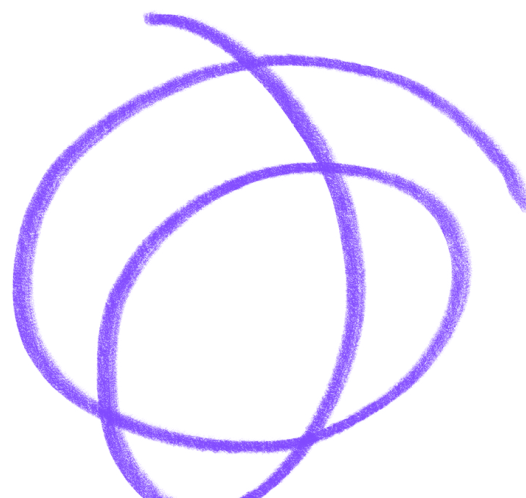
This group is your time to put aside two hours for arts, craft, making, mending and DIY. Grab a cup of tea and the project you are working on to meet likeminded crafters for inspiration, tips and giggles. Don't know what to bring? Still come along to get the motivation.

Creating is a form of selfcare, it benefits you and those around you. It can help you feel more able to cope with situations.

To register, please click below:



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# CONNECT

## Men's Group

**Days:** Tuesdays

**Times:**

10.30am-12pm

**Location:** Online



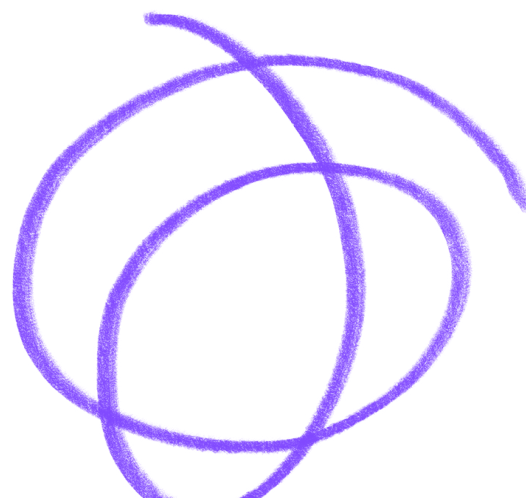
The men's group is an informal, friendly and supportive group where you meet others to talk about a range of topics including your own wellbeing.

This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share positive experiences and provide emotional support.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## MenTalk Group

**Days:** Tuesdays  
(from January 15th)  
**Times:** 2pm-3.30pm  
**Location:** Herne Bay  
[Google Maps](#)

**Days:** Wednesdays  
**Times:** 6pm-7pm  
**Location:**  
Revival: Food & Mood  
58 High St, Whitstable  
CT5 1BB [Google Maps](#)

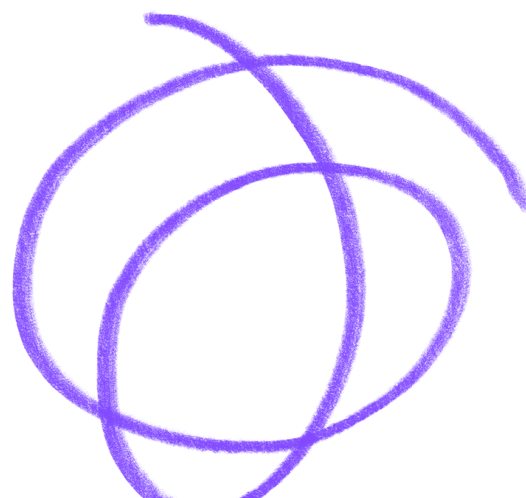


MenTalk is a drop in group especially for men where you can unwind, talk, listen and make local connections in a friendly supportive social space.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





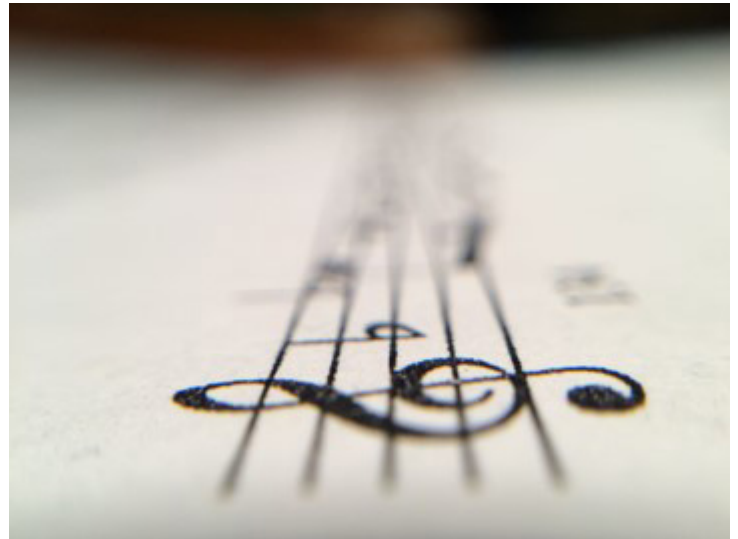
# CONNECT

## Music for Fun

**Days:** Fridays

**Times:** 2pm-4pm

**Location:** Online



Music for Fun is an opportunity for people to come together and pick a piece of music.

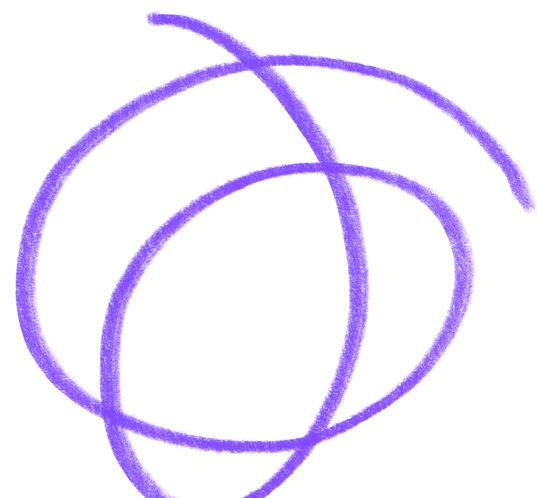
Every participant gets a chance to select a song of their choice to be played to the group and are given time to talk about their selection.

This is a relaxed group with great discussion.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# CONNECT

## Revival Lates

**Days:** Wednesdays

**Times:** 3.30pm-6.30pm

**Location:**

Revival: Food & Mood  
58 High St  
Whitstable CT5 1BB

[Google Maps](#)

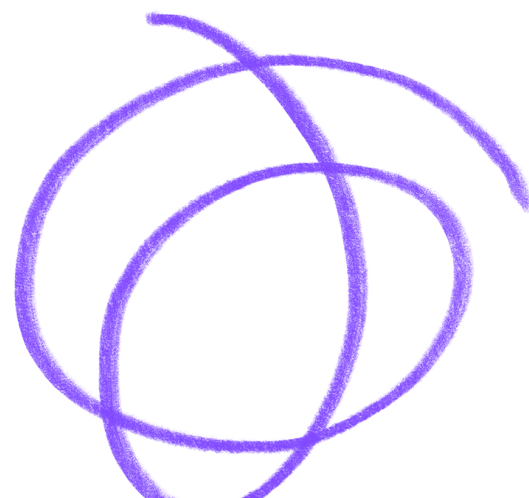


Revival Lates is a group that believes in nurturing independence and fostering creativity. We offer a comfortable, relaxed and fun social space that bridges the gap between social 'adult' spaces (such as pubs and restaurants) and spaces where young people traditionally go, accompanied by an adult.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





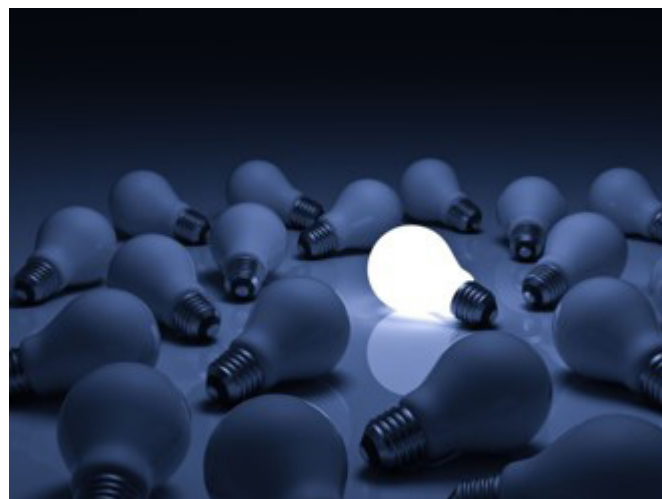
# CONNECT

## Test Your Brain for Fun

**Days:** Friday

**Times:** 10am-11am

**Location:** Online



You are invited to join us online for quizzes, memory games, spelling tests, boggle, spot the difference, maths problems and much more...

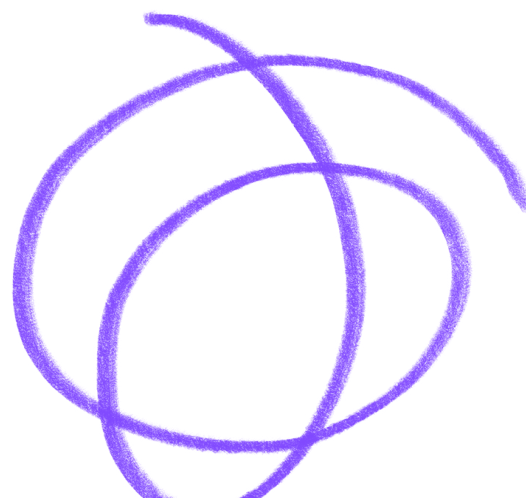
All you need is a pen and paper.

No scores are read aloud, this is all for fun!

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Together We Can

**Days:** Wednesdays

**Times:** 4pm-5.30pm

**Location:** Online



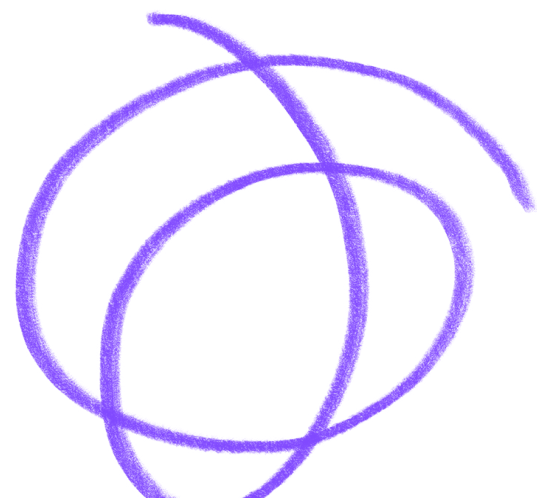
In this group, we are going to encourage each other to get those jobs done!

Whatever is on your To Do List bring it along (with a cup of tea) and get tips from your peers on the best way to achieve what you want, as you are doing it!

From sorting your bills/benefits, decluttering, craft projects, homework from another group or a course you are doing, DIY, selfcare/glow ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more... Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](https://eastkentmind.org.uk/digital-timetable/)







# CONNECT

## What Next - Peer Support Group

**Days:** Tuesdays  
(Second of Tuesday  
of each month)

**Times:** 2pm-4pm

**Location:**  
34 King Street,  
Ramsgate CT11 8NT  
[Google Maps](#)



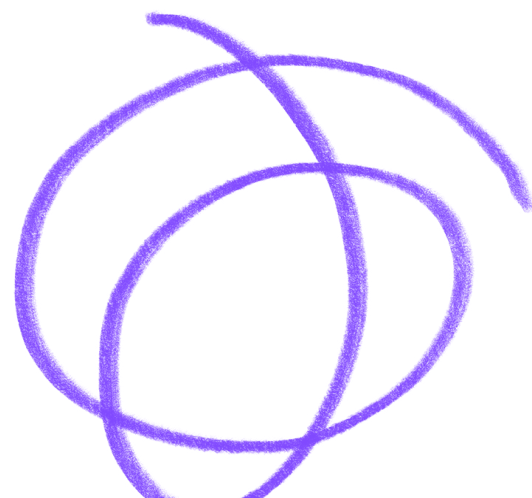
Sign up and join our What's Next Peer Support group.

The monthly group could help you to connect with other people in East Kent, and find out what is next for you!

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Women's Wellness Group

**Days:** Wednesday

**Times:** 10am-11.30am  
and 6pm-7.30pm

**Location:**

Revival: Food & Mood  
58 High St  
Whitstable CT5 1BB

[Google Maps](#)



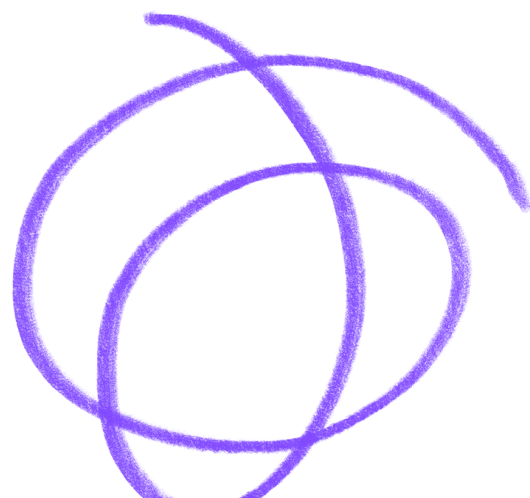
The group is a friendly, welcoming female space for of all ages to come together to chat, listen, share wellbeing journeys and support each other.

Join our Facebook Page for details: [Facebook page](#)

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# CONNECT

## Young Revival

**Days:** Wednesdays

**Times:** 3.30pm-4.30pm

**Location:**

Revival: Food & Mood  
58 High St  
Whitstable CT5 1BB

[Google Maps](#)



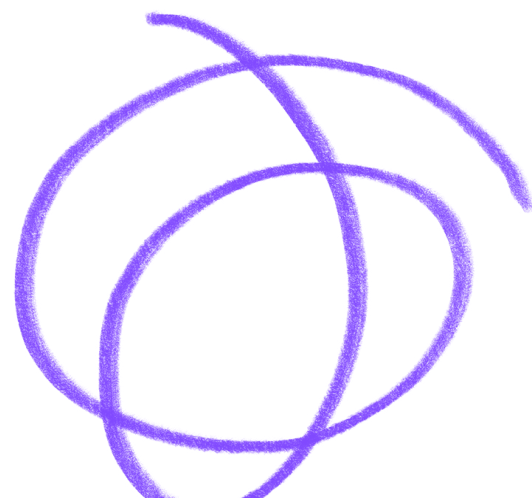
A holding space for young people.

Young Revival provides a safe social 'café' and creative space for people under the age of 25. Activities include creative workshops, craft circles, board games, PS5 gaming, cinema nights and more.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# TAKE NOTICE

## Goal Setting



**Days:** Mondays

**Times:**  
11.30am-12pm

**Location:** Online



Together we will turn your goals into plans and your plans into actions by thinking big but taking small doable actions towards our goals.

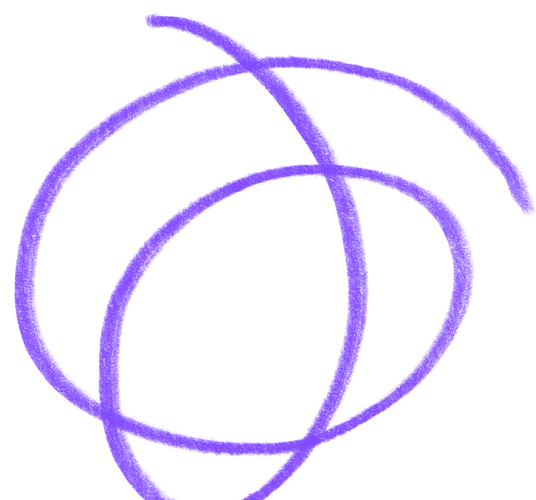
You will be asked what you would like to achieve over the coming week and, through discussion with your peers, we will try to find what method would suit you best.

Then, you can come back the next week to celebrate “you did it!”.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# TAKE NOTICE

## Journaling

**Dates:**

Wednesday 24 January

Wednesday 6 March

**Times:** 10am-11.30am

**Location:** Online



In this workshop, we can learn to journal by expressing thoughts, feelings, inspirations or emotions through writing.

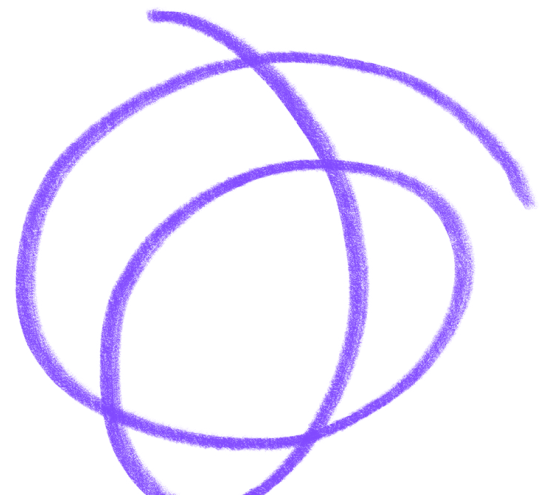
We will look at different journaling methods and how to get started.

You will need a pen and notebook to journal in.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# TAKE NOTICE

## Mindfulness Workshop

**Date:**

Wednesday 3 January  
Wednesday 10 January  
Wednesday 21 February

**Time:** 10am-11.30am

**Location:** Online



Mindfulness is a way to incorporate calmness into your life to support your wellbeing. This mindfulness workshop encourages a positive mindful approach.

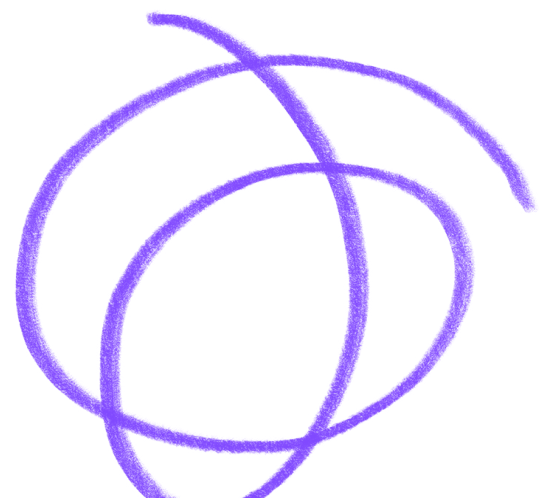
Through practical tools to gain understanding, it helps us develop an open mind and forgiveness of and acceptance towards ourselves and others.

The workshop includes a short guided mindful breathing meditation which can be used as a coping strategy when under stress or pressure from life, work or relationships.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# TAKE NOTICE

## Photography for Fun



**Days:** Wednesdays

**Times:** 9.30am-10.30am

**Location:** Online



In this group, we encourage each other to take notice of what is around us by taking photos on a theme. Taking notice enables us to be in the moment and can help you to feel more positive about life.

Each week we start by looking at the photos those attending the group have taken during the week. We enjoy talking about the photos, where these were taken and exploring the different styles.

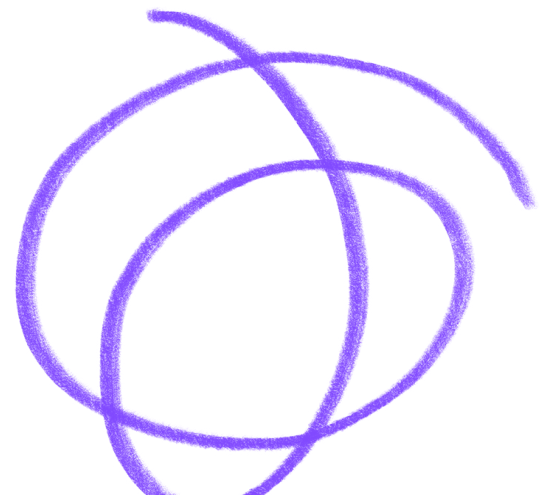
Then a different theme is suggested for the next week such as animals, doors, weather, 'why is that there', food. During the week you notice what is around you and take photos on the theme.

No photography skills are needed and you can use a camera or your mobile phone. Please register online and book your place.

**SIGN UP**



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)







# TAKE NOTICE

## Sleep and Relaxation Techniques



**Days:** Tuesday 20 February

**Times:** 10am-12pm

**Location:** Online



Researchers have found that sleep and relaxation are important for us because it can support us in achieving:

- Better productivity and concentration
- Lower risk of weight gain and better calorie regulation
- Greater athletic performance
- Lower risk of heart disease
- More social and emotional intelligence
- Preventing depression
- Lower inflammation and a stronger immune system

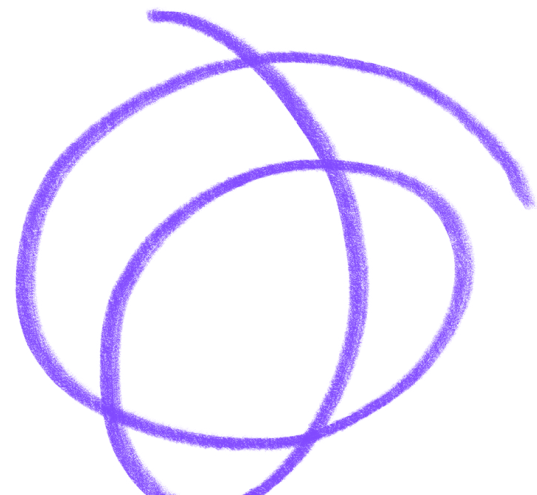
Aims of the Workshop:

- Simple relaxation methods that promote health and wellbeing
- The scientific background of why we sometimes can't sleep
- Practical implementation in daily life
- How to relax yourself

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)





# TAKE NOTICE

## Visualising Intentions and Affirmations



### Dates:

Wednesday 7 February

Wednesday 20 March

**Times:** 10am-11.30am

**Location:** Online



This workshop is a group where you will learn to use visualising skills to set intentions and affirmations using practical tools and guided meditation.

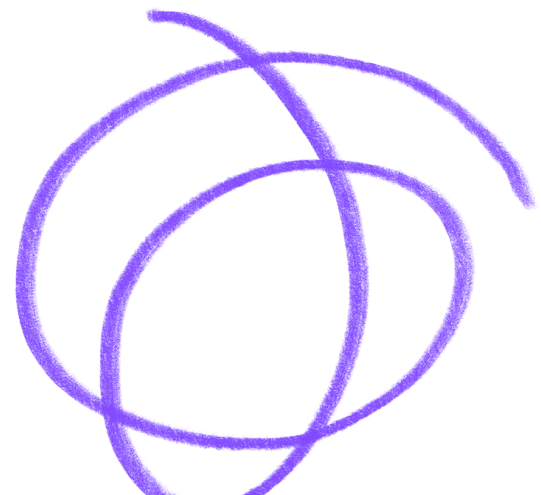
What do you intend to change in your life?

In this workshop, you will look at tools and meditation to help you set intentions and choose affirmations to help bring about positive change.

Please register online and book your place.



[eastkentmind.org.uk/digital-timetable/](http://eastkentmind.org.uk/digital-timetable/)



# Coping with Life courses

East Kent Mind delivers free Coping with Life courses to community groups online or in person.

We are currently offering:

- Coping with Anxiety and Stress
- Coping with Depression
- Five Ways to Wellbeing

If you are an organisation that may be interested in one or more of these courses, please email us at East Kent Mind Information at: [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)

## East Kent Mind works in collaboration with:





# **Crisis Cafe Ramsgate**

**The Ramsgate Crisis Café  
is a safe and friendly  
place that you can visit  
if you are feeling  
distressed, overwhelmed  
or that things are getting  
too much for you.**

-  **No appointment needed**
-  **34 King St, Ramsgate**
-  **Open every day: 6pm-9.30pm**

[eastkentmind.org.uk/crisiscafe](http://eastkentmind.org.uk/crisiscafe)





# The Kent Mental Wellbeing Awards



**The 2023 Kent Mental Wellbeing category winners and overall Champions pictured at the ceremony with the guest of honour Sir Terry Waite**

**The Kent Mental Wellbeing Awards is an annual event to showcase the people, organisations and initiatives that help us cope with life.**

**Nominations can be linked to a simple act of kindness that lifted the spirits, a business that has improved staff wellbeing, through to a targeted initiative delivered by a charity or statutory organisation to support a mental health issue.**

**Nominations are accepted from the Kent, Medway, Bexley and Bromley areas and can be submitted until 1 September 2024.**

**To submit a nomination, visit our website at: [nomination for 2024](#)**

**To read more about at the 2023 event and to see photos and videos of the ceremony, visit our website page at: [KMWA 2023 ceremony](#)**

# One-to-one support

East Kent Mind offers a one-to-one support service which focuses on goal-setting to make positive changes to your life.

Lots of people tell us that our service helps them cope with their mental health problems in a more positive way. This is because it can help you to open up about what you are feeling and experiencing. Working in this way can reassure you that you're not alone in how you are feeling and that you can move forward in connecting with others giving you a sense of belonging.

When you sign up for our goal-orientated one-to-one support you will be matched with a member of our team that can encourage you to value your strengths, build your self-esteem and confidence and help you to feel more hopeful about the future. It can introduce you to ideas and approaches that others have found helpful and that you may not have thought about before.

Using the Recovery Star model, along with weekly discussion, you will be able to see clear evidence of your progress, helping you to improve motivation, enhance your skills and gain empowerment and choice.

The programme can support you with the following possible areas:

- Self-care
- Living skills
- Social networks
- Work
- Relationships
- Addictive behaviour
- Responsibilities
- Identity and self esteem

If you are interested, please call East Kent Mind: **01843 319 193** or alternatively send an email to: [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)