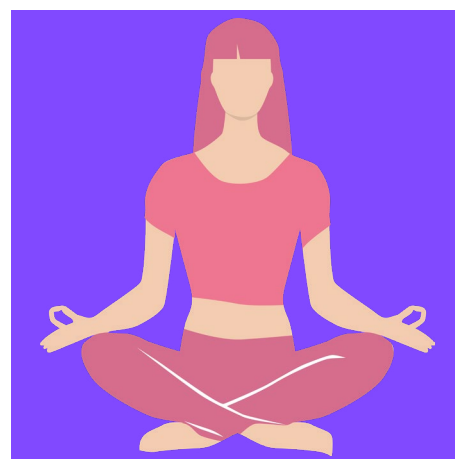
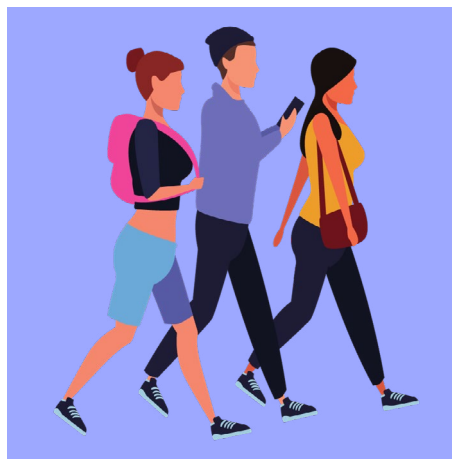




# Mind East Kent

## Activities Programme July-Sept 24



Registered charity number 1110130



# EAST KENT MIND

**Programme - July-September 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, phone or tablet.

Please call **01843 319193** or complete the July-September Registration Form here: [Sign Up](#) or scan the QR code below:

[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** July to September 2024 Activities Programme has our courses, groups and workshops listed under the **Ways to Wellbeing** headings of:

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

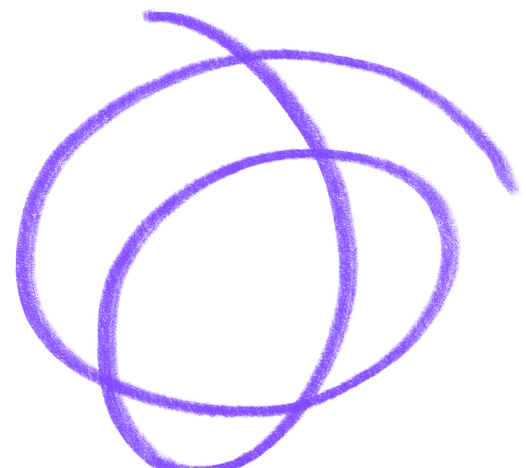
These are four of the **Ways to Wellbeing** which research has found improve our mental wellbeing and create a happier, more positive life for ourselves. Trying these things could help you feel more positive and able to get the most out of life.

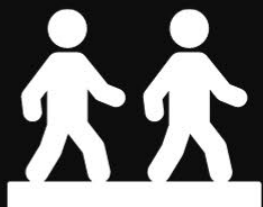
The **Ways to Wellbeing** are promoted by the National Health Service, Mind and other mental health organisations.

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)

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](mailto:info@eastkentmind.org.uk)

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

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# 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)





# BE ACTIVE

## Bloom and Nourish: Patio Garden Group

**Day:** Wednesdays

**Time:** 3.30pm-5pm

**Location:**

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

[Google Maps](#)



This new group aims to bring people together connecting with nature, promoting wellbeing, outdoor activity, and the joy of nurturing the living world.

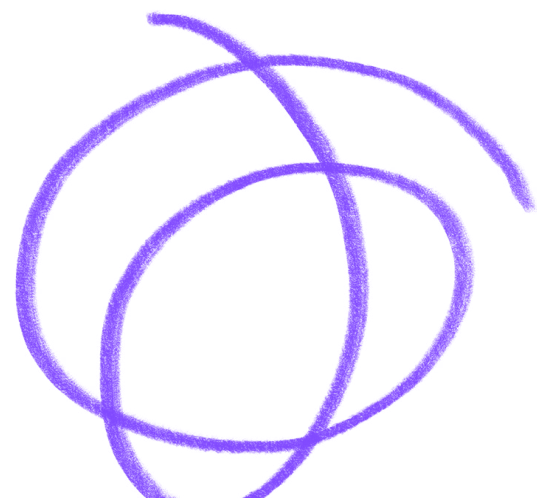
Whether you're a seasoned gardener or a novice with a passion for plant life, this group offers something for everyone.

Please register online and book your place.

**Click here**



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the QR  
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# BE ACTIVE

## Breath and Meditation

**Day:** Tuesdays

**Time:** 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.

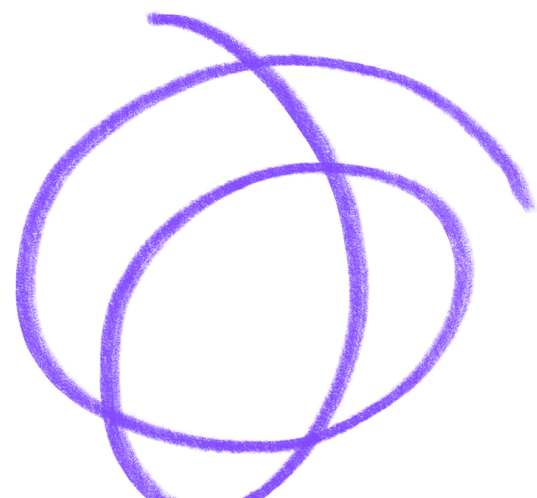
It can reduce physical and psychological tension, calming your emotions and improving focus and concentration.

Please register online and book your place.

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# BE ACTIVE

## Gardening at Kent Community Oasis Garden

**Days:** Wednesdays and Fridays

**Time:** 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.

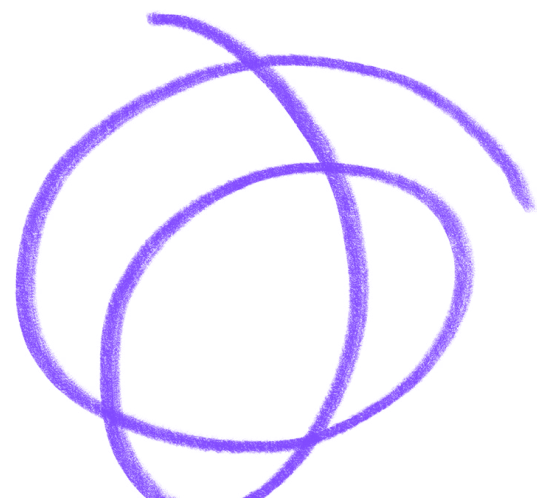
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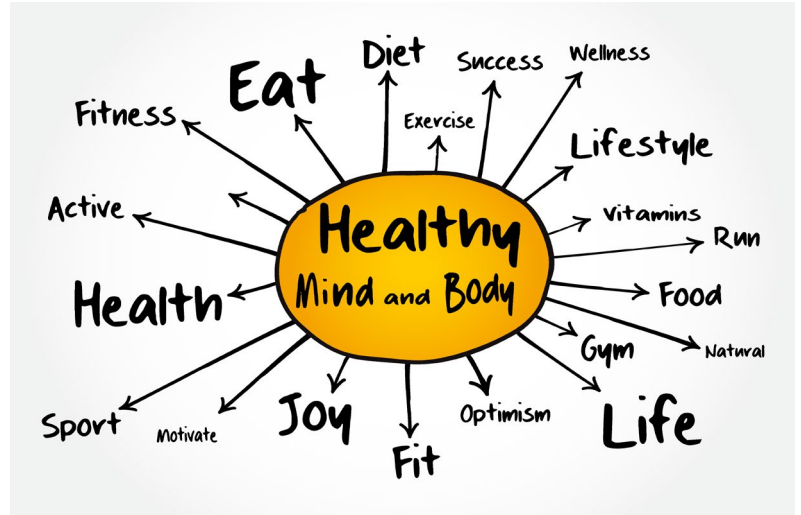


# BE ACTIVE

## Healthy Mind and Body

### Dates and times:

- Monday 1 July: 10am
- Monday 15 July: 6pm
- Monday 22 July: 10am
- Monday 19 August: 10am
- Monday 9 September: 6pm
- Monday 23 September: 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.

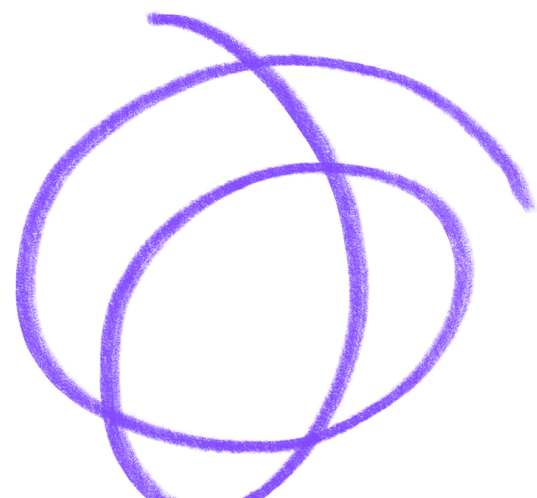
We all need to exercise, eat well, get enough sleep and practise self-care and in this workshop we will help you discover what methods suit you best.

Please register online and book your place.

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# BE ACTIVE

## Pilates

**Days:** Tuesdays and Thursdays

**Time:** 12pm-12.45pm

**Location:** Online



The exercises in Pilates help improve our mental as well as physical wellbeing. Pilates mat-work classes are fun and designed to help you improve flexibility and strength.

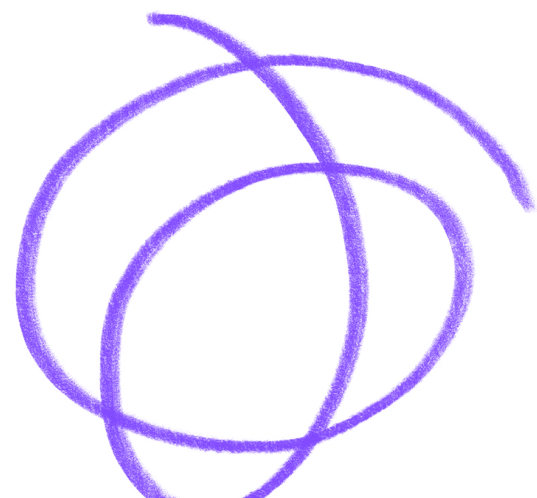
Small equipment such as bands, toning circles and balls are used during mat-work classes to help you achieve better movement patterns and provide you with more awareness of your body – and of course to challenge you!

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

**Day:** Tuesdays

**Time:** 9.30am-10.30am

**Location:** Online



Tai chi is an ancient Chinese tradition that is practised 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.

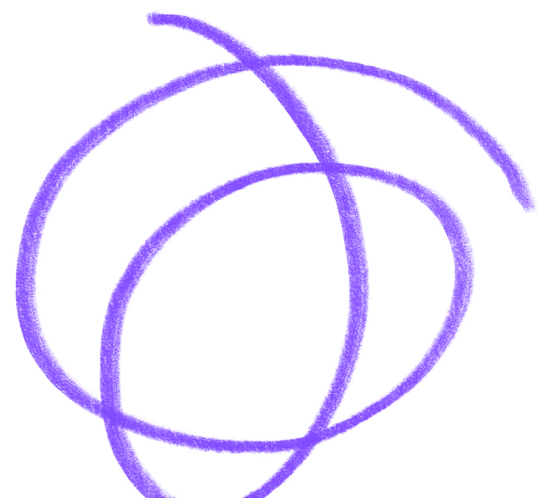
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# BE ACTIVE

## Wellbeing Walks

**Day:** Tuesdays  
**Times:** 10.30am-12pm  
**Location:** Herne Bay

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

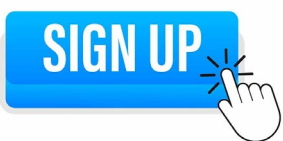


Join our friendly and relaxed groups helping you to connect with nature, the community and your local area.

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.

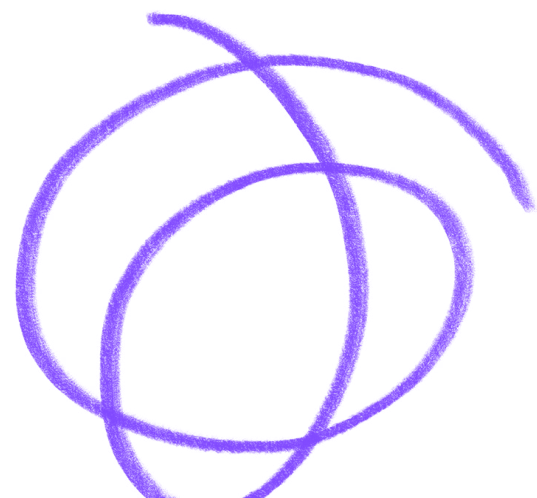
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# BE ACTIVE

## Yoga

### Days and times:

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:

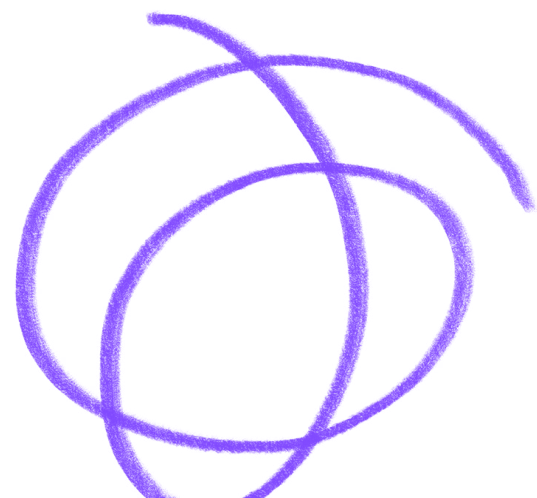
- Reduce stiffness and tension
- Reduction in anxiety, stress and worry
- Increased strength and flexibility
- Take time for yourself
- Increase focus
- Prepare the body and mind for your day
- Connection to breath and calming techniques

Please register online and book your place.

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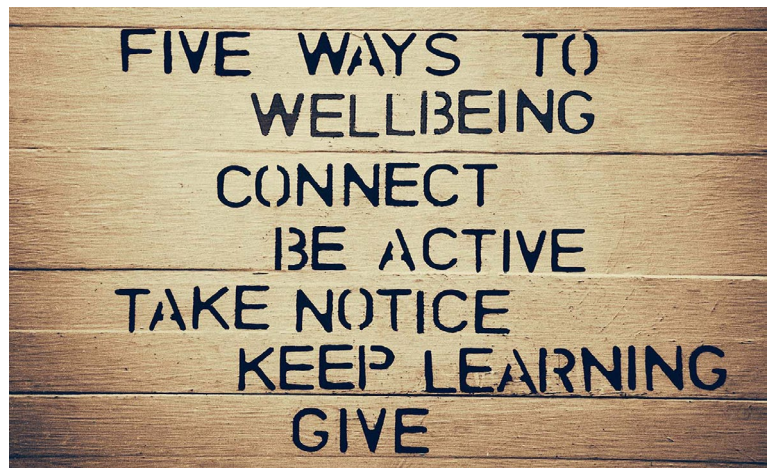
# KEEP LEARNING

## 5 Ways of Wellbeing

**Dates:** Friday 19 July  
(weekly for six week)

**Time:** 2pm-4pm

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



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

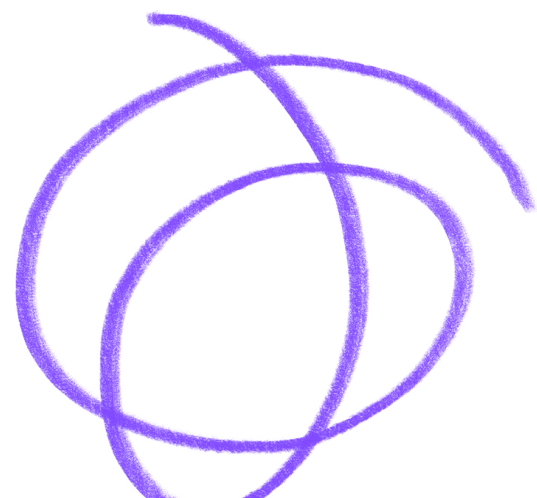
The course will be at the East Kent Mind office in Ramsgate and take place over six weeks starting on Friday 19 July.

Please register online and book your place.

**Click here**



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# KEEP LEARNING

## Anger Management

**Date:** Tuesday 23 July

**Time:** 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.

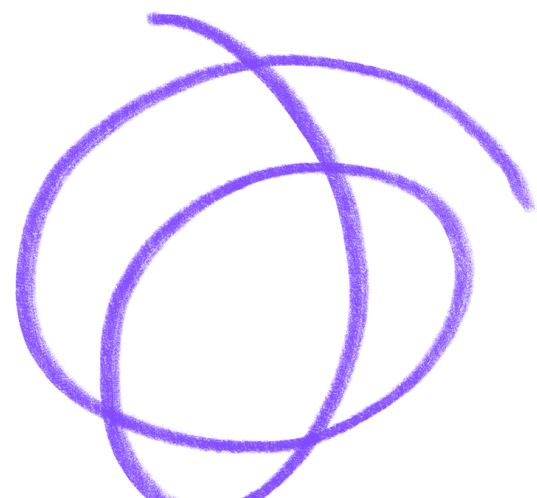
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# KEEP LEARNING

## Body Image

**Dates:** Tuesday 6 August (part one)  
Tuesday 13 August (part two)

**Time:** 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

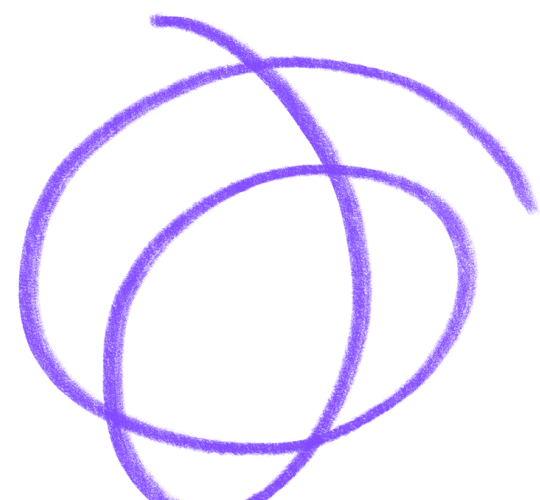
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# KEEP LEARNING

## Confidence and Assertiveness

**Day:** Thursdays

**Time:** 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.

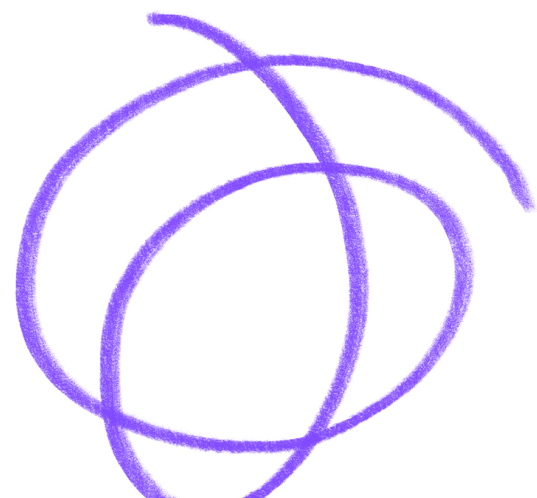
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# KEEP LEARNING

## Coping with Depression

**Days:** Mondays from July 22  
(for six weeks)

**Time:** 2pm-4pm

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

[Google Maps](#)



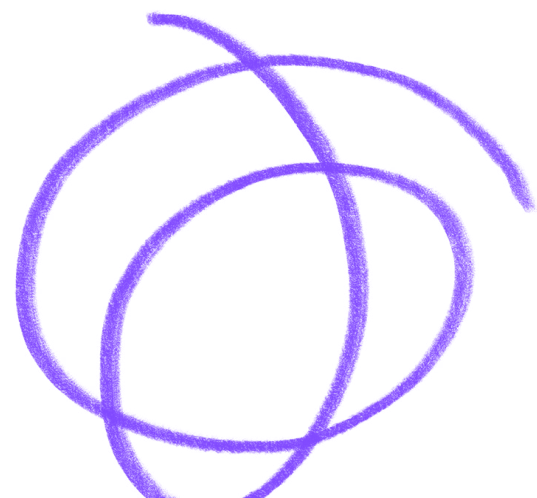
The course will help you develop a better understanding of depression by looking at the thoughts, feelings and behaviours that can cause depression. You will be able to identify warning signs and risks of depression; identify the effects and symptoms of depression, and learn coping strategies.

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.

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# KEEP LEARNING

## Coping with Stress and Anxiety

**Days:** Thursday from July 4  
(for six weeks)

**Time:** 2pm-4pm

**Location:** EKM Umbrella  
54 William Street, Herne Bay  
CT6 5PB [Google Maps](#)



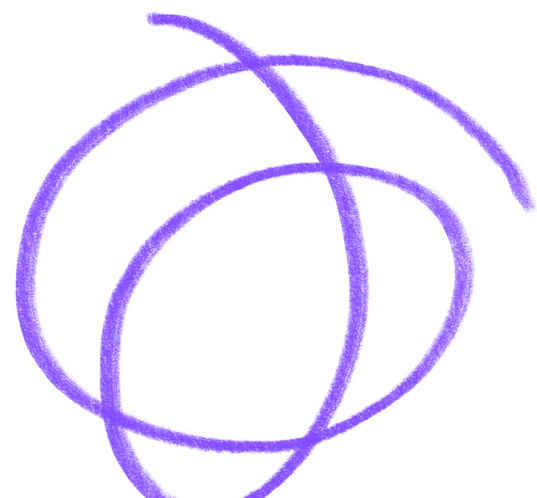
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# KEEP LEARNING

## Creative Writing

**Day:** Mondays

**Time:** 12pm-1.30pm

**Location:** Online



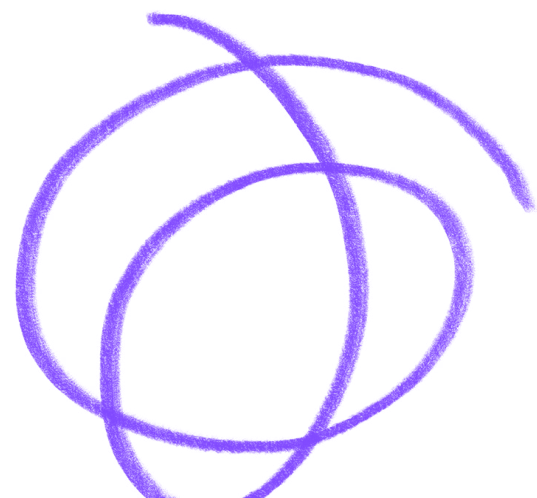
Would you like to experience gentle learning and give time to developing your writing skills? Maybe you sense you have a short story or poem you would like to write. Learning new skills can improve our mental wellbeing giving us a sense of purpose and helping us connect to others.

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

### Date and time:

Thursday 22 August (5pm-7pm)

### Location: Online



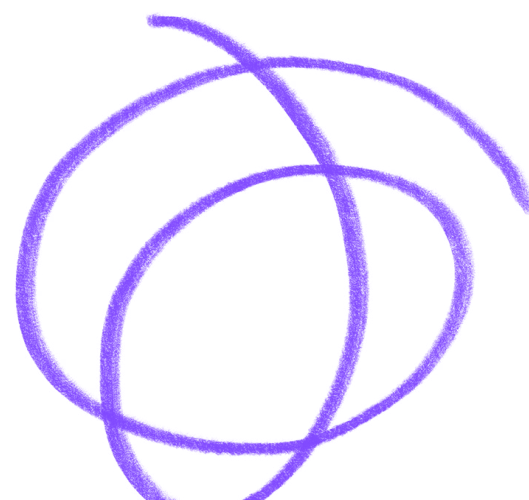
This workshop aims to give you the ability to distinguish between helpful and unhelpful thinking patterns and how to manage negative emotions effectively. The hoped outcome is that you will become more self-aware, be able to regulate your emotions more effectively and to develop your social skills including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

## Low Mood and Depression

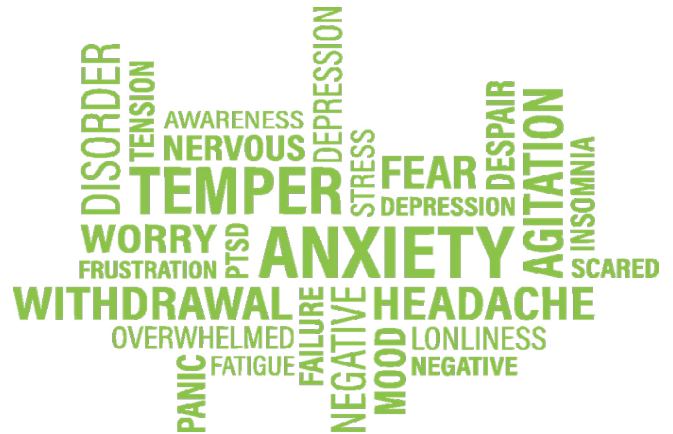
### Dates and times:

Wednesday 14 August (10am-12pm)

Tuesday 3 September (10am-12pm)

Thursday 26 September (5pm-7pm)

**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.

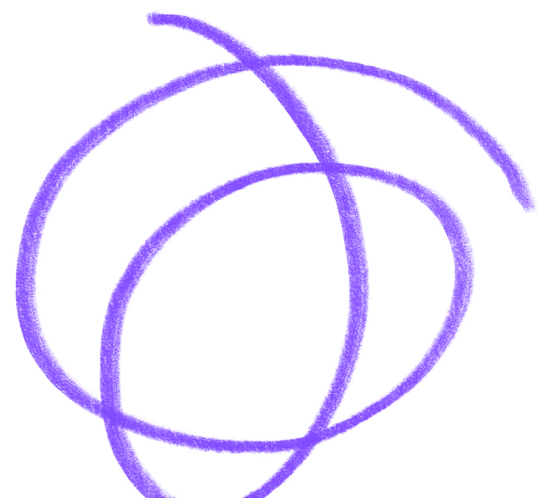
The workshop promotes group participation and interaction with discussion points aimed to encourage participants to grasp a better understanding of low mood and depression.

Please register online and book your place.

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# KEEP LEARNING

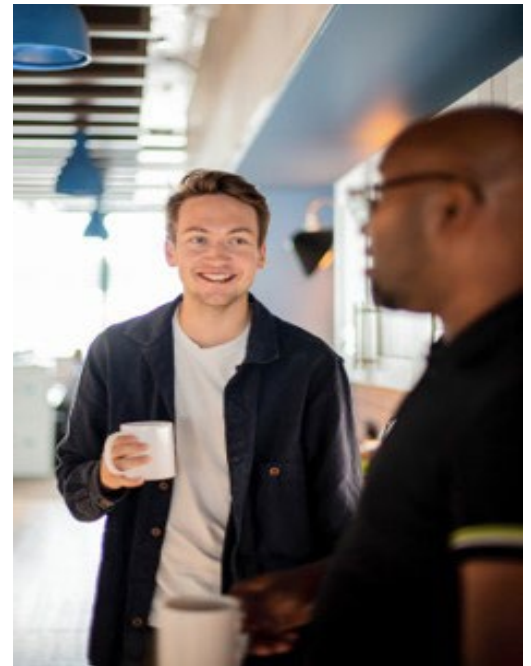
## Mental Health in the Workplace

**Dates:** Wednesday 17 July  
Wednesday 18 September

**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.

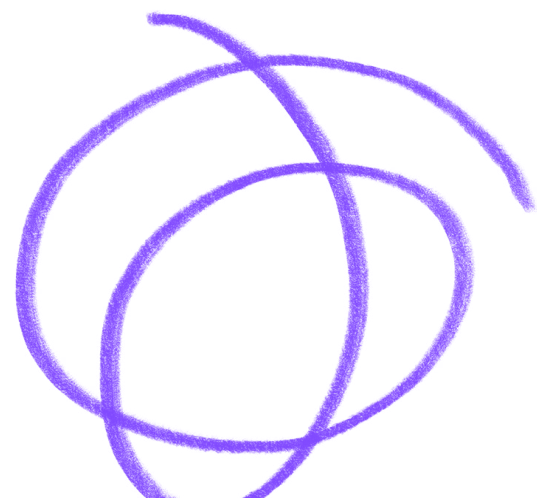
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# KEEP LEARNING

## Mental Wellbeing with Nutrition and Lifestyle Intervention

**Dates:** Wednesday 10 July  
Wednesday 14 August  
Wednesday 11 September

**Time:** 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.

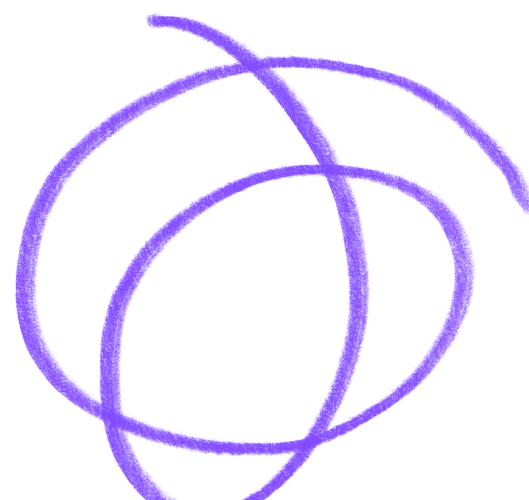
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# KEEP LEARNING

## Money Management

### Dates and times:

Monday 8 July (10am-11am)  
Monday 29 July (6pm-7pm)  
Monday 5 August (10am-11am)  
Monday 9 September (10am-11am)  
Monday 23 September (6pm-7pm)  
Monday 30 September (10am-11am)



### 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.

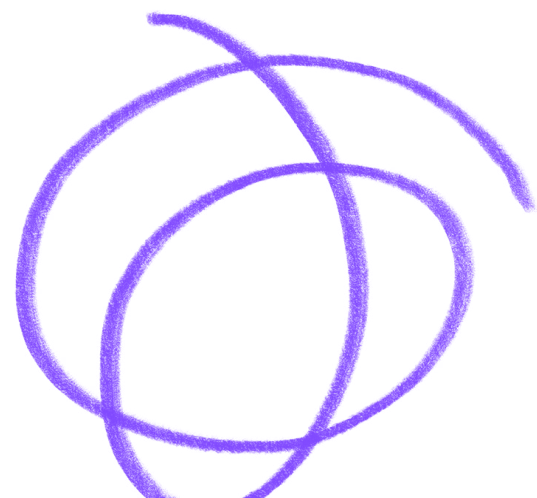
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# KEEP LEARNING

## Positivity

**Day:** Tuesdays

**Time:** 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

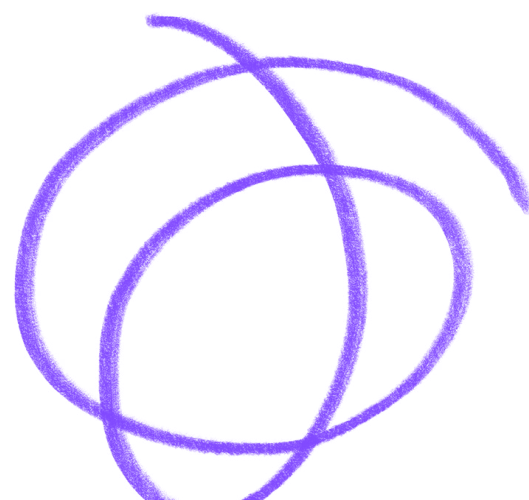
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# KEEP LEARNING

## Routine Builders

### Dates and times:

Monday 1 July (6pm-7pm)

Monday 15 July (10am-11am)

Monday 12 August (10am-11am)

Monday 12 August (6pm-7pm)

Monday 16 September (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.

**Click here**

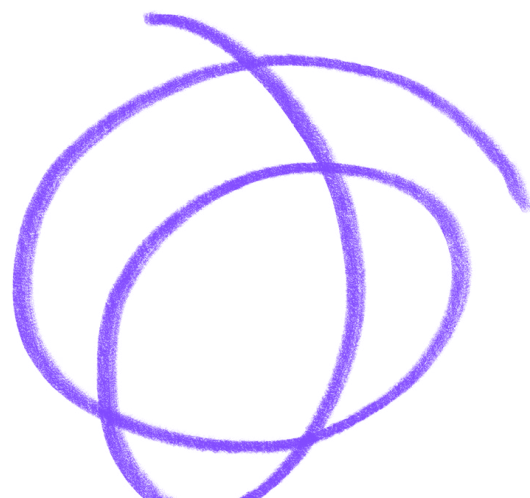
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# KEEP LEARNING

## The Self-Care Hour

**Day:** Mondays  
(fortnightly)

**Time:** 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 ways 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.

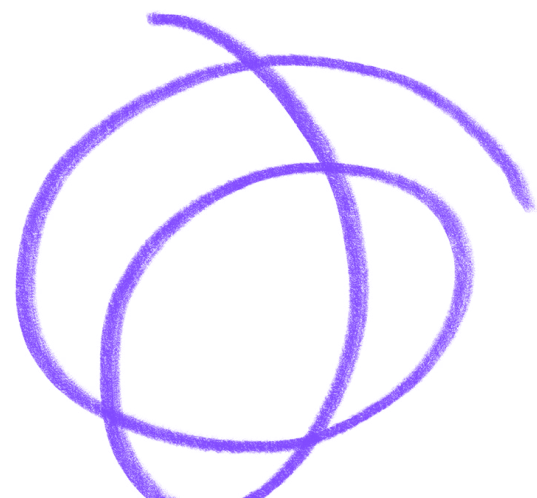
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# KEEP LEARNING

## 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.

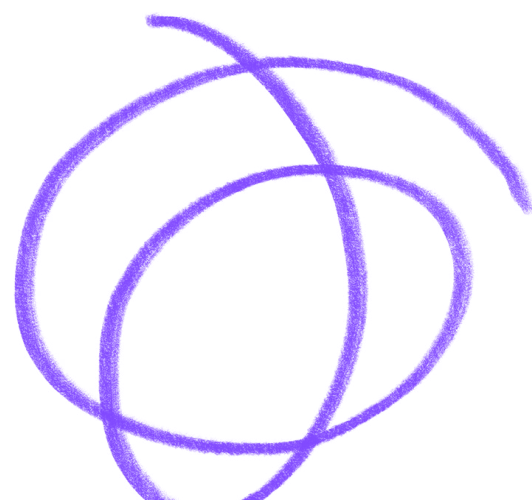
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# KEEP LEARNING

## Understanding Anxiety and Panic

**Day:** Tuesday 2 July

**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.

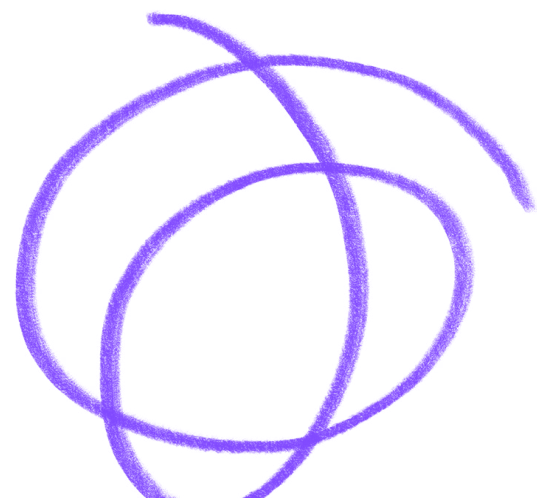
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# KEEP LEARNING

## Understanding Self-Harm

**Day:** Thursday 25 July

**Time:** 5pm-7pm

**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.

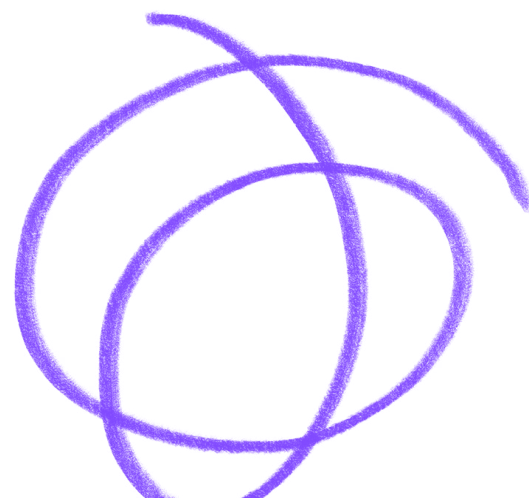
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# CONNECT

## Autism Awareness

**Dates:**

Wednesday 21 August  
Tuesday 10 September

**Time:** 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.

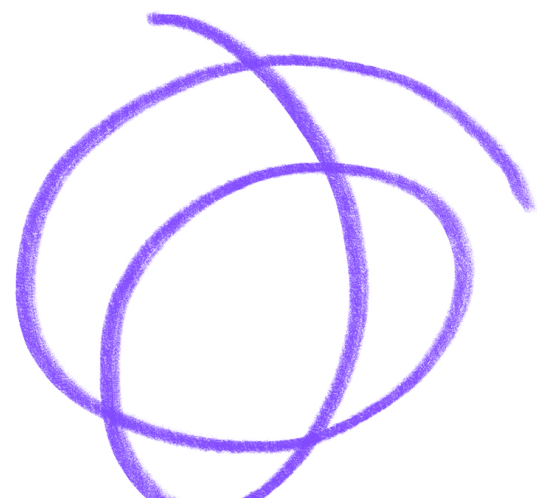
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# CONNECT

## Chatty Tuesday

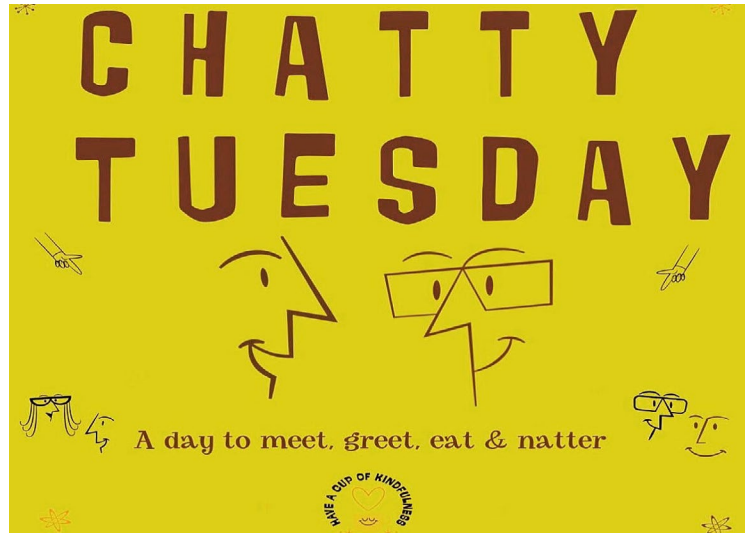
**Day:** Tuesdays

**Time:** 9.30am-4.30pm

**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.

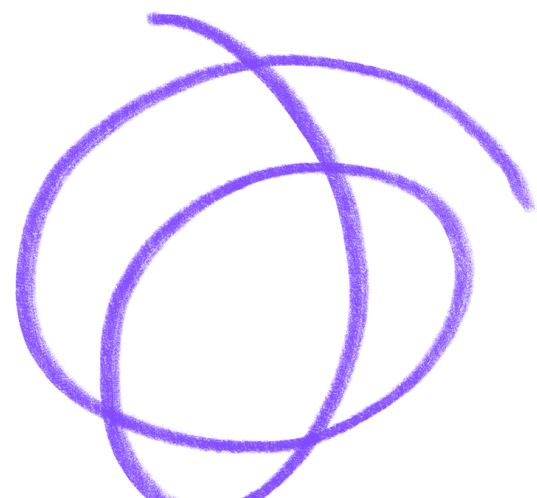
If you know someone living alone, new to the area, retired, lonely or in any way needing a friendly face do point them in our direction.

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:

**Click here**



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# CONNECT

## Creative Art

**Day:** Tuesdays

**Time:** 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:

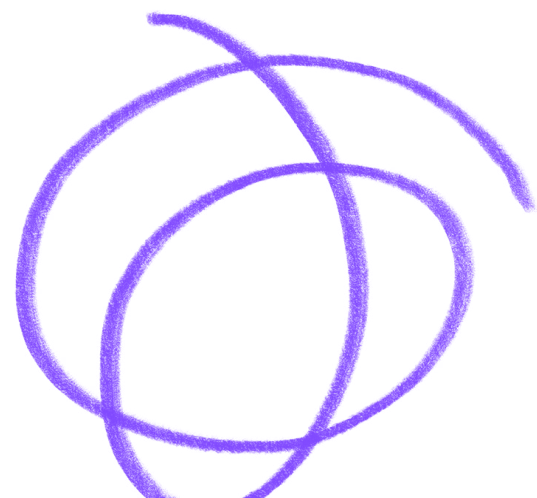
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# CONNECT

## Cuppa Club

**Day:** Tuesdays

**Time:** 10am-11am

**Location:**

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

[Google Maps](#)

TUESDAYS 10AM @  
**REVIVAL**

Revival  
**CUPPA CLUB**

HAVE A CUP OF KINDFULNESS

Pop in for a cup of tea and a chat. A time to connect with others, make friendships and be part of your community

[www.revivalkent.co.uk](http://www.revivalkent.co.uk)

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:

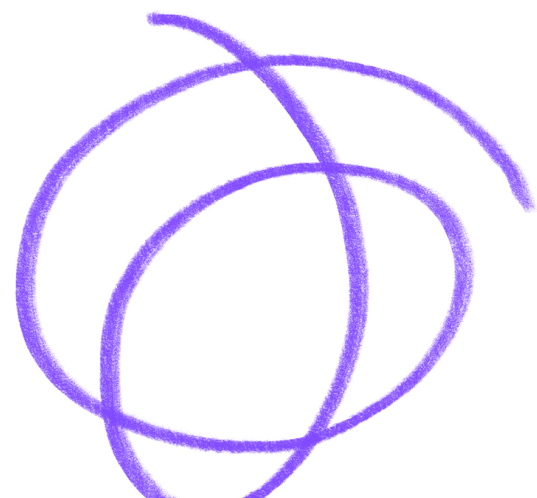
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# CONNECT

## Make, Mend and Motivate

**Day:** Tuesdays (10am-12pm)  
**Location:** Whitstable [Google Maps](#)

**Day:** Wednesdays (11am-1pm)  
**Location:** Online

**Day:** 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.

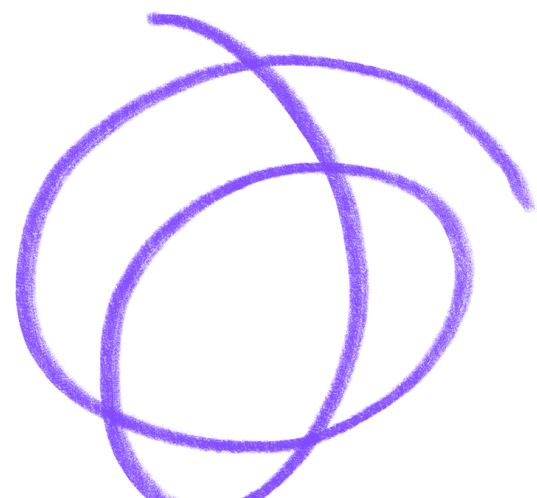
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# CONNECT

## MenoPause

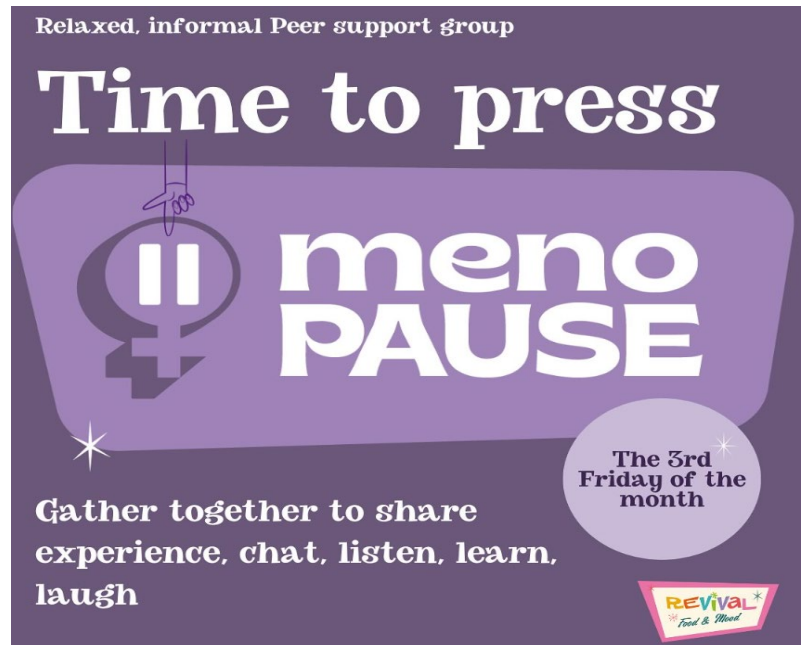
**Day:** Every third Friday of the month

**Time:** 6pm-7pm

**Location:**

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

[Google Maps](#)



MenoPause is a peer support group for women at all stages in their menopause.

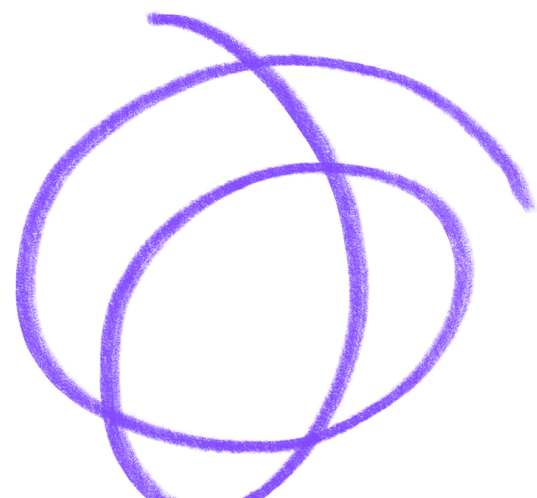
It is an informal group who meet to chat, listen and learn from each other, there are also special sessions where invited guests share their knowledge or experience of a particular issue of relevance to the group.

You can bring your own or tea and coffee is provided.

**Click here**



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# CONNECT

## Men's Group

**Day:** Tuesdays

**Time:** 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.

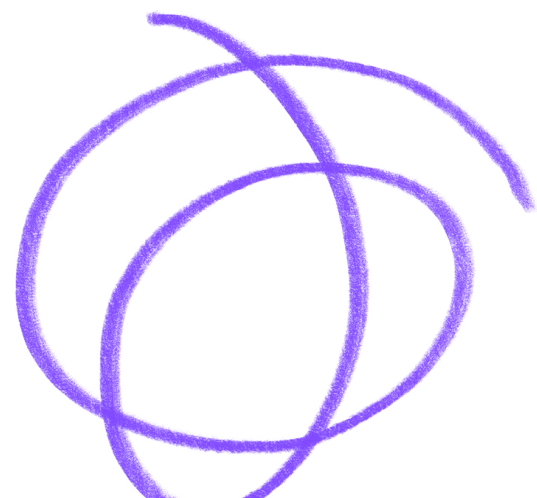
This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share positive experiences and provide emotional support.

Please register online and book your place.

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# CONNECT

## MenTalk Group

**Day:** Tuesdays

**Time:** 2pm-3pm

**Location:** EKM Umbrella  
54 William Street, Herne Bay  
CT6 5PB [Google Maps](#)

**Day:** Wednesdays

**Time:** 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.

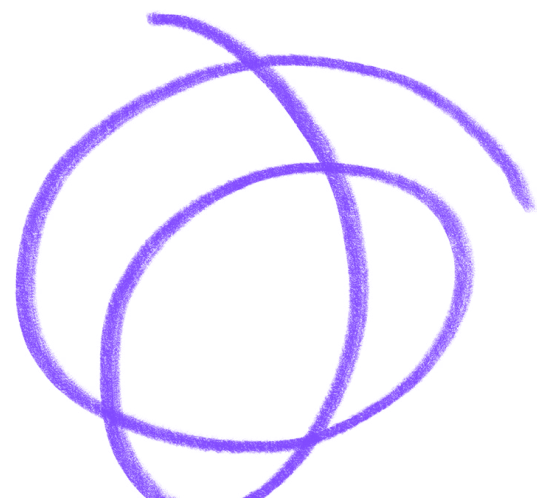
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# CONNECT

## Mental Health Bank

**Days:** Mondays and Tuesdays

**Time:** 7pm-8pm

**Location:**

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



The Mental Health Bank is an initiative from Revival Food & Mood that connects therapists and wellness practitioners to those in need who could benefit from their services, free of charge, every Monday and Tuesday in the heart of Whitstable.

The MHB allows people to try an approach for free without commitment, and hopefully they land on something that will suit and support them and then they can continue to access it through the MHB for as long as they and their practitioner agree is needed.

Please sign up for the sessions via EventBrite [here](#) or scan the QR code to the EventBrite website page here:



[revivalkent.co.uk/mental-health-bank](http://revivalkent.co.uk/mental-health-bank)



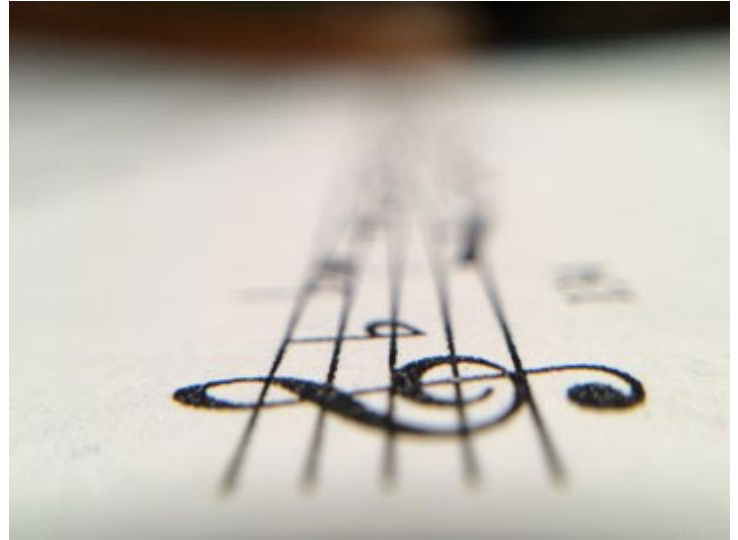
# CONNECT

## Music for Fun

**Day:** Fridays

**Time:** 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.

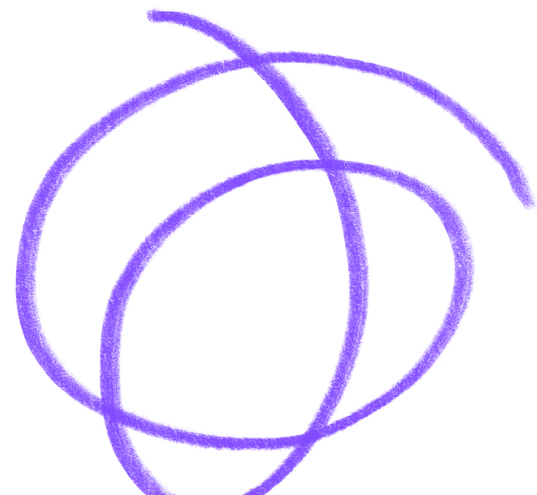
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# CONNECT

## Overcoming Loneliness

**Dates:**

Wednesday 31 July  
Wednesday 25  
September

**Time:** 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.

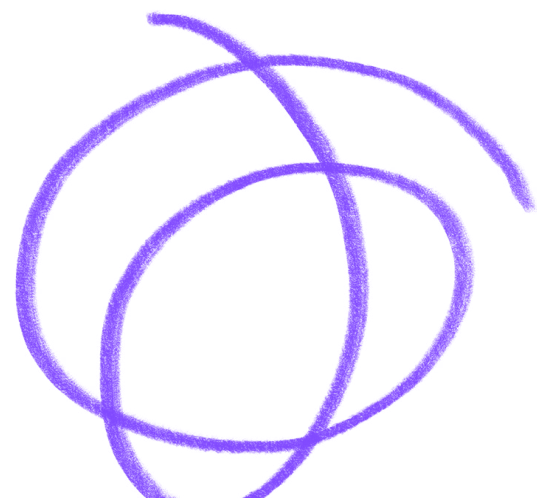
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# CONNECT

## Revival Lates

**Day:** Thursdays

**Time:** 6.30pm-9.30pm

**Location:**

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

[Google Maps](#)



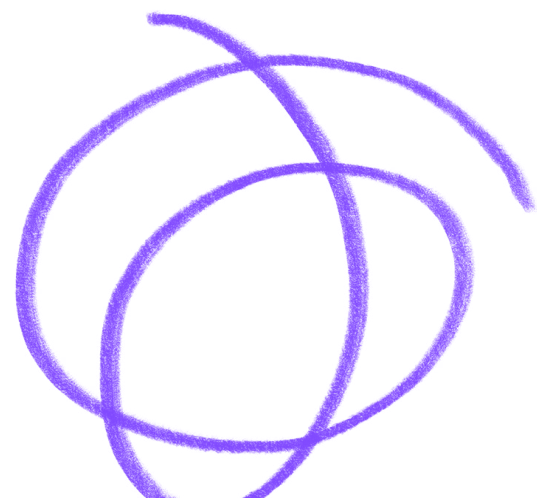
Revival Lates is a group that believes in nurturing independence and fostering creativity. We offer a comfortable, relaxed and fun social space that bridges the gap between social ‘adult’ spaces (such as pubs and restaurants) and spaces where young people traditionally go, accompanied by an adult.

Please register online and book your place.

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# CONNECT

## Test Your Brain for Fun

**Day:** Fridays

**Time:** 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.

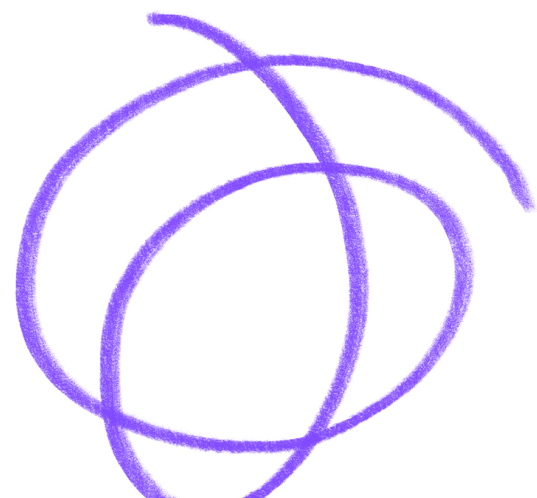
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# CONNECT

## Together We Can

**Day:** Wednesdays

**Time:** 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!

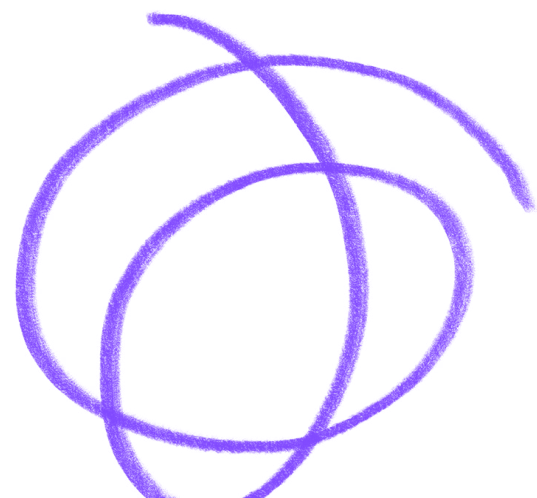
From sorting your bills/benefits, decluttering, craft projects, homework from another group or a course you are doing, DIY, selfcare/glow ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more...

Please register online and book your place.

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# CONNECT

## What Next - Peer Support Group

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

**Time:** 10.30am-  
12.30pm

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



Why not 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.

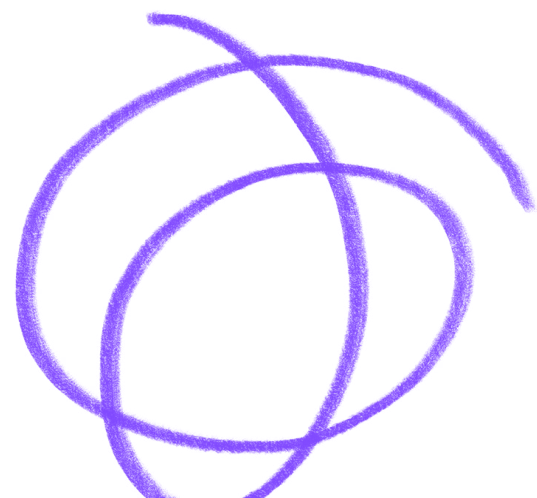
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# CONNECT

## Women's Wellness Group

**Day:** Wednesdays

**Time:** 10am-11am

**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.

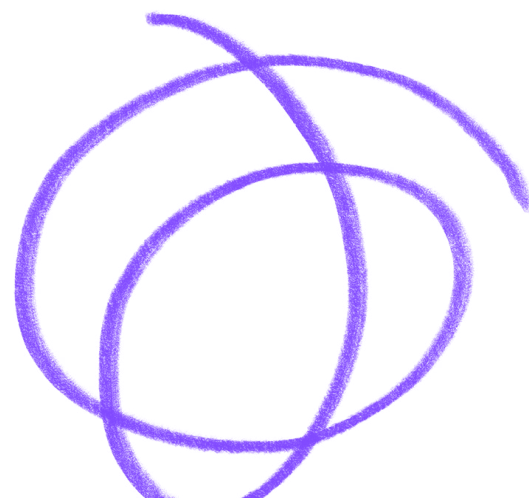
Join our Facebook Page for details: [Facebook page](#)

Please register online and book your place.

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# CONNECT

## Young Revival

**Day:** Thursdays

**Time:** 3.30pm-6.30pm

**Location:**

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

[Google Maps](#)



A holding space for young people.

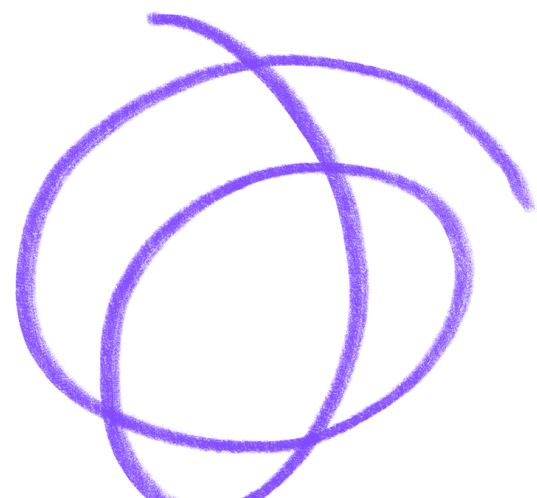
Young Revival provides a safe social ‘café’ and creative space for people under the age of 25. Activities include creative workshops, craft circles, board games, PS5 gaming, cinema nights and more.

Please register online and book your place.

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# TAKE NOTICE

## Book Club



**Day:** Thursdays

**Time:** 10.30am-12pm

**Location:**

34 King Street, Ramsgate  
CT11 8NT

[Google Maps](#)



A book club with a twist!

Come along to join a friendly and interesting group to have the opportunity to discuss different books that you and others have been reading or listening too!

Please register online and book your place.

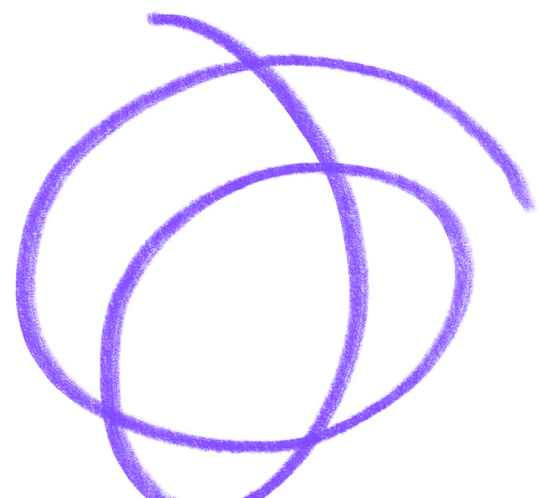
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# TAKE NOTICE

## Goal Setting



**Day:** Mondays

**Time:**  
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.

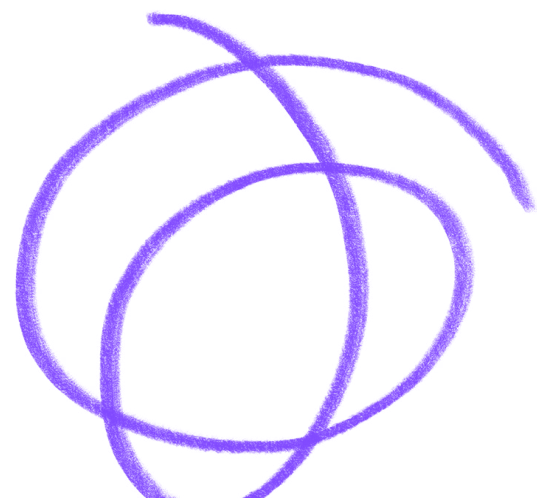
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# TAKE NOTICE

## Journaling



**Dates:**

Wednesday 10 July  
Wednesday 21 August

**Time:** 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.

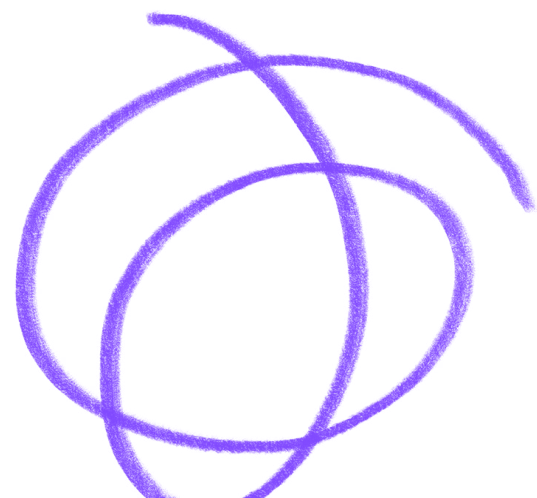
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# TAKE NOTICE

## Mindfulness Workshop



**Dates:**

Wednesday 7 August  
Wednesday 18 September

**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.

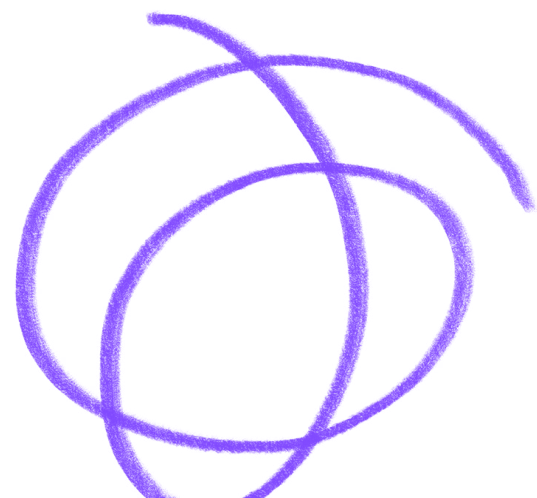
Through practical tools to gain understanding, it helps us develop an open mind and forgiveness of and acceptance towards ourselves and others. The workshop includes a short guided mindful breathing meditation which can be used as a coping strategy when under stress or pressure from life, work or relationships.

Please register online and book your place.

**Click here**



**Or scan  
the QR  
code:**



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





# TAKE NOTICE

## Photography for Fun



**Day:** Wednesdays

**Time:** 1.30pm-2.30pm

**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.

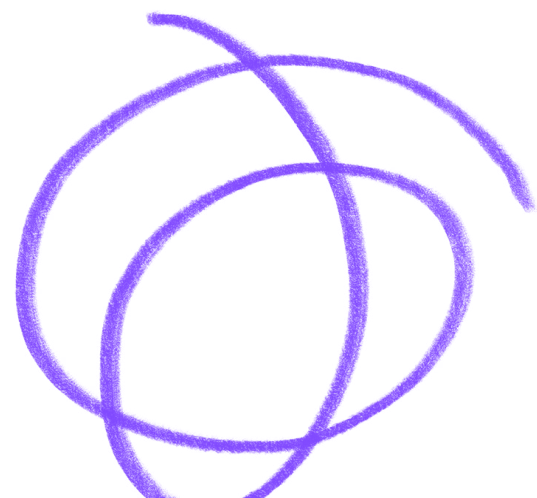
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# TAKE NOTICE

## Sleep and Relaxation Techniques



**Dates:** Wednesday 10 July  
Wednesday 28 August

**Time:** 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.

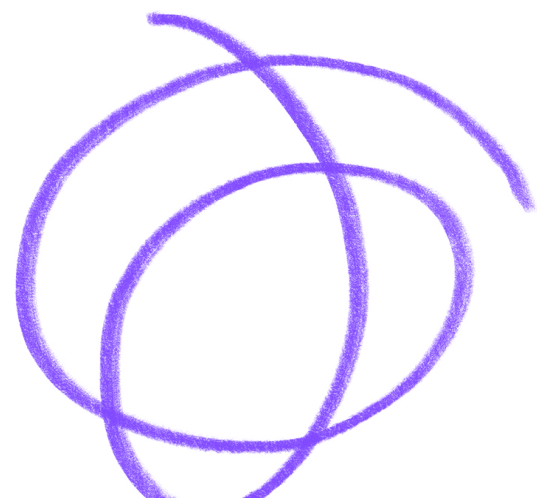
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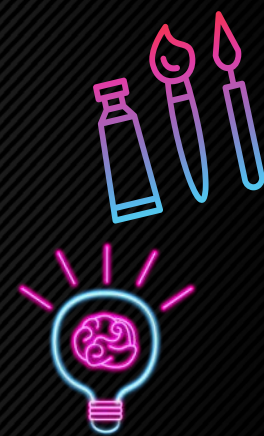


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# TAKE NOTICE

## Visualising Intentions and Affirmations



### Dates:

Wednesday 24 July

Wednesday 4 September

**Time:** 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.

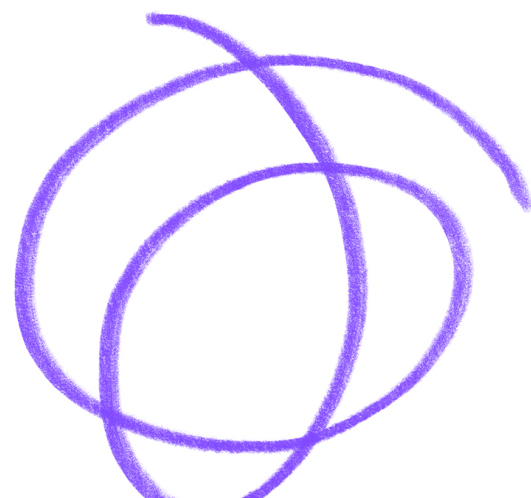
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# Coping with Life courses

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:





# 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 or wellbeing issue.

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

To submit a nomination, either visit our website at: [nomination for 2024](https://nominationfor2024.eastkentmind.org.uk/kentawards)

[eastkentmind.org.uk/kentawards](https://eastkentmind.org.uk/kentawards)

Or scan the QR code here:

