

Activities Programme



October-December 2025



EAST KENT MIND

Welcome to our latest Activities Programme

East Kent Mind is offering a wide range of activities, courses, groups and workshops that you can register for via telephone or online via your digital device.

Please call **01843 319193** or complete the Registration Form here: [Register Now](#) or scan the QR code here:

eastkentmind.org.uk/wellbeing-activities



“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.”

A quote from a client

WAYS TO WELLBEING

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

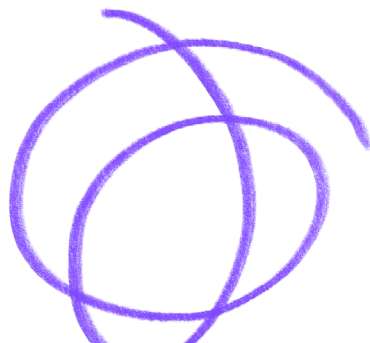
- **Be Active**
- **Keep Learning**
- **Connect**
- **Take Notice**

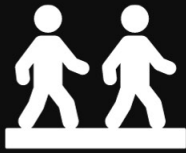
These are four of the **Ways to Wellbeing** which research has found improve our mental wellbeing and create a happier, more positive life for ourselves. Trying these things could help you feel more positive and able to get the most out of life.

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 all our East Kent Mind activities, please visit our website at: eastkentmind.org.uk/wellbeing-activities

Or use the
QR code here:





BE ACTIVE


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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

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eastkentmind.org.uk/wellbeing-activities





BE ACTIVE

Drum and Movement

Day:

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)



Join our online group where we will be using our bodies as a drum and bringing light movement into our evening.

Drumming and movement have great benefits for our minds, bodies and souls. By joining this group, you will improve your strength, balance and resistance - all while having fun.

We will be using drumming and movement holistically to explore new ways of meditating, using affirmations, clearing our chakras, gaining confidence, feeling alive and so much more.

All skills and abilities are welcome, as you can do it all sitting down if you prefer. Please register online and book your place.

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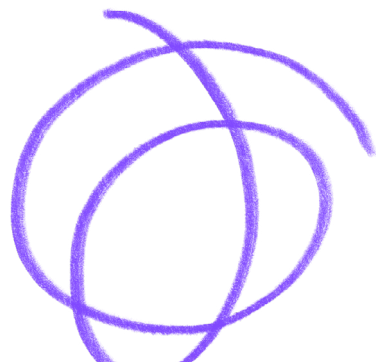
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Gardening at Kent Community Oasis Garden

Days: Wednesdays and Fridays

Time: 10am-2pm

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



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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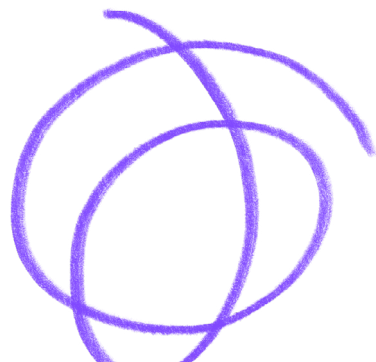
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Healthy Mind and Body

Dates and times:

Monday 20 October (10am-11am)
Monday 27 October (5pm-6pm)
Monday 17 November (10am-11am)
Monday 24 November (5pm-6pm)
Monday 15 December (10am-11am)
Monday 22 December (5pm-6pm)



Location: Online (free)

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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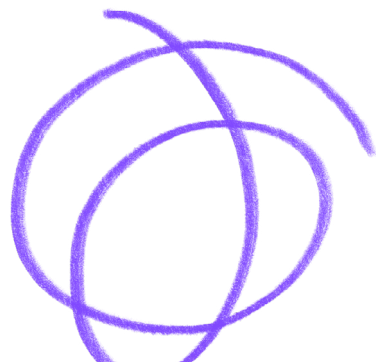
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Meditation Practice

Days and times:

Mondays: 9.30am-10.30am
(weekly)

Wednesdays: 6pm-7pm
(fortnightly)



Location: Online (free)

Think you can't meditate?

Discover that it's not all about imagining yourself in a forest or listening to waves on a beach.

Join this weekly group where we will practice together many different ways to meditate so you can find your perfect methods.

Please register online and book your place.

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Pilates

Days: Tuesdays and Thursdays

Time: 12pm-12.45pm

Location: Online (free)



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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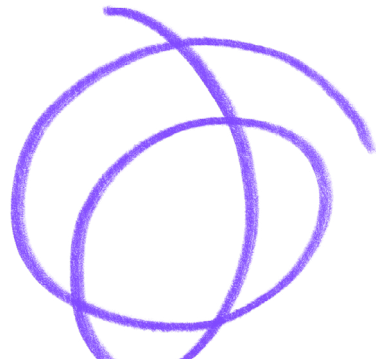
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Tai Chi

Day: Tuesdays
(on the first three
Tuesdays of the month)

Time: 9.30am-10.30am

Location: Online (free)



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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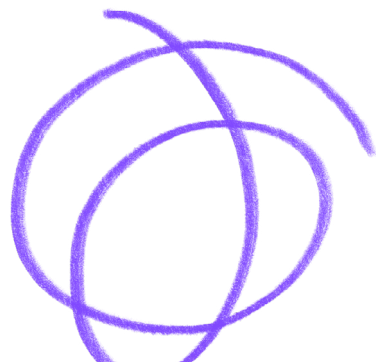
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Wellbeing Walks

Day: Tuesdays

Time: 10.30am-12.30pm

Location: Herne Bay

Day: Wednesdays

Time: 12pm-1.30pm

Location: Thanet (From
October 1st to October 29th)



Day: Sundays

Time: 10am-11.30am

Location: Whitstable

Join our friendly and relaxed groups that will help you to connect with nature, the community and the local area.

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

The Thanet group will walk at various locations around the area on Wednesdays, between July 16th and August 20th.

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BE ACTIVE

Yoga

Days and times:

Mondays (9am-10am)

Tuesdays (6pm-6.45pm)

Fridays (9am-9.45am)

Location: Online (free)



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:

- 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

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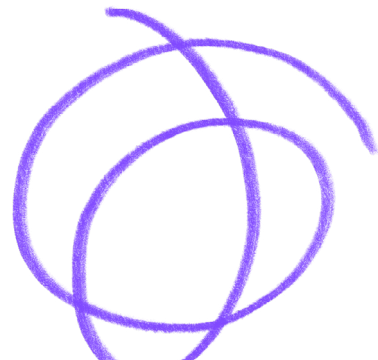
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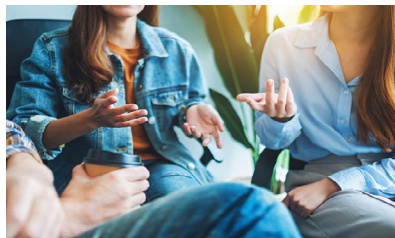
Anger Management

Dates and times:

Thursday 23 October (5pm-7pm)

Wednesday 10 December (10am-12pm)

Location: Online (free)



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.

Please register online and book your place.

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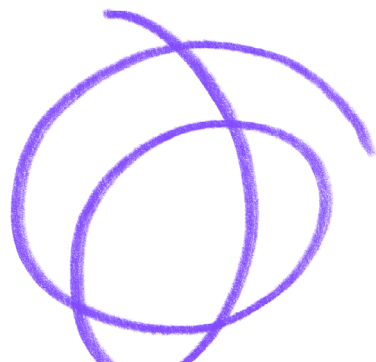
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Body Image

Dates: Tuesday 18 November (part one)
Tuesday 25 November (part two)

Time: 10am-12pm

Location: Online (free)



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 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/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
- How to build self-esteem and body positivity

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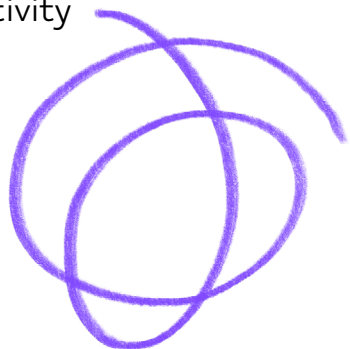
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Confidence and Assertiveness

Day: Thursdays

Time: 10am-12pm

Location: Online (free)



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 runs for six weeks.

The course is in modules and covers:

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

Please register online and book your place.

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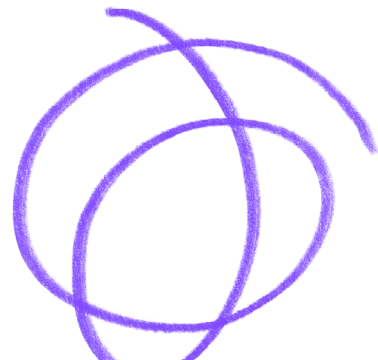
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Coping with Stress and Anxiety

Days: Thursdays from October 9th (for six weeks until November 13th)

Time: 2pm-4pm

Location: Online



This course aims to give you a good understanding of what anxiety is and to equip you with a range of strategies to manage anxiety effectively.

We will look at:

- What anxiety is and why it occurs
- Identifying and challenging unhelpful thinking
- Different strategies and techniques for managing anxiety

Please register online and book your place.

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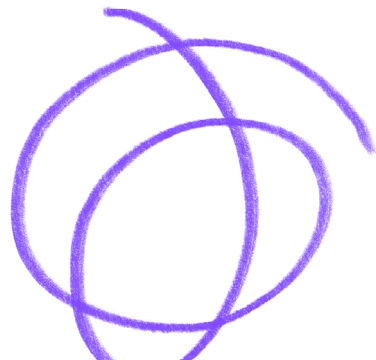
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Creative Writing

Day: Mondays

Time: 12pm-1.30pm

Location: Online (free)



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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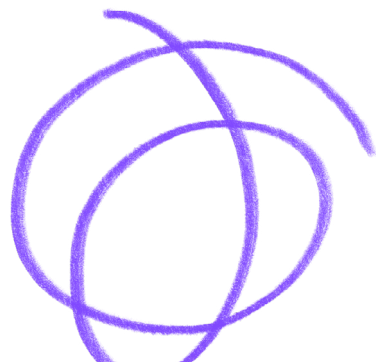
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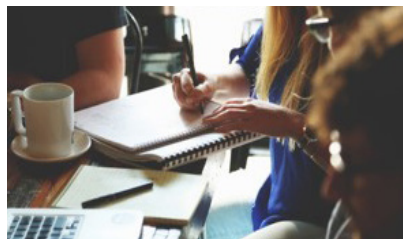
Emotional Intelligence

Dates and times:

Thursday 9 October (5pm-7pm)

Thursday 27 November (5pm-7pm)

Location: Online (free)



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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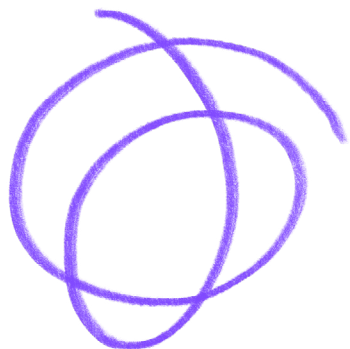
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Low Mood and Depression

Dates and times:

Tuesday 21 October (10am-12pm)

Tuesday 4 November (10am-12pm)

Thursday 18 December (5pm-7pm)

Location: Online (free)



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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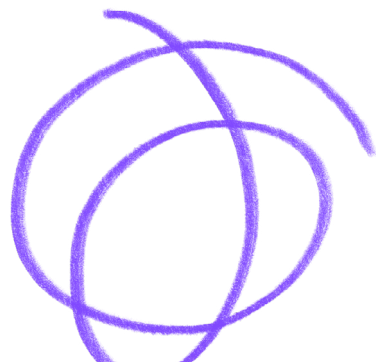
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Mental Health in the Workplace

Dates and times:

Wednesday 15 October (10am-12pm)

Thursday 13 November (5pm-7pm)

Location: Online (free)

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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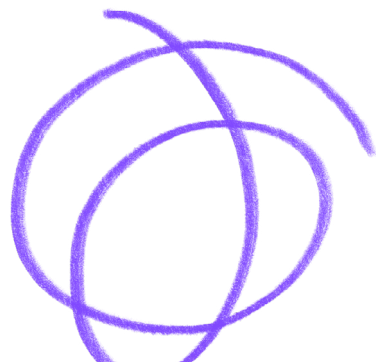
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Money Management

Dates and times:

Monday 6 October (10am-11am)
Monday 20 October (5pm-6pm)
Monday 3 November (10am-11am)
Monday 17 November (5pm-6pm)
Monday 1 December (10am-11am)
Monday 15 December (5pm-6pm)
Monday 22 December (10am-11am)



Location: Online (free)

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

We will look at 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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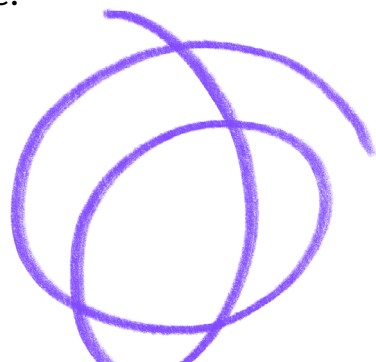
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Positivity

Day: Tuesdays

Time: 2pm-4pm

Location: Online (free)



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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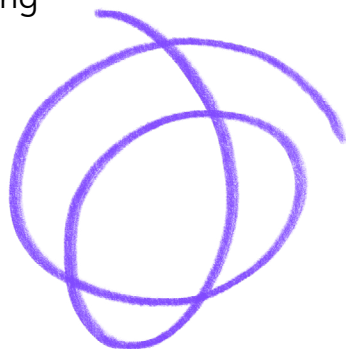


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KEEP LEARNING

Routine Builders

Dates and times:

Monday 6 October (5pm-6pm)
Monday 13 October (10am-11am)
Monday 3 November (5pm-6pm)
Monday 10 November (10am-11am)
Monday 1 December (5pm-6pm)
Monday 8 December (10am-11am)
Monday 29 December (5pm-6pm)



Location: Online (free)

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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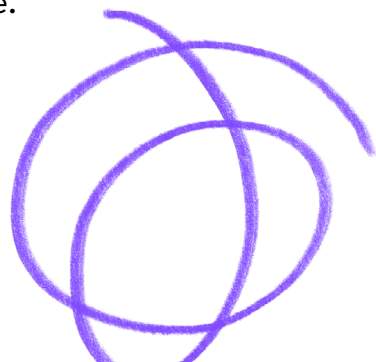
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The Self-Care Hour

Dates:

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)

TO DO LIST:

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



Be kind to yourself and join our fortnightly Self-Care group.

Each session, the group discusses a wide variety of different performative and transformative self-care methods. The sessions start with a 5–10-minute calming activity which you can use anytime to bring back balance to your mind and emotions.

We then learn one or two different self-care methods that the group does together, that you can practise at home. The group sessions always finish with a song that will uplift everyone.

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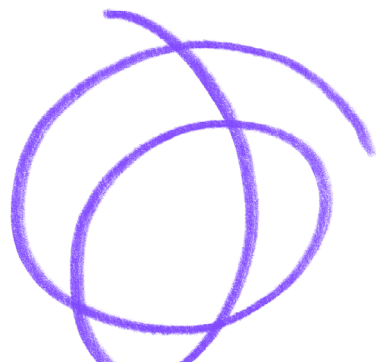
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Suicide Awareness

Dates and times:

Tuesday 7 October (10am-12pm)

Thursday 4 December
(5pm-7pm)

Location: Online (free)



This online workshop is an interactive two-hour session.

The subjects we will cover include:

- What is suicide?
- Suicide statistics
- Terms to describe suicide
- Myths surrounding suicide
- Potential causes of suicide
- Coping with suicidal thoughts
- Support resources

The aim of this workshop is to enable you to better understand suicidal feelings, the causes of suicidal feelings and the support available. Please register online and book your place.

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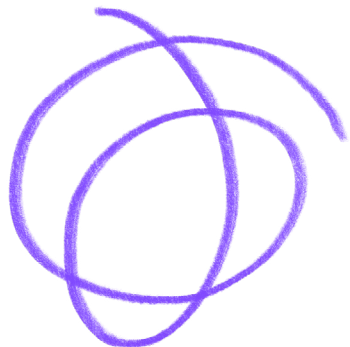
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KEEP LEARNING

Understanding Anxiety and Panic

Dates and times:

Tuesday 28 October (10am-12pm)

Thursday 20 November (5pm-7pm)

Tuesday 23 December (10am-12pm)



Location: Online (free)

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.

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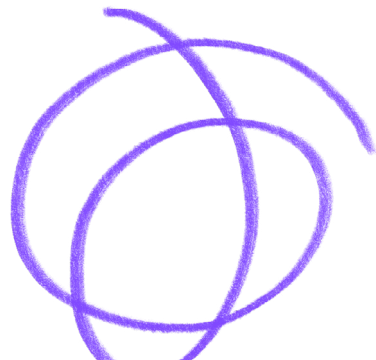
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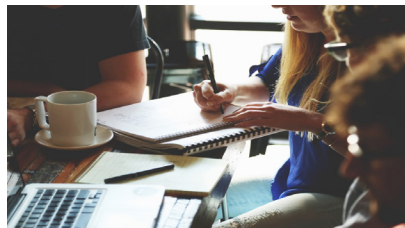
Understanding Self-Harm

Dates and times:

Thursday 6 November (5pm-7pm)

Tuesday 16 December (10am-12pm)

Location: Online (free)



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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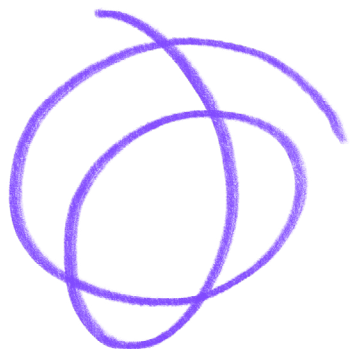
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Autism Awareness

Dates and times:

Tuesday 2 December (10am-12pm)

Location: Online (free)

**AUTISM
AWARENESS**



This workshop is designed to explore and understand how autistic people experience the world, including the differences in perception, communication, and interaction compared to non-autistic individuals.

It will also provide insights into the challenges autistic people may face in a predominantly non-autistic society, as well as the strengths and unique perspectives they bring.

Please register online and book your place.

Either click below

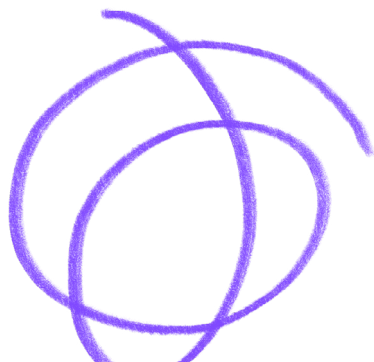
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CONNECT

Chatty Tuesday

Day: Tuesdays

Time: 10am-3pm

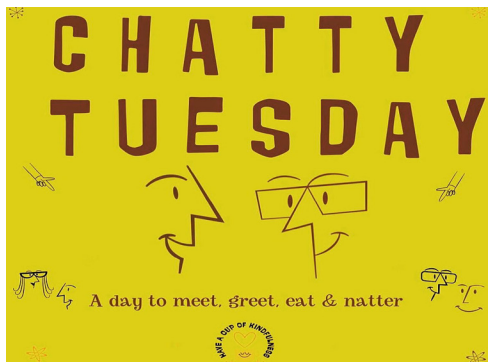
Location:

Revival Food & Mood

58 High St

Whitstable CT5 1BB

[Google Maps](#) (free)



Pop in for a chat. Our friendly staff and volunteers are extra aware on Tuesdays 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:

Either click below

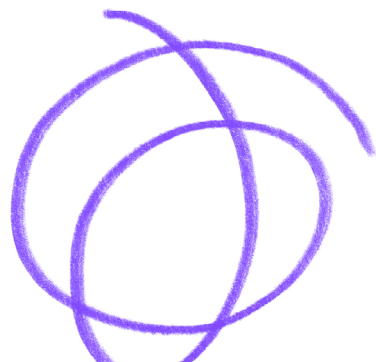
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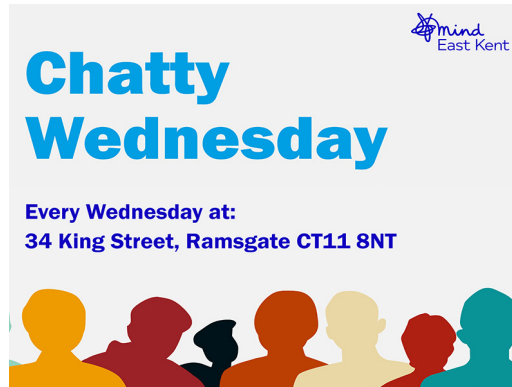
Chatty Wednesday

Day: Wednesdays

Time: 10am-11.30am

Location: 34 King Street
Ramsgate CT11 8NT

[Google Maps](#) (free)



Pop in for Chatty Wednesday from 10am until 11.30am, our friendly staff are there to help brighten your day.

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.

If you know someone living alone, new to the area, retired, lonely or in any way needing a friendly face please point them in our direction. To register, please click below:

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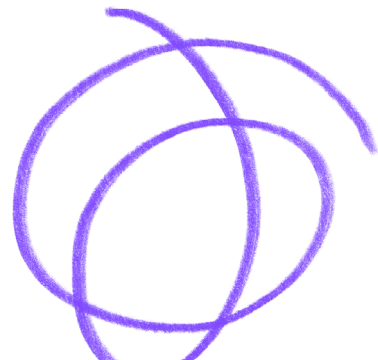
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CONNECT

Christmas and New Year Groups

Days:

Christmas and New Year

Location:

Online



Thursday 25th December

10am–12pm: Christmas Day games and music.

Friday 26th December

10am–12pm: Boxing Day games and music.

Wednesday 31st December

2pm–4pm: New Year's Eve Music for Fun special.

Please register and book your place online.

Either click below

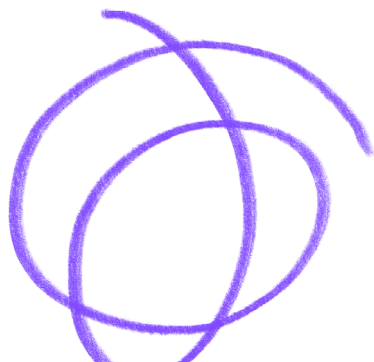
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CONNECT

Creative Art

Day: Wednesdays

Time: 2.30pm-4.30pm

Location: 34 King Street
Ramsgate CT11 8NT

[Google Maps](#)

Day: Fridays (from Oct 4th)

Time: 2.30pm-4.30pm

Location: Gallery Room
Margate Library

Gateway Building, Cecil St
Margate CT9 1RE

[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 **free** sessions, please click below.

Either click below

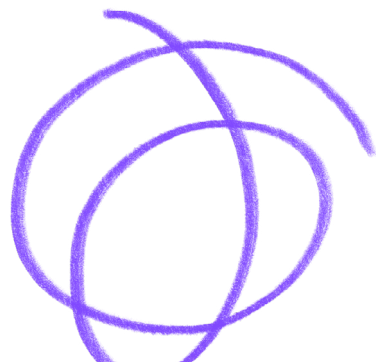
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CONNECT

Creative Space

Day: Thursdays (the last Thursday of the month)

Time: 6pm-8pm

Location:

Revival Food & Mood
58 High St
Whitstable
CT5 1BB

[Google Maps](#)



Why not join our free wellbeing journaling group and art class that takes place on the last Thursday of the month (£5 charge to cover materials).

Please register online and book your place.

Either click below

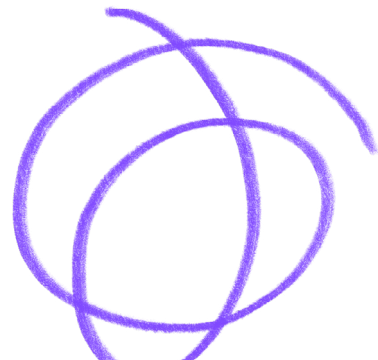
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CONNECT

Cuppa Club

Day: Tuesdays

Time: 10am-11am

Location:

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



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:

Either click below

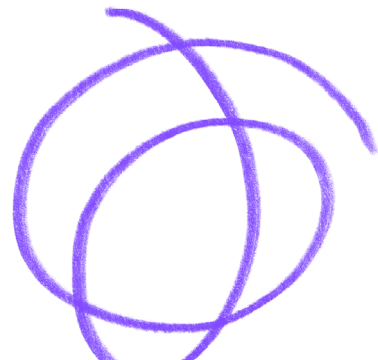
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CONNECT

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](#)

Day: Fridays (10.30am-12.30pm)

Location: Ramsgate [Google Maps](#)



All sessions are **free!**

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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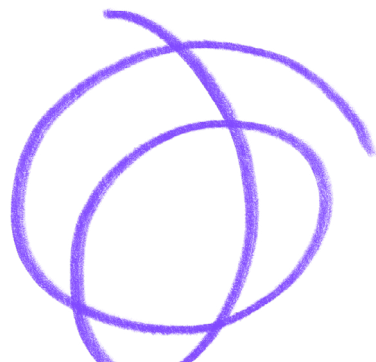
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CONNECT

Men's Group

Day: Tuesdays

Time: 10.30am-12pm

Location: Online
(free)



The men's group is an informal, friendly and supportive online 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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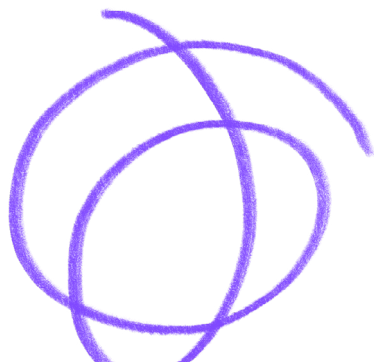
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CONNECT

MenTalk Group

Day: Tuesdays

Time: 1.30pm-3.30pm

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

Day: Wednesdays

Time: 7pm-8.30pm

Location:

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



MenTalk is a free, 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.

Either click below

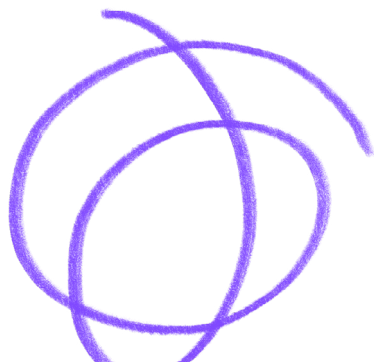
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CONNECT

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



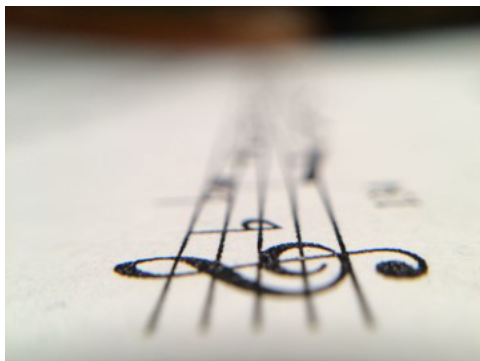
CONNECT

Music for Fun

Day: Fridays

Time: 3pm-5pm

Location: Online (free)



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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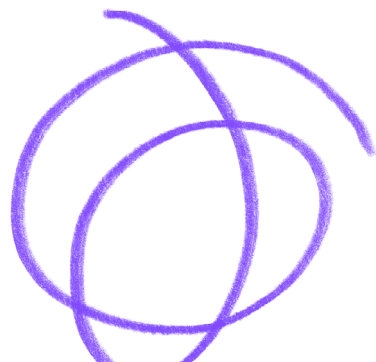
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CONNECT

Overcoming Loneliness

Dates and times:

Thursday 16 October (5pm-7pm)

Wednesday 26 November (10am-12pm)

Location: Online (free)



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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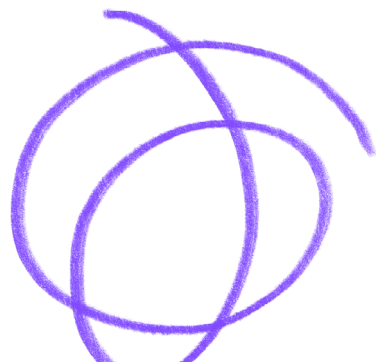
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CONNECT

Revival Lates

Day: Thursdays

Time: 6.30pm-9pm

Location:

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



Revival Lates is a group that believes in nurturing independence and fostering creativity.

The group offers 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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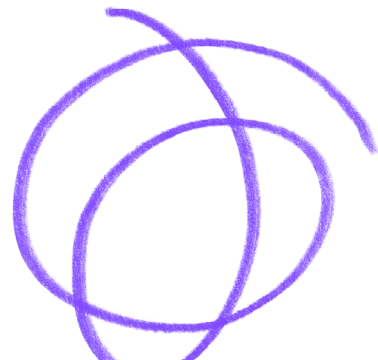
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CONNECT

Singing for Mental Health

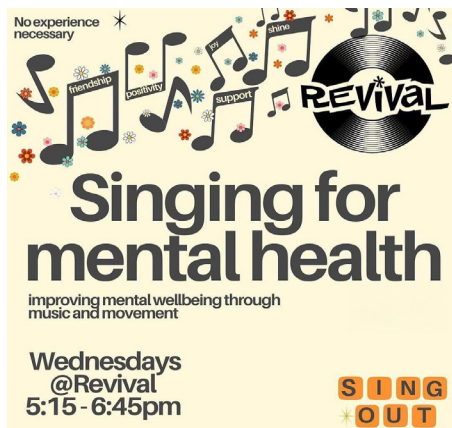
Day: Wednesdays

Time: 5.15pm-6.45pm

Location:

Revival Food & Mood
58 High St
Whitstable CT5 1BB

[Google Maps](#) (free)



Improving mental wellbeing through music and movement.

Why not join the weekly group, boosting confidence, self-esteem and the fun factor as we sing together and make connections?

Please register online and book your place.

Either click below

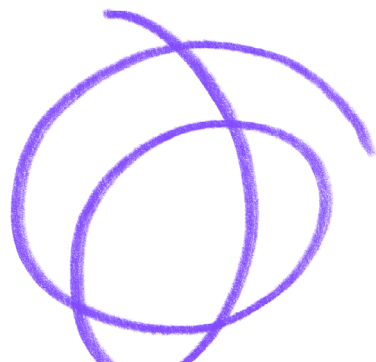
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CONNECT

Test Your Brain for Fun

Day: Fridays

Time: 1pm-2pm

Location: Online (free)



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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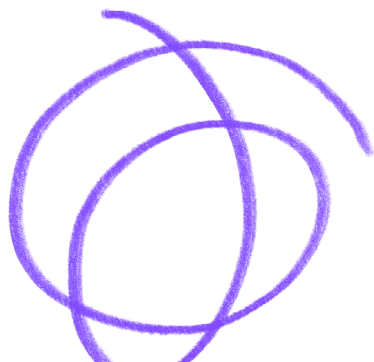
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CONNECT

Together We Can

Day: Wednesdays

Time: 4pm-5.30pm

Location: Online (free)



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.

Either click below

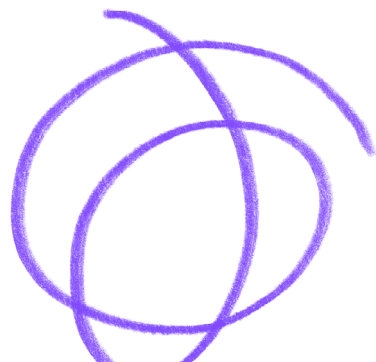
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Alternatively call: **01843 319193** or
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CONNECT

Women's Wellness Group

Day and time:

Wednesdays (10am-11.30am)

Location:

Revival Food & Mood

58 High St

Whitstable CT5 1BB

[Google Maps](#) (free)



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.

Either click below

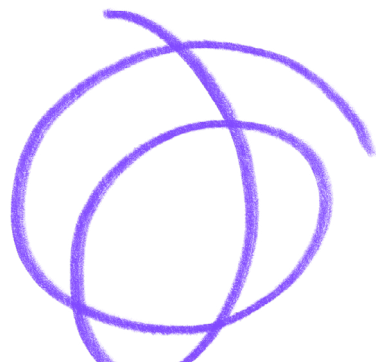
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CONNECT

Young Revival

Day: Thursdays

Time: 3.30pm-6.30pm

Location:

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



Young Revival provides a safe social 'café' and creative space for people aged 11 to 16.

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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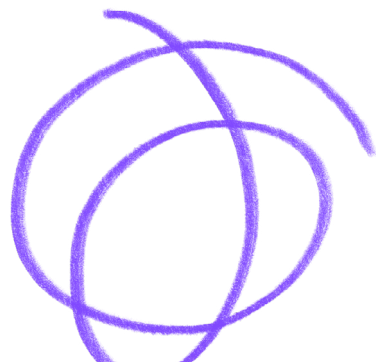
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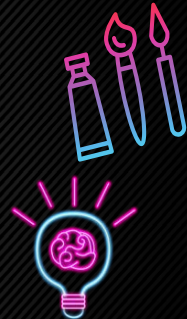


Alternatively call: **01843 319193** or
email: info@eastkentmind.org.uk



TAKE NOTICE

Goal Setting



Day: Mondays

Time:
11.30am-12pm

Location: Online
(free)



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.

Either click below

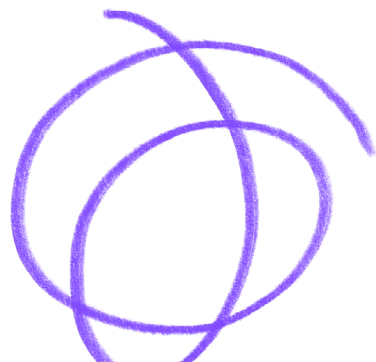
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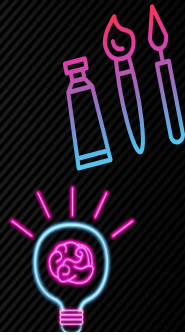


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email: info@eastkentmind.org.uk



TAKE NOTICE

Journaling Together



Day: Wednesdays (fortnightly)

Time: 6pm-7pm

Location: Online
(free)



Join us fortnightly to learn the many different ways you can journal; it is not just dear diary!

Journaling is such an important part of looking after our mental health. Have a safe space to explore our emotions and letting out some creativity is essential to be well.

All you need is a journal (a notebook).

Please register online and book your place.

Either click below

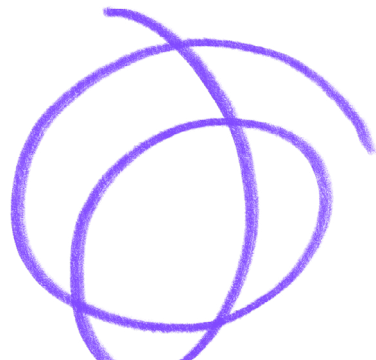
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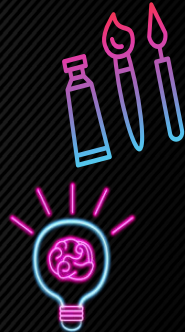


Alternatively call: **01843 319193** or
email: info@eastkentmind.org.uk



TAKE NOTICE

Online Safety and Avoiding Scams



Dates and times:

Monday 27 October
(12pm-1.30pm)

Monday 15 December
(2.30pm-4pm)

Location: Online (free)



As scams become more sophisticated, it is important to be aware and to keep yourself safe in this growing digital world.

This workshop will provide you with information and knowledge to be better equipped to recognise various scams online, keep your personal information secure, and keep yourself safe navigating online. We will talk about how to protect your wellbeing if you are faced with being scammed, and provide resources that can support you or someone you know. This is a basic level workshop designed to promote online safety and improve awareness in avoiding scams.

Please register online and book your place.

Either click below

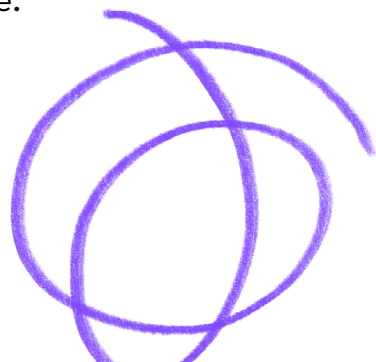
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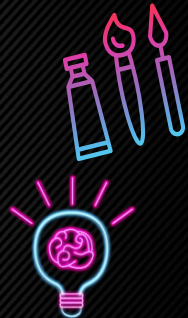
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TAKE NOTICE

Photography for Fun



Day: Wednesdays

Time: 1.30pm-2.30pm

Location: Online (free)



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 feel more positive about life.

Each week, we start by looking at the photos those attending the group have taken. 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.

Either click below

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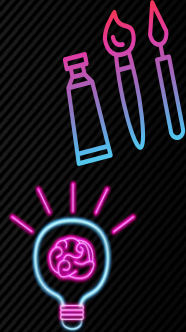


Alternatively call: **01843 319193** or
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TAKE NOTICE

Sleep and Relaxation Techniques



Dates and times:

Wednesday 29 October (10am-12pm)

Thursday 11 December (5pm-7pm)

Location: Online (free)



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 & wellbeing
- The scientific background of why we sometimes can't sleep
- Practical implementation in daily life
- How to relax yourself

Either click below

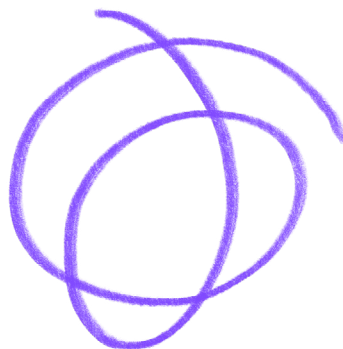
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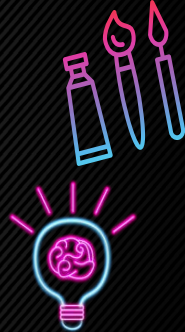


Alternatively call: **01843 319193** or
email: info@eastkentmind.org.uk



TAKE NOTICE

Sounds Revival



Day: Thursdays (the first Thursday of the month)

Time: 5pm-9pm

Location:

Revival Food & Mood

58 High St

Whitstable

CT5 1BB [Google Maps](#)



Revival Sounds is a relaxed and social group filled with great tunes, offering people the chance to discover new music while catching up with old friends and making new connections.

The group meets at Revival Food & Mood on the first Thursday of each month. Why not sign up for this music-based group and take the opportunity to meet some new people?

Either click below

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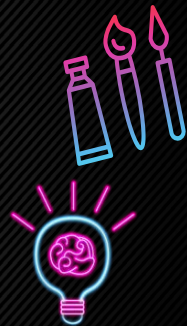
Alternatively call: **01843 319193** or
email: info@eastkentmind.org.uk





TAKE NOTICE

Visualising Intentions and Affirmations



Dates:

Monday 13 October
Monday 10 November
Monday 8 December

Time: 5pm-6pm

Location: Online (free)



In this workshop, you will discover what it is you want to work on in your life right now, then solidify it by setting intentions.

We will also learn why affirmations work and practice them so you can use them in your daily routines.

Please register online and book your place.

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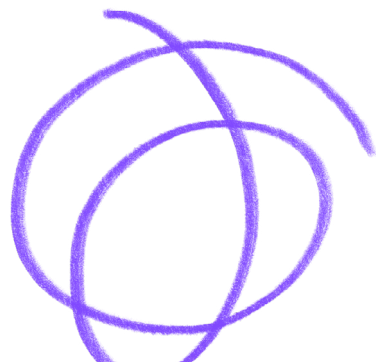
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Coping with Life courses

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

We are currently offering:

- Coping with Stress and Anxiety
- 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:



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 in the following 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 on: **01843 319 193** or alternatively email : info@eastkentmind.org.uk

Live well

Kent and Medway



Mental Elf

Supported by



Festive Fun Run

Sunday, 30 November

10am start - Toddler's Cove, Westgate Gardens, Canterbury

Elf hat
provided
for all
runners!

Support East Kent Mind by taking part in our annual Mental Elf 5km festive fun run

Run in memory of a loved one and
encourage positive conversations
around mental health

Scan QR code to book your
ticket or visit website
eastkentmind.org.uk

Run. Talk. Feel. Remember.



Every runner receives a free
family National Trust pass!



Contact Us

 **mind** East Kent

Our mailing address is:

34 King St

Ramsgate CT11 8NT

Telephone: **01843 319 193**

Email: **info@eastkentmind.org.uk**

Website: **eastkentmind.org.uk**

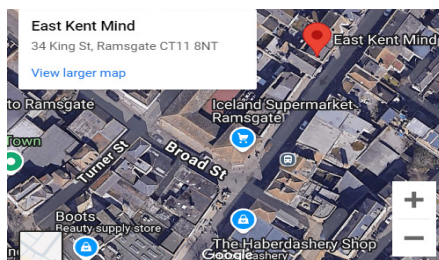
Our social media:

 **[@EastKentMind](https://www.facebook.com/EastKentMind)**

 **[@EastKentMind](https://www.instagram.com/EastKentMind)**

 **[@EastKentMind](https://twitter.com/EastKentMind)**

Find Us

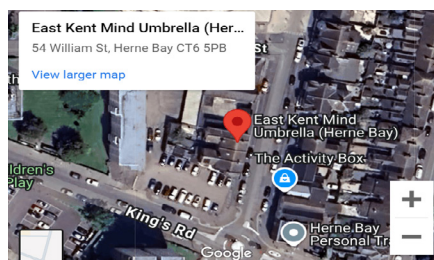


Ramsgate East Kent Mind Office

**34 King St
Ramsgate
CT11 8NT**

Herne Bay East Kent Mind Umbrella

**54 William Street
Herne Bay
CT6 5PB**



Whitstable Revival Food & Mood

**58 High St
Whitstable
CT5 1BB**

