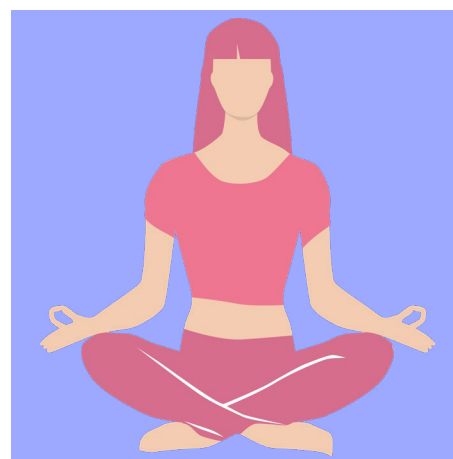
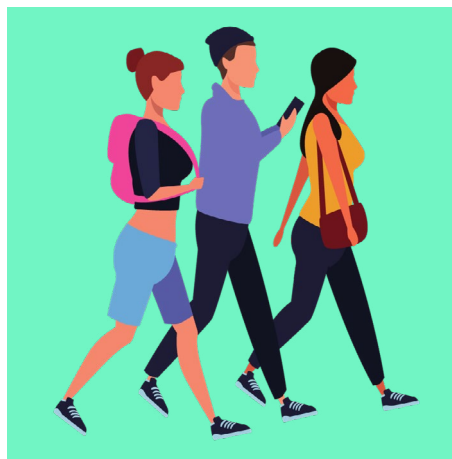




Activities Programme April-June 24



Registered charity number 1110130



EAST KENT MIND

Programme - April-June 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 April-June Registration Form here: [Sign Up](#)

To read more about what East Kent Mind has to offer, please visit: 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** April to June 2024 Activities Programme has our courses, groups and workshops listed under the **Ways to Wellbeing** headings of:

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

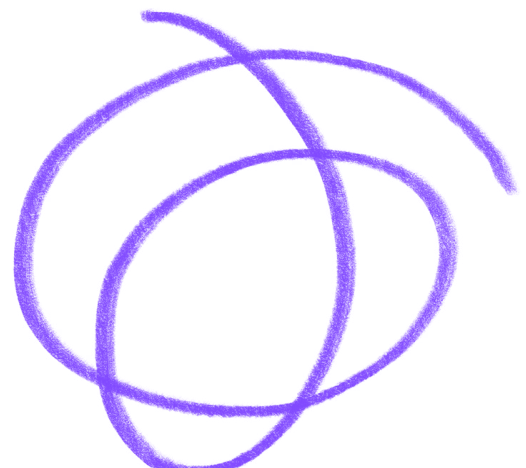
These are four of the **Ways to Wellbeing** which research has found improve our mental wellbeing and create a happier, more positive life for ourselves. Trying these things could help you feel more positive and able to get the most out of life.

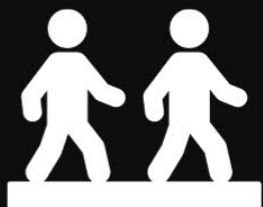
The **Ways to Wellbeing** are promoted by the National Health Service, Mind and other mental health organisations.

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/

Or use the
QR code here:






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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

eastkentmind.org.uk/digital-timetable/

TAKE NOTICE



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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.

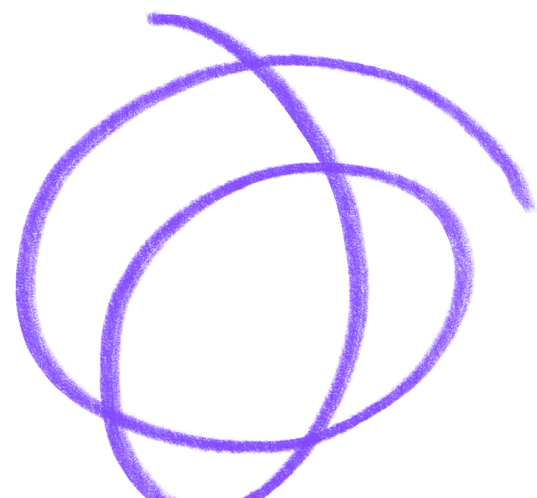
Breathing techniques and meditation can help reduce stress, anxiety and negative emotions.

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

Please register online and book your place.



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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](#)



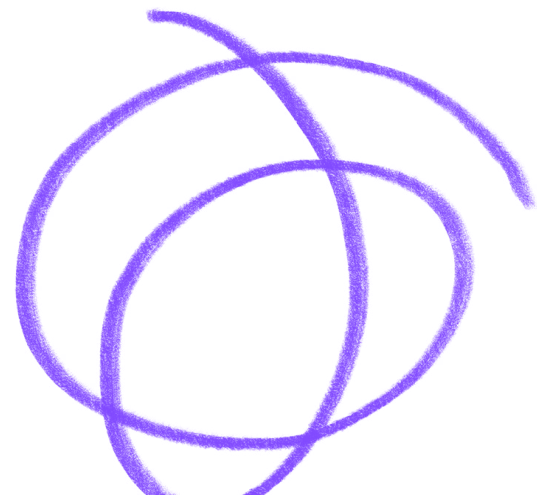
Explore the delight of gardening within our inclusive community. Embrace the joy of cultivating greenery and fostering friendships by becoming a part of our regular gatherings. Take the step and sign up today and witness the growth of a shared passion.

Everyone is warmly welcomed to nurture their love for nature.

Please register online and book your place.



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BE ACTIVE

Green Wellbeing - Gardening Group

Days: Thursdays

Times: 1pm-3pm

Location: University of Kent
Kent Community Oasis Garden
Crab and Winkle Way
Canterbury CT2 7NZ
[Google Maps](#)



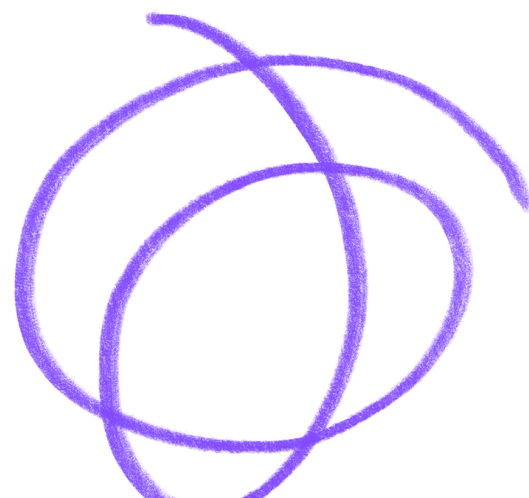
Green your wellbeing this summer and come along and join the EKM Gardening group at the Kent Community Oasis Garden.

We will be running weekly seasonal gardening activities within a small friendly group, specifically for those who want to improve their wellbeing by spending time in nature. No gardening knowledge required, just a willingness to have a go.

Please register online and book your place.



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BE ACTIVE

Healthy Mind and Body

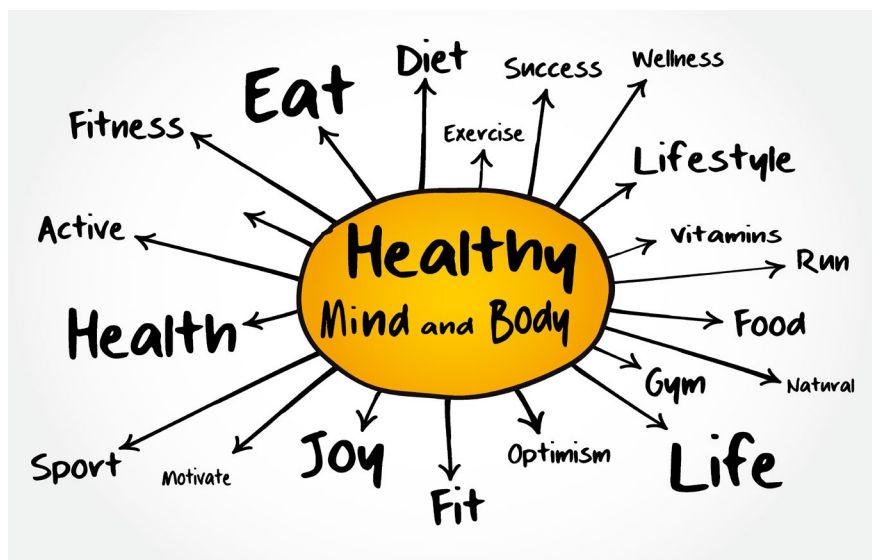
Dates:

Monday 8 April - 10am

Monday 22 April - 6pm

Monday 3 June - 10am

Online (1 hour)



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.

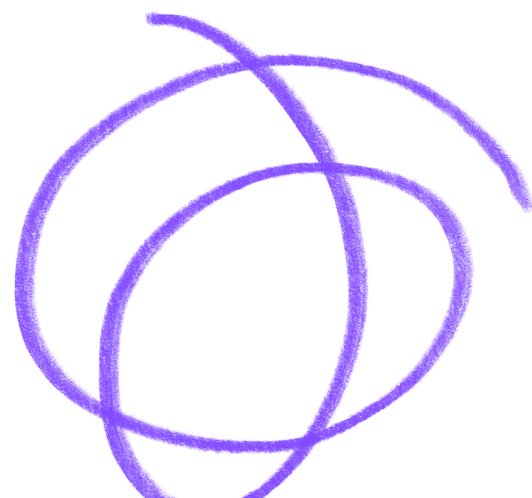
We all need to exercise, eat well, get enough sleep and practise self-care and in this workshop we will help you discover what methods suit you best.

Please register online and book your place.

SIGN UP



eastkentmind.org.uk/digital-timetable/





BE ACTIVE

Pilates

Days: Thursdays

Times: 12pm-12.45pm

Location: Online

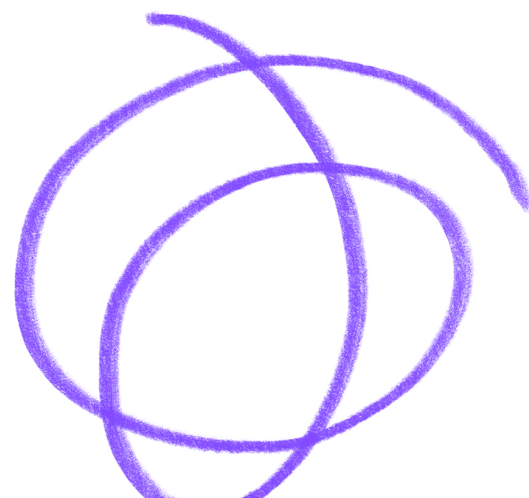


Pilates, pronounced “Puh-Lah-Tees”, takes its name from Joseph Pilates who was born in Germany in 1880. Pilates believed mental and physical health were closely connected. His method was influenced by western forms of exercise, including gymnastics, boxing and wrestling. He immigrated to the US in the 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.



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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.

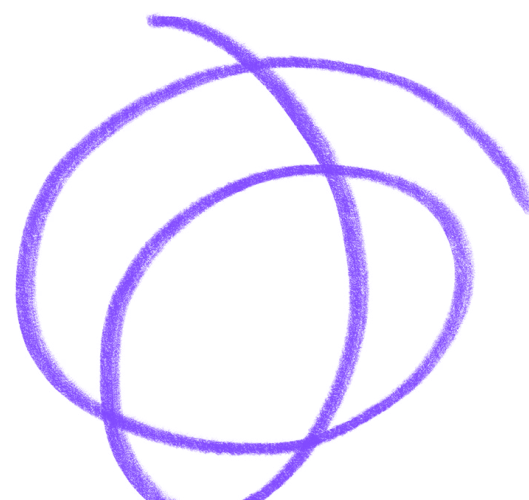
Tai chi, also called tai chi chuan, is a non-competitive, self-paced system of gentle physical exercise and stretching.

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

Please register online and book your place.



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BE ACTIVE

Wellbeing Walks

Days: Tuesdays

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



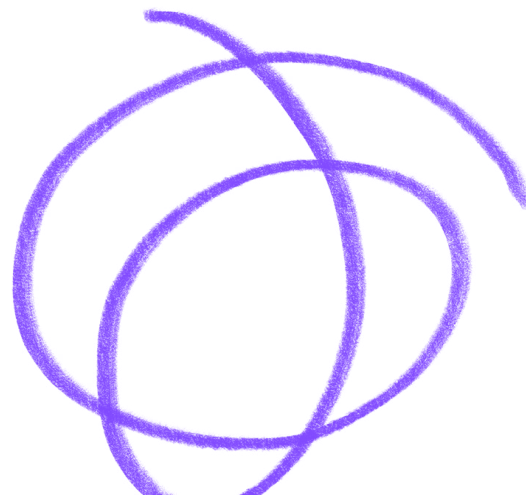
Join our friendly and relaxed groups helping you to connect with nature, the community and your local area.

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.



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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.

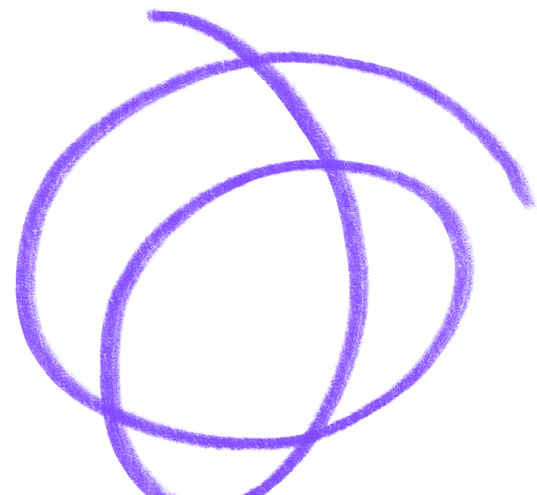
The benefits of practicing Yoga include, but are not limited to:

- 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.



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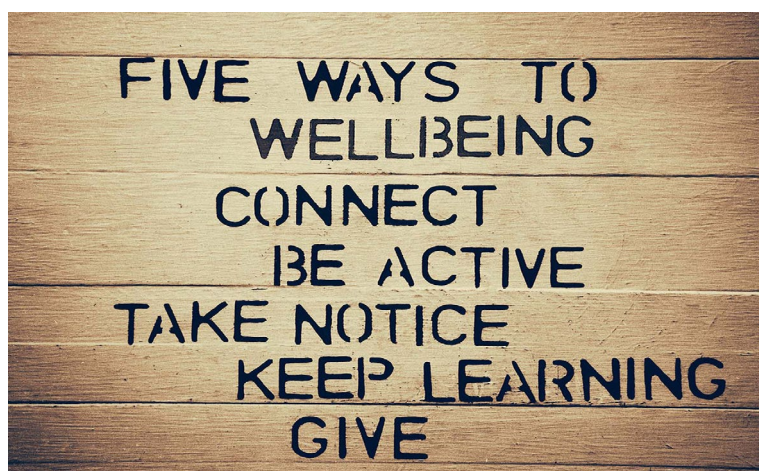
KEEP LEARNING

5 Ways of Wellbeing

Dates: Friday 10 May
(weekly for six week)

Times: 2pm-4pm

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



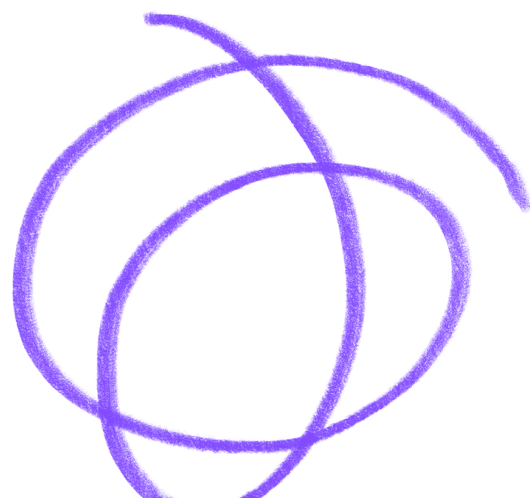
Enjoy a practical, interesting and interactive course on how to improve our wellbeing.

The course will be at the East Kent Mind office in Ramsgate and take place over six weeks starting on Friday 10 May.

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/





KEEP LEARNING

Anger Management

Dates: Tuesday 21 May

Times: 10am-12pm

Location: Online



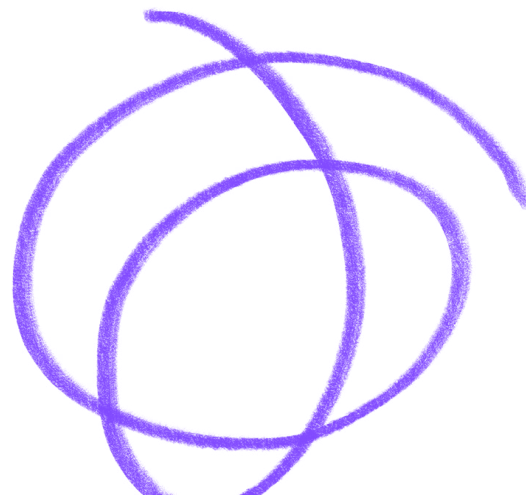
This workshop helps people to understand the cycle of anger and when certain types of anger become problematic.

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.



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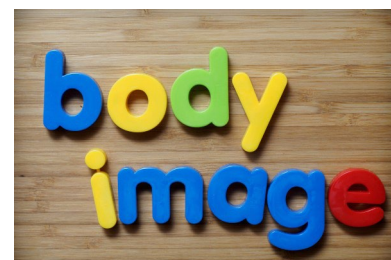


KEEP LEARNING

Body Image

Dates: Tuesday 11 June (part one)
Tuesday 18 June (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:

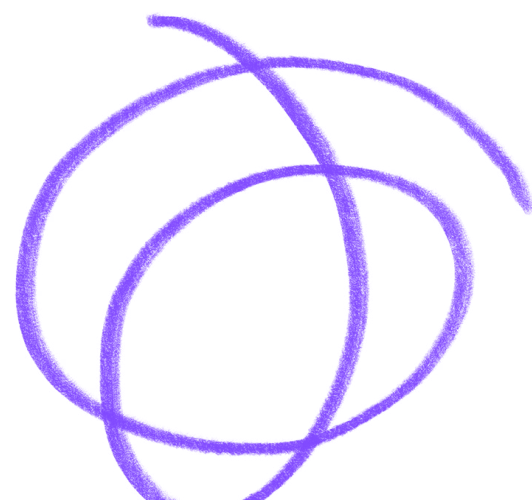
- An improved self-image
- A more realistic approach to body-image

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



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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:

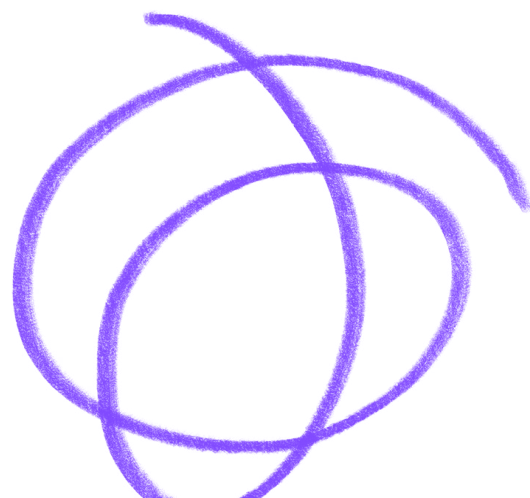
- Building confidence
- Self-awareness and building positive self-image
- Stress management
- Assertiveness
- Goal planning

The course runs for six weeks.

Please register online and book your place.



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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](#)

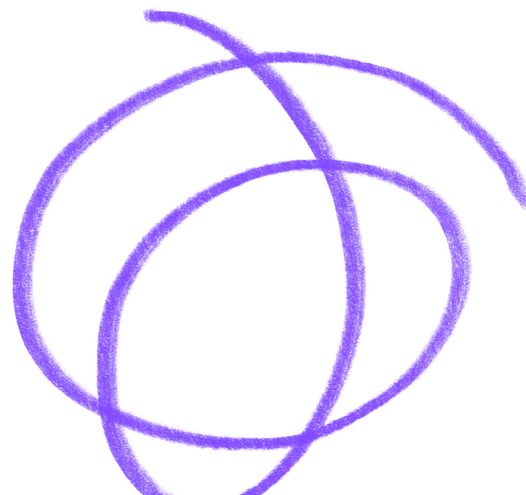


Would you like to experience gentle learning and give time to developing your writing skills? Maybe you sense you have a short story or poem you would like to write. Learning new skills can improve our mental wellbeing giving us a sense of purpose and helping us connect to others.

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.



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KEEP LEARNING

Emotional Intelligence

Tuesday 9 April (10am-12pm)
Thursday 27 June (5pm-7pm)

Location: Online

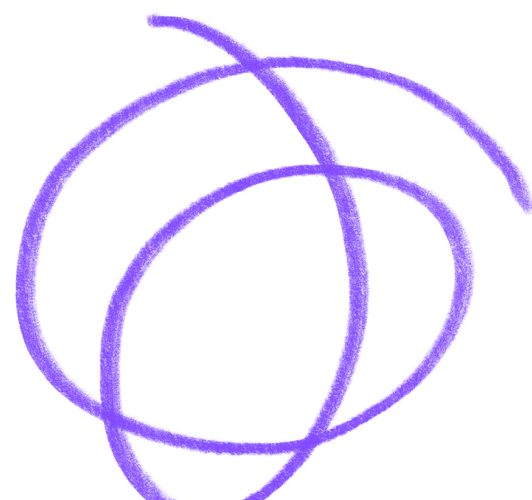


This workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and how to manage negative emotions effectively. The hoped outcome is that you will become more self-aware, be able to regulate your emotions more effectively and to develop your social skills including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



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KEEP LEARNING

Mental Health in the Workplace

Date: Wednesday 8 May

Time: 10am-12pm

Location: Online

In this workshop, we explore the relationship between mental health and work, focusing on how to create a mentally healthy workplace and how to be supportive of colleagues, while still looking after oneself.

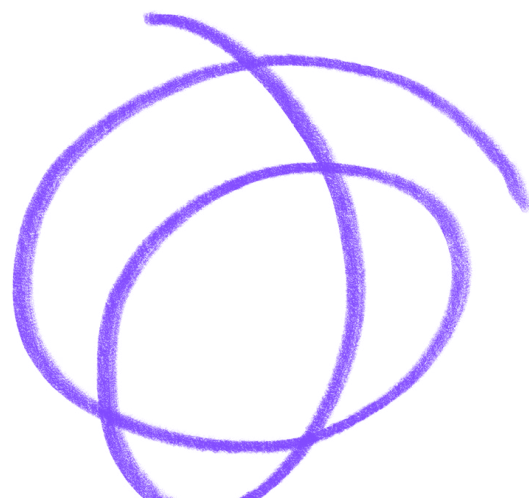


We will also look at why mental health is just as important as physical health, and share information about local mental health services.

Please register and book your place online.



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KEEP LEARNING

Mental Wellbeing with Nutrition and Lifestyle Intervention

Dates: Wednesday 3 April
Wednesday 1 May
Wednesday 5 June

Times: 2pm-3.30pm

Location: Online



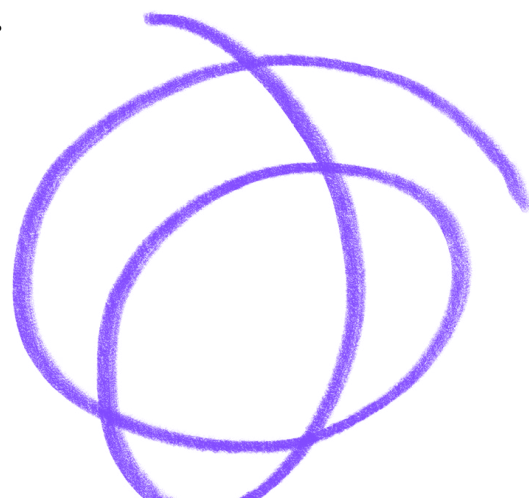
We can achieve so much for our mental and physical health with just a few diet and lifestyle adjustments, without too much effort or drastic changes. The workshops look at the impact of our food habits and what more nourishing simple choices we can integrate to support mental and physical wellbeing.

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.



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KEEP LEARNING

Money Management

Dates and times:

Monday 15 April - 10am-11am

Monday 13 May - 10am-11am

Monday 10 June - 10am-11am

Monday 17 June - 6pm-7pm

Location: Online



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

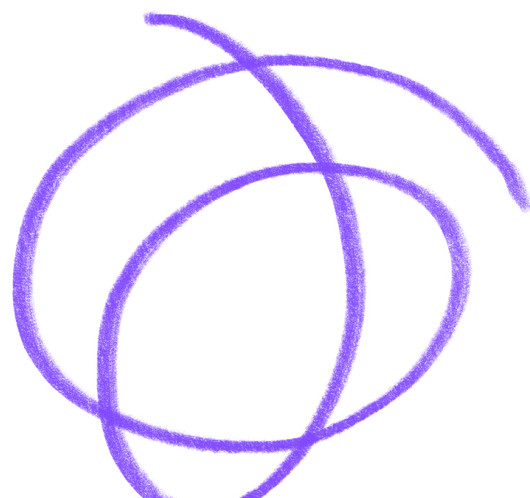
We will look at the ways to save on spending, and how to budget our money, as well as how to manage debt, and where to seek help.

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.



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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:

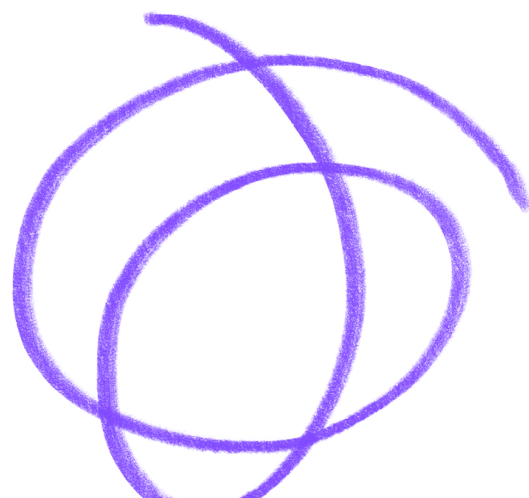
- Provide the participants with a better understanding of what is positive thinking, how it impacts and how to develop it
- Enable a greater self-awareness
- Equip the participants in effective techniques for changing attitudes
- Support wellbeing

Course content:

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



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KEEP LEARNING

Routine Builders

Dates and times:

Monday 8 April - 6pm-7pm

Monday 22 April - 10am-11am

Monday 6 May - 6pm-7pm

Monday 20 May - 10am-11am

Monday 3 June - 6pm-7pm

Monday 17 June - 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?

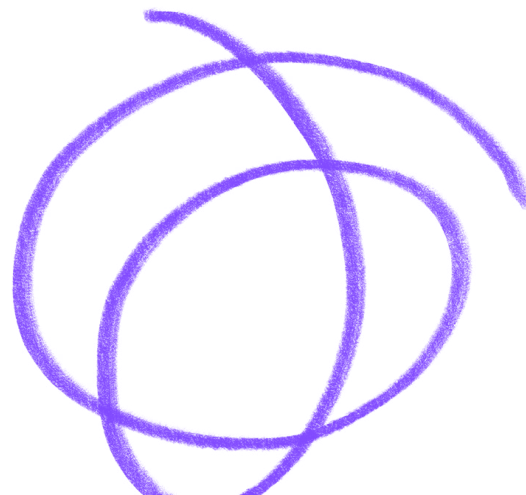
If so, this workshop is for you.

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.



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KEEP LEARNING

The Self-Care Hour

Days: Mondays
(fortnightly)

Times: 6pm-7pm

Location: Online

TO DO LIST:

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



This group will run every two weeks.

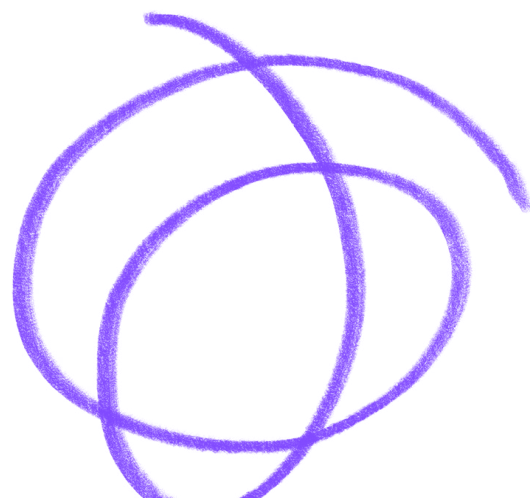
It is your time to learn new and exciting way to care for yourself.

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.



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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

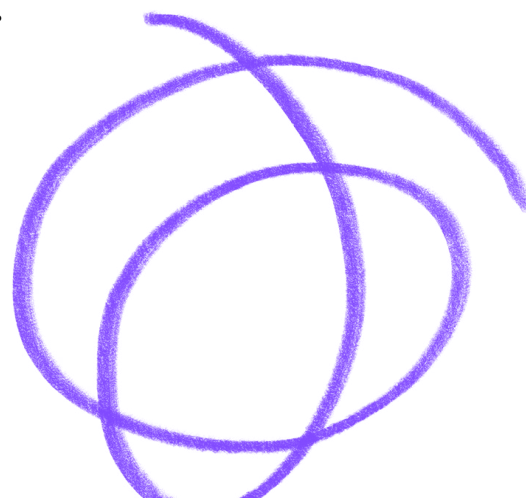
Course content:

- 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.



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KEEP LEARNING

Understanding Anxiety and Panic

Day: Tuesday 16 April
Wednesday 29 May

Time: 10am-12pm

Location: Online



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

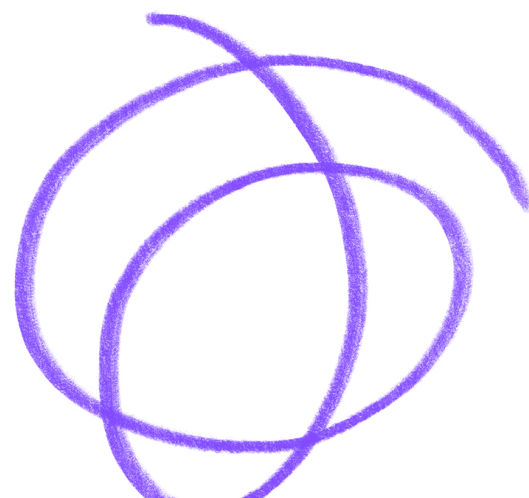
We learn about different types of negative thinking patterns and share our own experiences of how we can relate to these.

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.



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KEEP LEARNING

Understanding Self-Harm

Day: Tuesday 14 May

Time: 10am-12pm

Location: Online



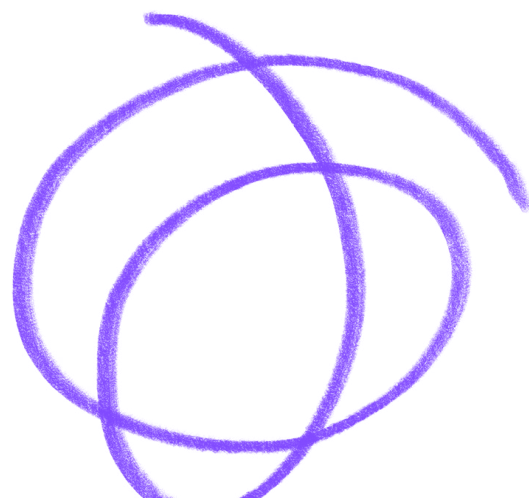
The Understanding Self-Harm Workshop is aimed at those wishing to increase their awareness of self-harm and for those that wish to learn how to develop better coping strategies.

The workshop looks at self-harm facts and myths, how and why people may self-harm and how to best manage and control urges.

The workshop promotes the use of cognitive coaching, self-awareness and personal reflection. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life.



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CONNECT

Autism Awareness

Days: Thursday 25 April
(5pm-7pm)
Wednesday 12 June
(10am-12pm)

Location: Online



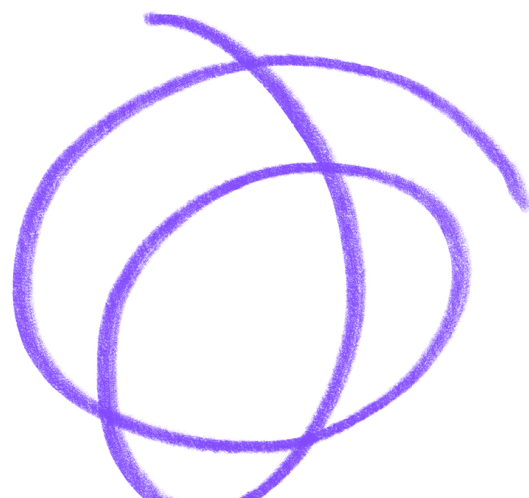
This workshop has been designed to explore and understand how an autistic person experiences the world, in ways that a non-autistic person doesn't.

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.



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CONNECT

Chatty Tuesday

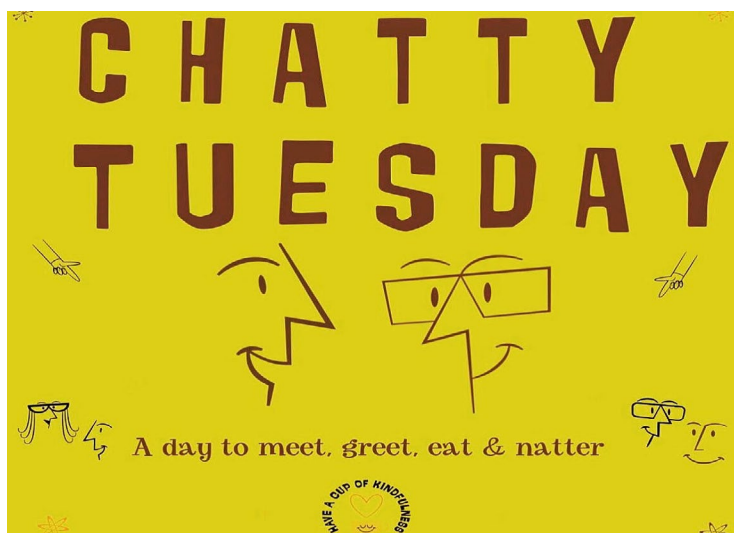
Days: Tuesdays

Times: 9am-11am

Location:

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

[Google Maps](#)



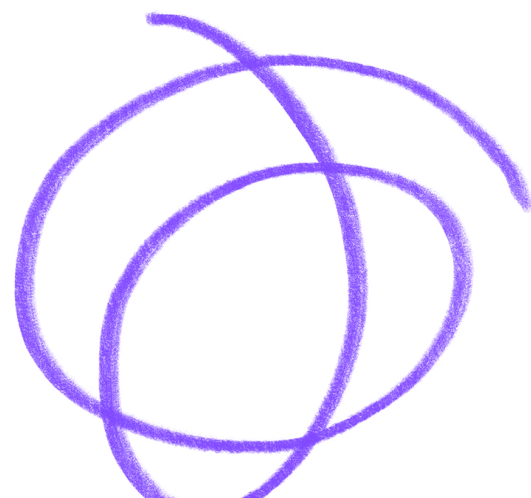
Pop in for a chat from 9am-11am, our friendly staff and volunteers are extra aware today of anyone dining alone and will turn up the talk to brighten your day.

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.

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/





CONNECT

Creative Art

Days: Tuesdays

Times: 2pm-4pm

Location: 34 King Street
Ramsgate CT11 8NT

[Google Maps](#)



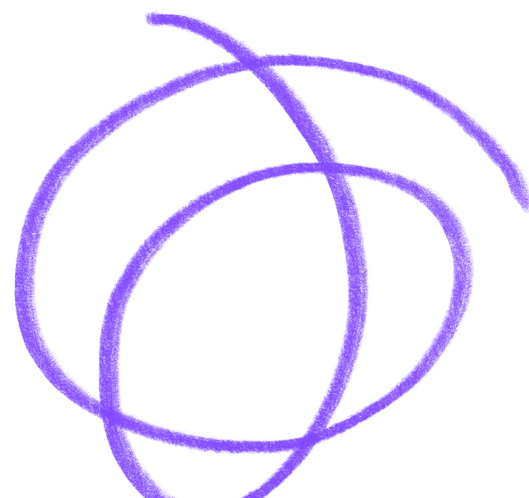
Combat mental health challenges like loneliness and isolation, anxiety, and depression through the power of art and creative activities.

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/



CONNECT

Cuppa Club

Days: Tuesdays

Times: 10am-11am

Location:

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

[Google Maps](#)



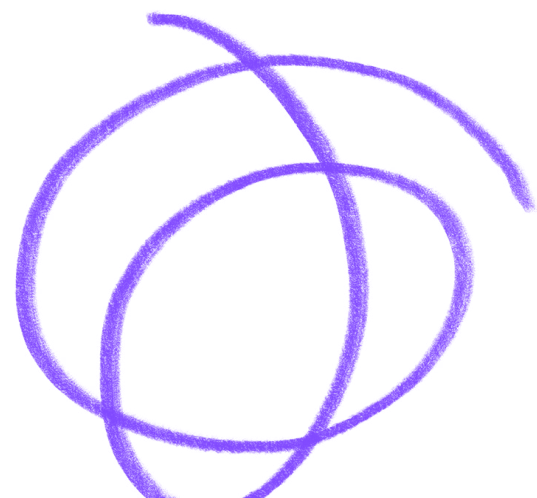
Cuppa Club is out informal meet and chat circle to connect, make friends and be part of your community.

There will be free tea, coffee and biscuits.

To register, please click below:



eastkentmind.org.uk/digital-timetable/





CONNECT

Make, Mend and Motivate

Days: Tuesdays 10am-11am

Location: Whitstable [Maps](#)

Days: Wednesdays 11am-1pm

Location: Online

Days: Thursdays 10.30am-12.30pm

Location: Herne Bay [Google 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.

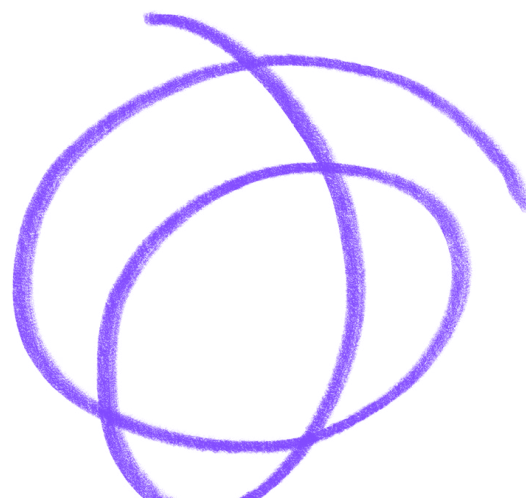
Creating is a form of selfcare, it benefits you and those around you. It can help you feel more able to cope with situations.

.

To register, please click below:



eastkentmind.org.uk/digital-timetable/





CONNECT

Men's Group

Days: Tuesdays

Times:

10.30am-12pm

Location: Online



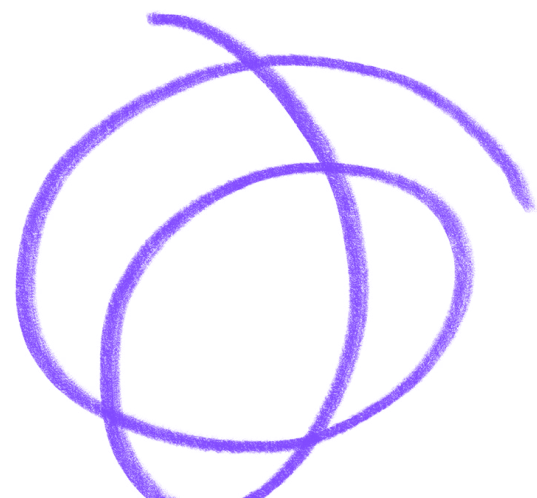
The men's group is an informal, friendly and supportive group where you meet others to talk about a range of topics including your own wellbeing.

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/





CONNECT

MenTalk Group

Days: Tuesdays

Times: 2pm-3pm

Location: Herne Bay

[Google Maps](#)

Days: Wednesdays

Times: 6pm-7pm

Location:

Revival: Food & Mood
58 High St, Whitstable
CT5 1BB [Google Maps](#)

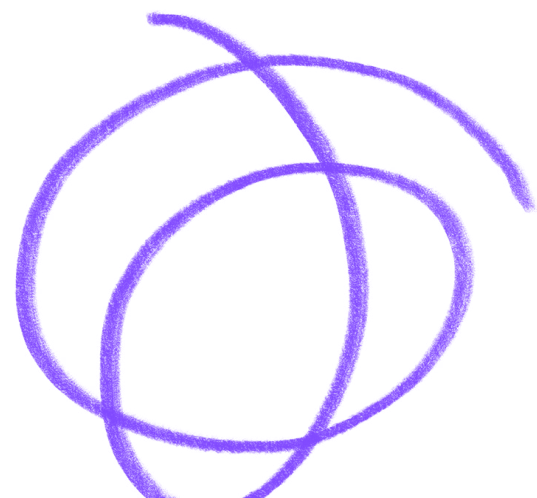


MenTalk is a drop in group especially for men where you can unwind, talk, listen and make local connections in a friendly supportive social space.

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/





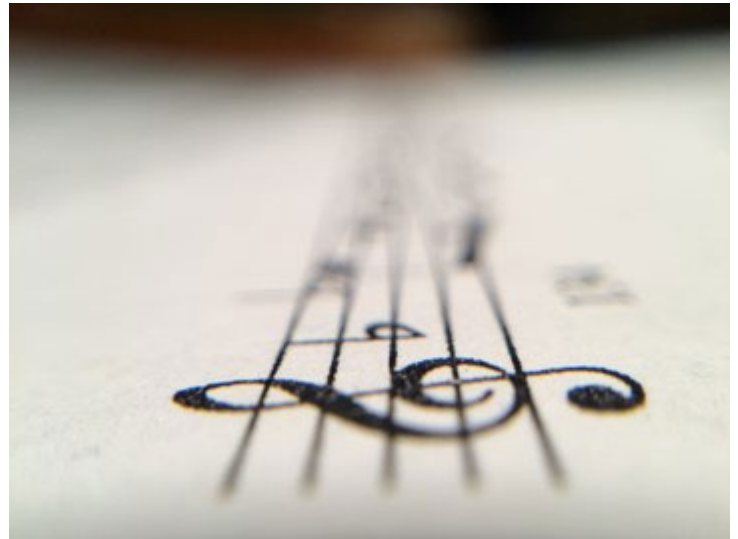
CONNECT

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.

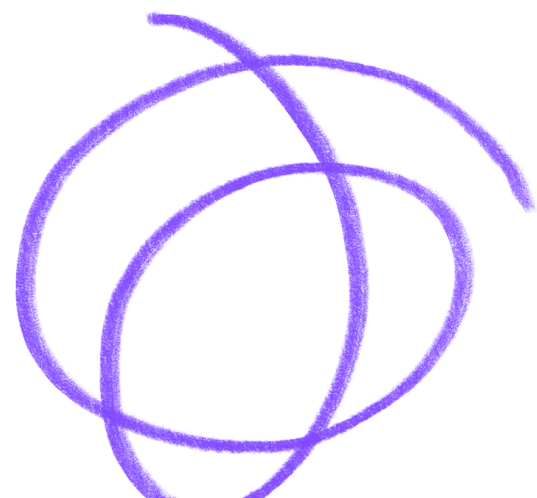
Every participant gets a chance to select a song of their choice to be played to the group and are given time to talk about their selection.

This is a relaxed group with great discussion.

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/



CONNECT

Overcoming Loneliness

Days:

Wednesday 1 May

Times: 10am-12pm

Location: Online



This workshop will define what is meant by loneliness, including the causes of loneliness and how it relates to mental health problems.

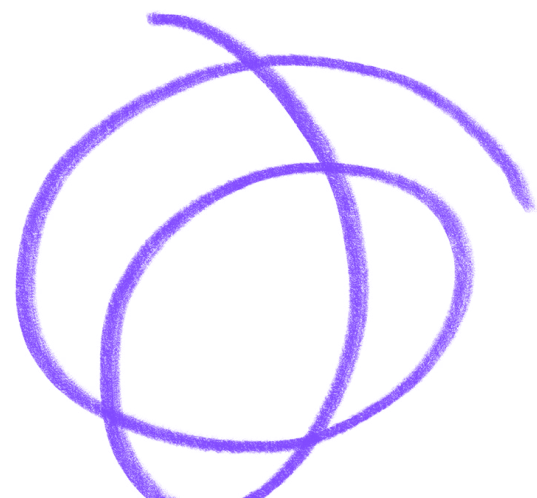
There will also be advice on how to manage the feelings of loneliness and things you can do to develop yourself and feel content in your own company.

Please register online and book your place.

SIGN UP



eastkentmind.org.uk/digital-timetable/





CONNECT

Perinatal Mental Health Support Group

**For information on
dates, times and
locations, please
visit with website
information page at:**
[Perinatal Support](#)

The Support Group also
runs online.



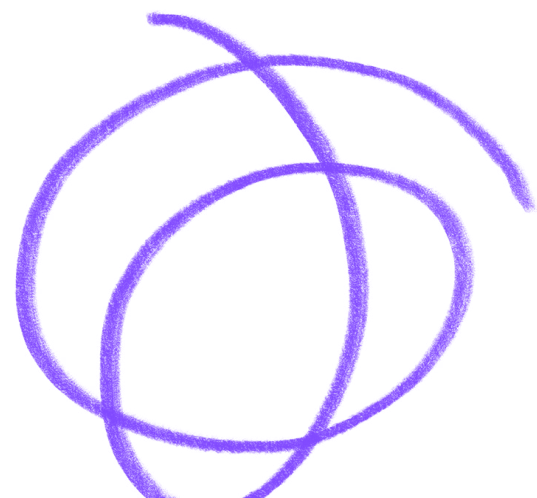
The courses will run over six weeks and cover you and your baby's wellbeing, understanding worries and anxiety, managing low mood, learning and sharing self-help techniques, your support circle and signposting.

For further information, please visit the Perinatal Mental Health Support Group webpage: [here](#)

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/





CONNECT

Revival Lates

Days: Wednesdays

Times: 6.30pm-9.30pm

Location:

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

[Google Maps](#)

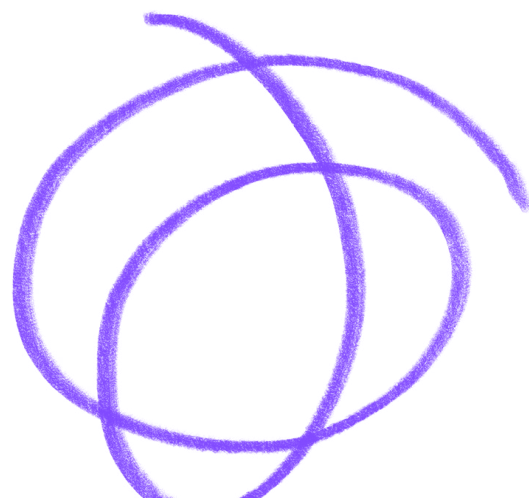


Revival Lates is a group that believes in nurturing independence and fostering creativity. We offer a comfortable, relaxed and fun social space that bridges the gap between social 'adult' spaces (such as pubs and restaurants) and spaces where young people traditionally go, accompanied by an adult.

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/





CONNECT

Test Your Brain for Fun

Days: Fridays

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...

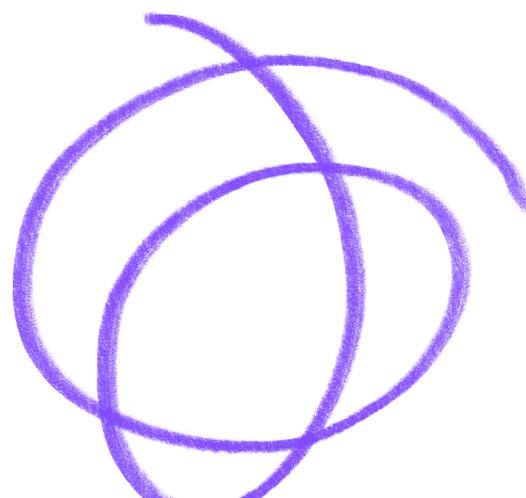
All you need is a pen and paper.

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

Please register online and book your place.



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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!

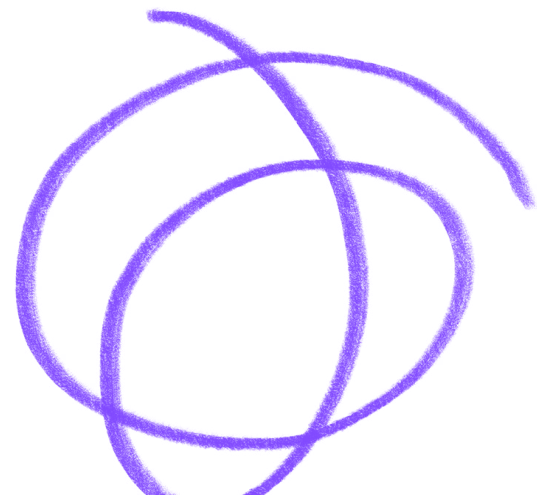
Whatever is on your To Do List bring it along (with a cup of tea) and get tips from your peers on the best way to achieve what you want, as you are doing it!

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/





CONNECT

What Next - Peer Support Group

Days: Tuesdays
(Second Tuesday of
each month)

Times: 2pm-4 pm

Location:

34 King Street,
Ramsgate CT11 8NT

[Google Maps](#)



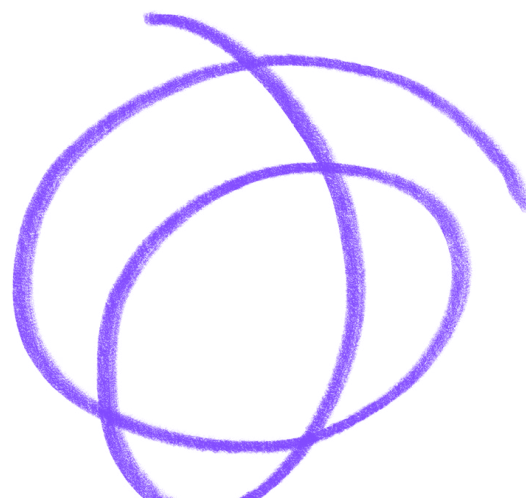
Sign up and join our What's Next Peer Support group.

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/





CONNECT

Women's Wellness Group

Days: Wednesday

Times: 10am-11.30am

Location:

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

[Google Maps](#)



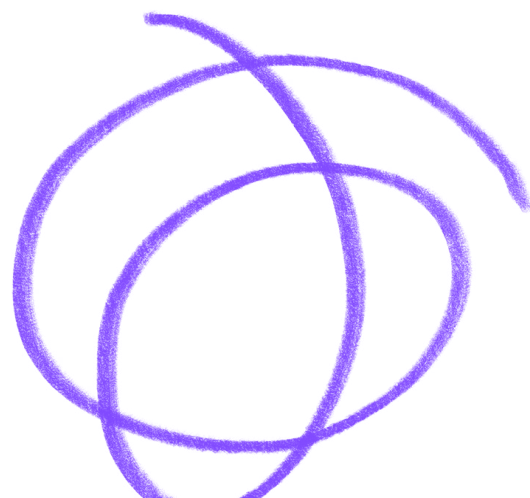
The group is a friendly, welcoming female space for all ages to come together to chat, listen, share wellbeing journeys and support each other.

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

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/





CONNECT

Young Revival

Days: Thursdays

Times: 3.30pm-6.30pm

Location:

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

[Google Maps](#)



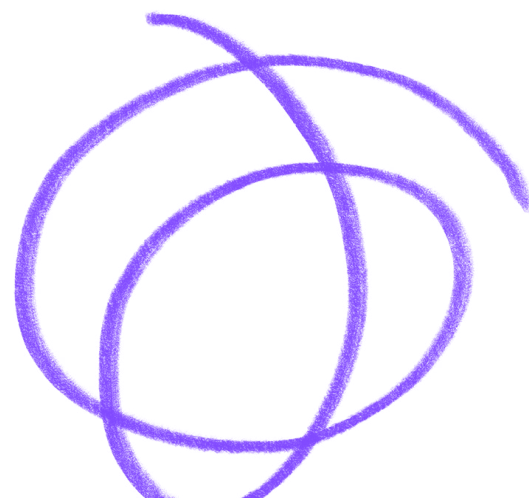
A holding space for young people.

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/





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.

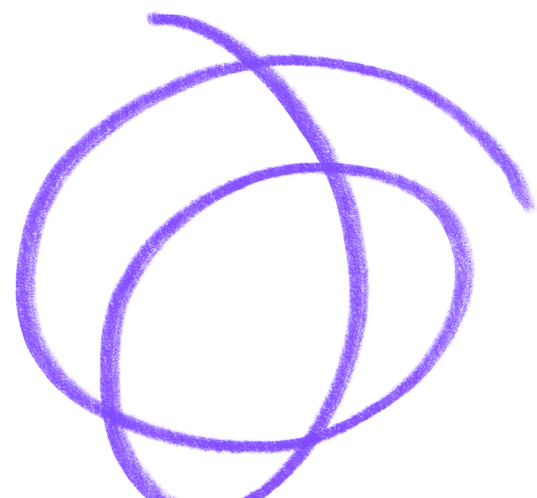
You will be asked what you would like to achieve over the coming week and, through discussion with your peers, we will try to find what method would suit you best.

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/





TAKE NOTICE

Journaling



Dates:

Wednesday 17 April

Wednesday 29 May

Times: 10am-11.30am

Location: Online



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

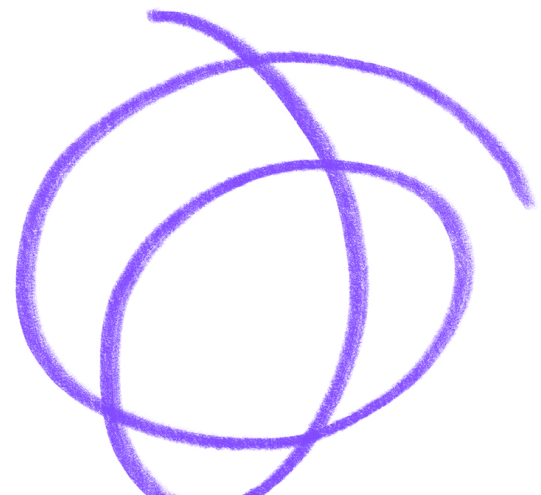
We will look at different journaling methods and how to get started.

You will need a pen and notebook to journal in.

Please register online and book your place.



eastkentmind.org.uk/digital-timetable/





TAKE NOTICE

Mindfulness Workshop



Date:

Wednesday 3 April
Wednesday 15 May
Wednesday 26 June

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.

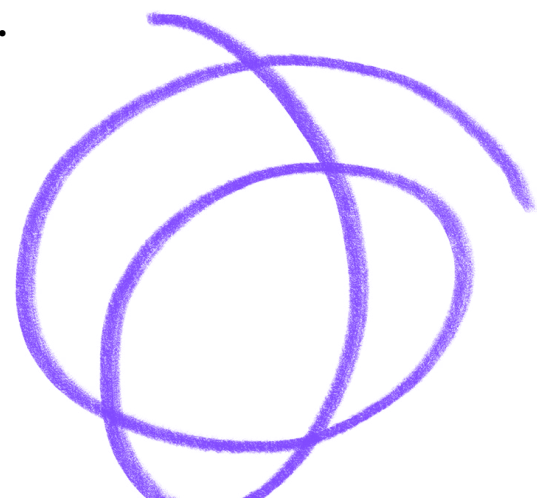
Through practical tools to gain understanding, it helps us develop an open mind and forgiveness of and acceptance towards ourselves and others.

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/





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.

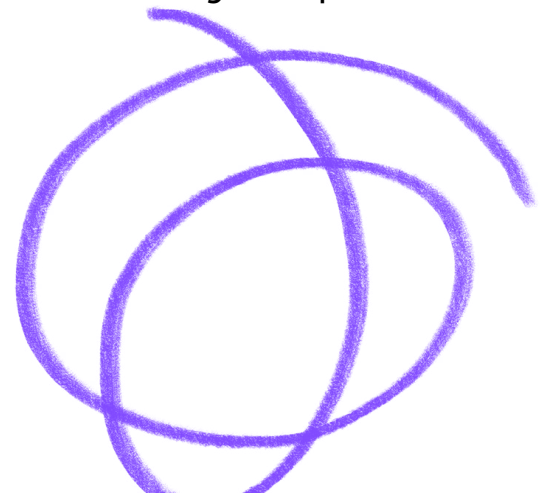
Then a different theme is suggested for the next week such as animals, doors, weather, 'why is that there', food. During the week you notice what is around you and take photos on the theme.

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/





TAKE NOTICE

Sleep and Relaxation Techniques



Days: Wednesday 24 April
Wednesday 5 June

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:

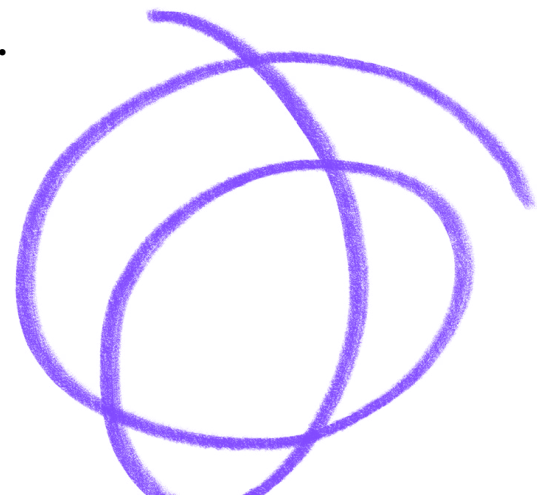
- Simple relaxation methods that promote health and wellbeing
- The scientific background of why we sometimes can't sleep
- Practical implementation in daily life
- How to relax yourself

Please register online and book your place.

SIGN UP



eastkentmind.org.uk/digital-timetable/





TAKE NOTICE

Visualising Intentions and Affirmations



Dates:

Wednesday 1 May

Wednesday 12 June

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.

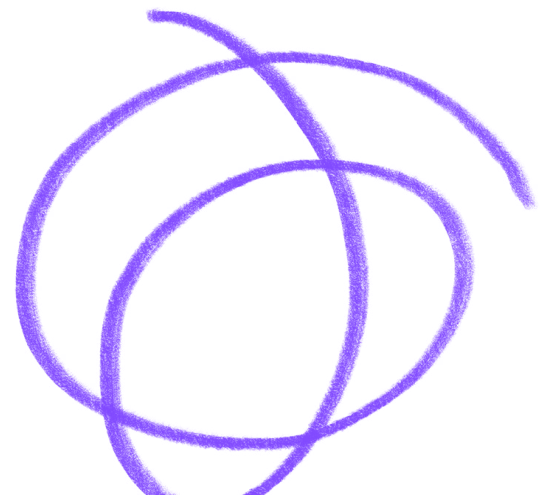
What do you intend to change in your life?

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/



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

East Kent Mind works in collaboration with:





RAMSGATE CRISIS CAFE

**OPEN EVERY DAY
FROM 6PM UNTIL 9.30PM**

The Ramsgate Crisis Café is a safe and friendly place that you can come to if you are experiencing severe emotional or psychological distress.

There you can access mental health support and advice from our trained mental health and wellbeing workers.

You can visit without an appointment.
34 King St, Ramsgate CT11 8NT

eastkentmind.org.uk/crisiscafe

The Kent Mental Wellbeing Awards

Nominations Open for 2024



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