

Activities Programme



October-December 2026

Registered charity number 1110130



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**](https://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:

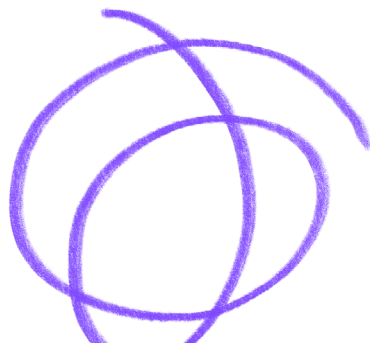
- **Be Active**
- **Keep Learning**
- **Connect**
- **Take Notice**

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**](http://eastkentmind.org.uk/wellbeing-activities)

Or use the
QR code here:





BE ACTIVE

	Page
Gardening at Kent Community Oasis	
Garden, Canterbury	8
Healthy Mind and Body	9
Meditation Practice	10
Movement Is Medicine	11
Padel Revival	12
Pilates	13
Right to Grow	14
Tai Chi	15
Walk and Take Notice	16
Walking for Wellbeing	17
Wellbeing Walks	18
Yoga	19



KEEP LEARNING

	Page
Alcohol Awareness	20
Anger Management	21
Assertiveness for Women	22
Blips, Slips and Dips	23
Body Image	24
Confidence and Assertiveness	25
Coping with Stress and Anxiety	26
Creative Writing	27
Emotional Intelligence	28
Low Mood and Depression	29
Mental Health in the Workplace	30
Money Management	31
Positivity	32
Routine Builders	33
The Self-Care Hour	34
Suicide Awareness	35
Understanding Anxiety and Panic	36
Understanding Self-Harm	37

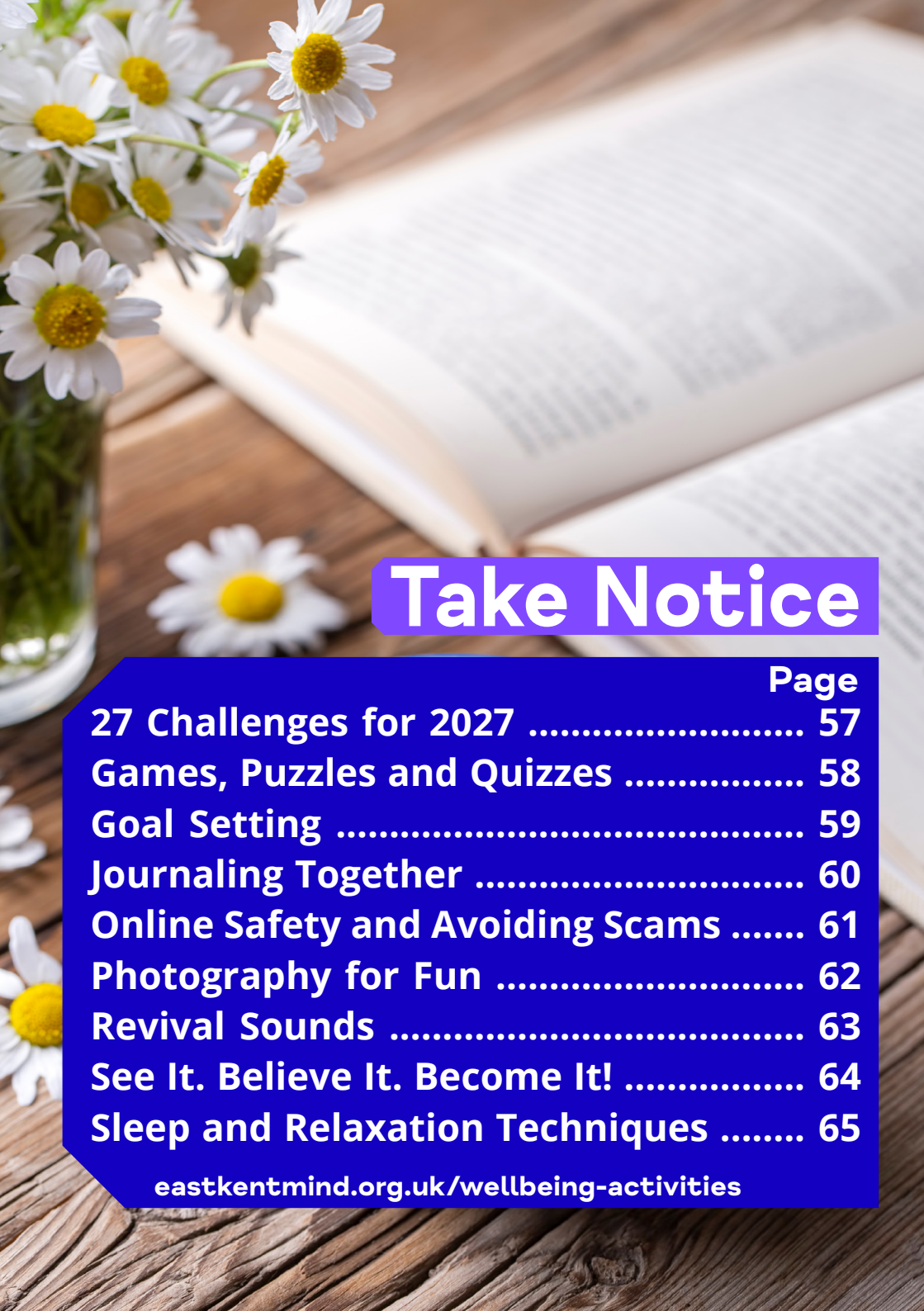




CONNECT

	Page
7 by 7 Open Deck Night Social	38
Autism Awareness	39
Bereavement Group	40
Chatty Wednesday	41
Christmas and New Year Groups	42
Creative Art	43
Cuppa Club	44
Make, Mend and Motivate	45
Men's Group	46
MenTalk Groups	47
Mental Health Bank	48
Mindful Mondays	49
Music for Fun	50
Revival Lates	51
Singing for Mental Health	52
Test Your Brain for Fun	53
Together We Can	54
Women's Wellness Group	55
Young Revival	56

If you require any help signing up or would like more information, please call **01843 319193** or email: info@eastkentmind.org.uk



Take Notice

	Page
27 Challenges for 2027	57
Games, Puzzles and Quizzes	58
Goal Setting	59
Journaling Together	60
Online Safety and Avoiding Scams	61
Photography for Fun	62
Revival Sounds	63
See It. Believe It. Become It!	64
Sleep and Relaxation Techniques	65

eastkentmind.org.uk/wellbeing-activities



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.

Either click below

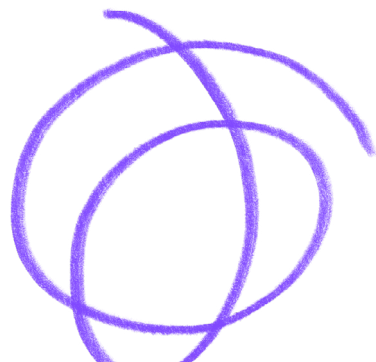
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Healthy Mind and Body

Dates:

Monday 2 November
Monday 14 December

Time: 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.

Either click below

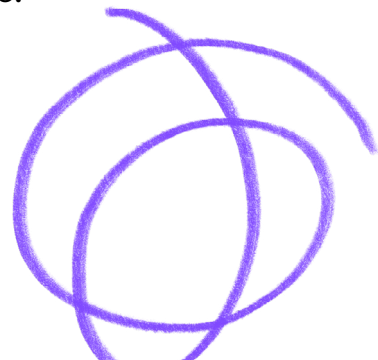
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Meditation Practice

Days and times:

Mondays: 9.15am-9.45am
(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.

During the groups, we will practice together many different ways to meditate so you can find your perfect methods.

Please register online and book your place.

Either click below

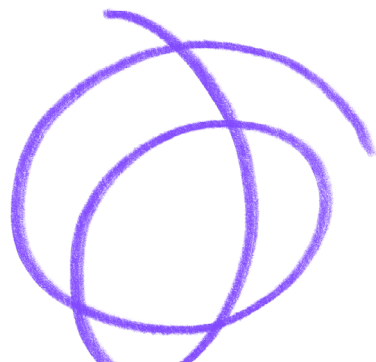
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Movement Is Medicine

Day:

Mondays (fortnightly)

Time: 6.15pm-7.15pm

Location: Online (free)



Come and move with us! There is no right or wrong way to move, and you can move a little or move a lot. Simply listen to your body and let it decide what feels good for you.

Each week we'll enjoy a great selection of themed music, with affirmations and gentle movement suggestions to help you connect with yourself, lift your mood and have a little fun.

You might dance, stretch, sway, tap, wiggle, shake or simply move your hands. Your body may even decide it wants to do something completely different! There's no pressure to perform and no need to be a dancer. Cameras are kept off, so close the curtains, forget about being watched and be free to move exactly how you want to. This is your hour to enjoy movement without judgement, expectations or pressure.

Either click below

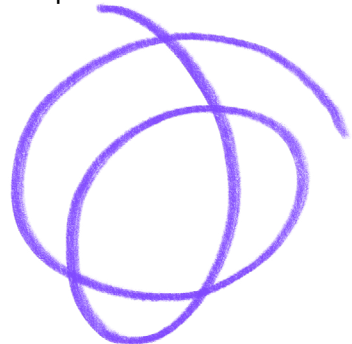
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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



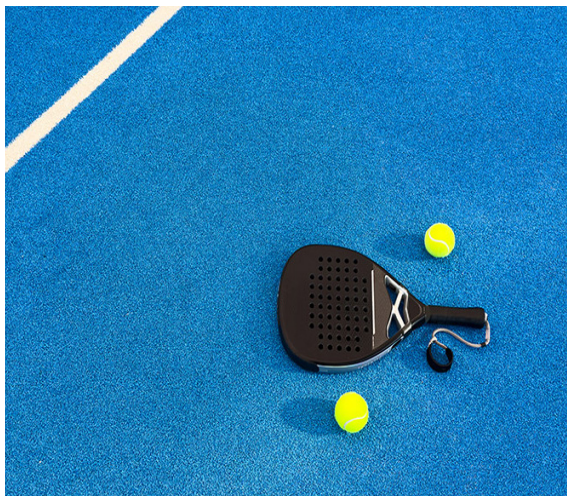


Day: Mondays

Time: 2pm-3pm

Location:

Smash Padel
Reeves Way
Chestfield
Whitstable, CT5 3QS
[Google Maps](#)



Get moving, meet new people and discover padel in a friendly, supportive environment. Padel Revival is designed for beginners and you don't need to be sporty, fit or have any previous experience, just come along and give it a go.

Combining physical activity with fun and social connection, sessions help build confidence, reduce isolation and support positive mental wellbeing.

Either click below

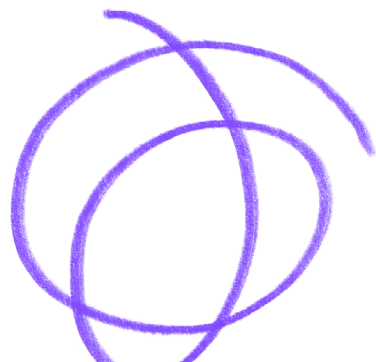
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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 for each individual, offering alternative movements if needed - so there is never a reason to worry about your ability.

Either click below

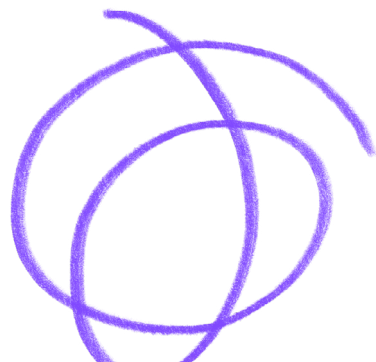
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Right to Grow

Day: Tuesdays

Time: 12pm-3pm

Location:

[Revival Food & Mood](#)

58 High St

Whitstable

CT5 1BB

[Google Maps](#) (free)



A community space that will bring people together, working in nature to build a positive environment for people and wildlife.

Please register online to join the group.

Either click below

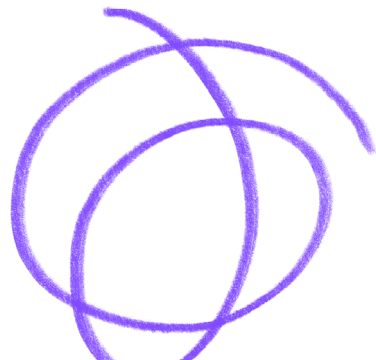
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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.

Either click below

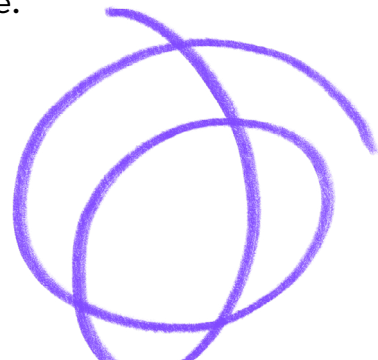
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Day: Fridays

Time: 2.30pm-4.30pm

Location: Margate
(Outside the front of
Morrisons on the main
road - Hawley Street,
Margate CT9 1PR)



In this walking group, we will inspire each other to take notice of what is around us as we walk around the different areas of Margate.

We can capture moments with our photography skills and discuss new techniques of getting that perfect shot. From shop fronts to doors, from wildlife to windows, from nature to people, we can Take Notice so that we can appreciate these everyday moments enabling us to feel calmer and improve our mood. No photography skills are needed.

Either click below

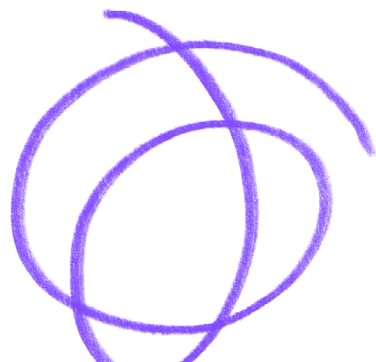
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Walking for Wellbeing



Day: Sundays **Time:** 10am-11.30am

For more information about Revival Food & Mood, please visit their website at revivalkent.co.uk or scan the QR code below:

Start location:

[Revival Food & Mood](#)

58 High St, Whitstable
CT5 1BB (free)

[Google Maps](#)



Join us as we walk out the tough stuff, meet new friends and connect with nature.

Either click below

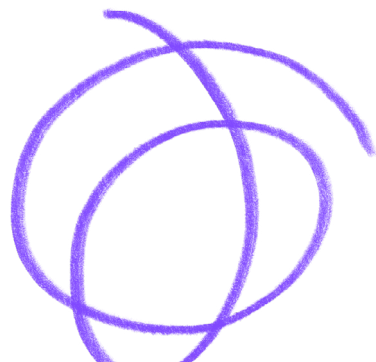
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





Wellbeing Walks

Day: Tuesdays

Time: 10.30am-12.30pm

Location: Herne Bay

Day: Fridays

Time: 11.30am-1pm

Location: Ramsgate



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.

Please register online and book your place.

Either click below

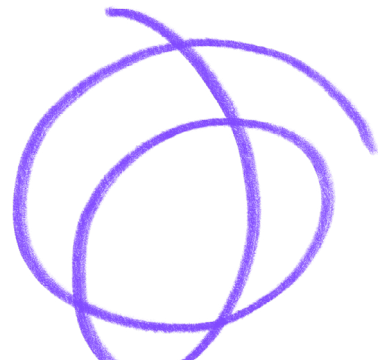
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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



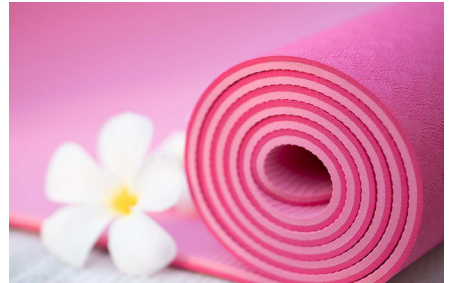


Yoga

Day and time:

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:

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

Please register online and book your place.

Either click below

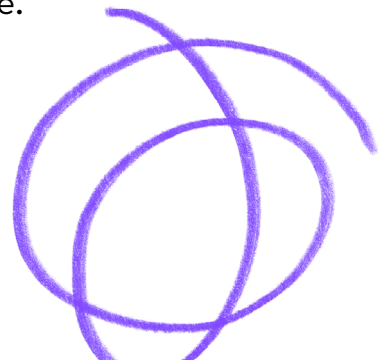
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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





KEEP LEARNING

Alcohol Awareness

Dates and times:

Thursday 8 October (5pm-7pm)

Wednesday 28 October (11am-1pm)

Wednesday 16 December (11am-1pm)

Location: Online (free)

This workshop is for anyone who would like to understand more about alcohol.

We will learn about alcohol units, what they are and why they matter.

We will go on to learn about how alcohol affects the mind and body, and look at practical ways to reduce harm and drink safely, whether it is for yourself or someone you support.

There will also be a myth busters section where you can find out how much you really know!

Either click below

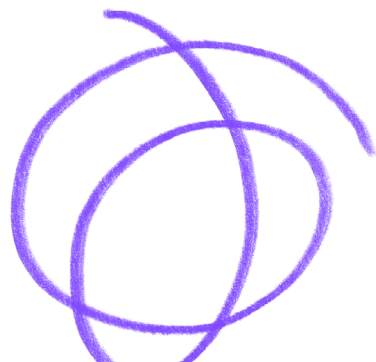
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Anger Management

Dates and times:

Wednesday 7 October (10am-12pm)

Thursday 10 December (5pm-7pm)

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 at encouraging participants to grasp a better understanding of the thoughts and patterns that surround anger.

Please register online and book your place.

Either click below

REGISTER NOW

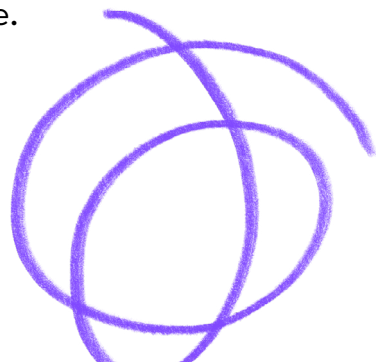
CLICK HERE

or scan
the QR
code:



Alternatively call: **01843 319193** or

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





KEEP LEARNING

Assertiveness for Women

Day: Wednesdays (runs for five weeks from 11th November)

Time: 2pm-4.30pm

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

A supportive five-session course based on Transactional Analysis, helping women develop the confidence to communicate more assertively in everyday life.

Explore practical ways to express your wants, needs, feelings and opinions, say “no” when you need to, and set healthy personal boundaries, while remaining respectful of yourself and others.

The course aims to strengthen self-esteem, confidence and relationships.

Please bring a notebook and a phone to copy notes from the whiteboard.

Either click below

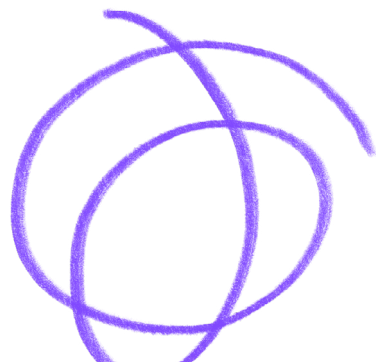
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Blips, Slips and Dips

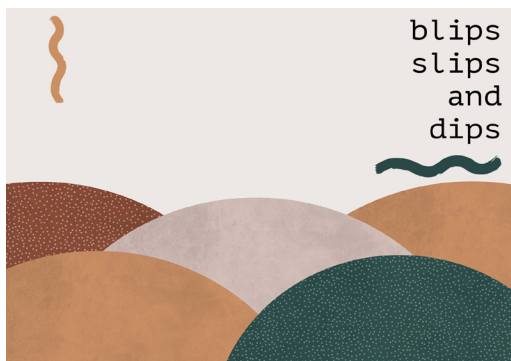
Dates:

Monday 5 October

Monday 9 November

Time: 5pm-6pm

Location: Online



Life isn't always a straight line, and that's okay! Blips, Slips and Dips is a friendly space to explore the ups, downs and unexpected wobbles that life can bring.

Together, we'll look at what helps us when things don't go to plan, celebrate the little wins that remind us we're doing okay, and discover ways to get ourselves back on track when we've had a dip or a slip.

No judgement, no pressure and no need to have everything figured out. Just a relaxed hour of conversation, activities, ideas and support.

Either click below

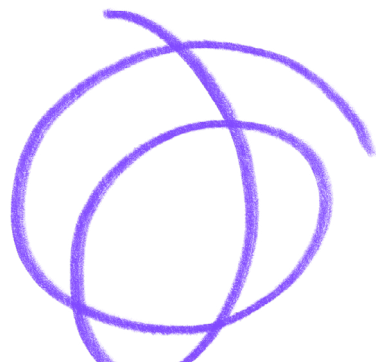
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Body Image

Dates: Friday 13 November (part one)
Friday 20 November (part two)

Time: 2pm-4pm **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

Either click below

or scan
the QR
code:



REGISTER NOW

[CLICK HERE](#)

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





KEEP LEARNING

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.

Either click below

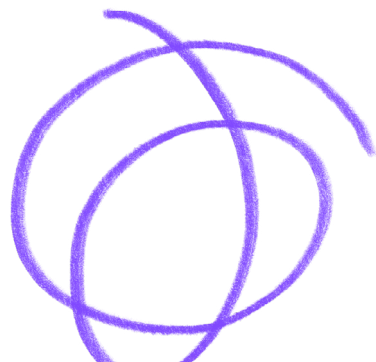
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Coping with Stress and Anxiety

Dates:

Thursdays from October 29th
(for six weeks)

Time: 2pm-4pm

Location: Online (free)



This six-week 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.

Either click below

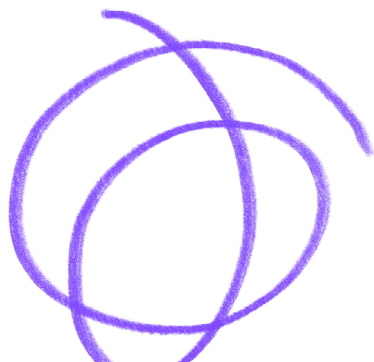
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

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.

Either click below

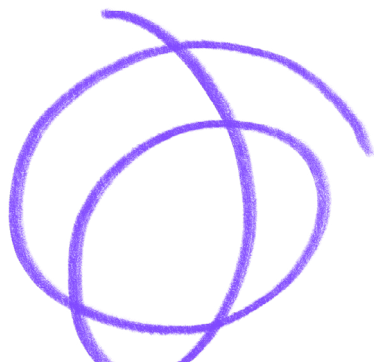
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Emotional Intelligence

Date:

Thursday 22 October

Time: 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.

Either click below

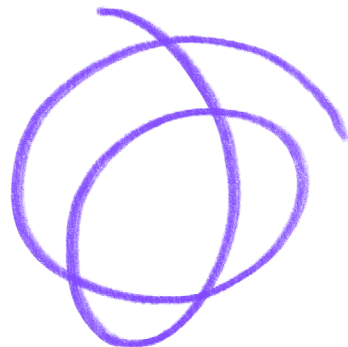
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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





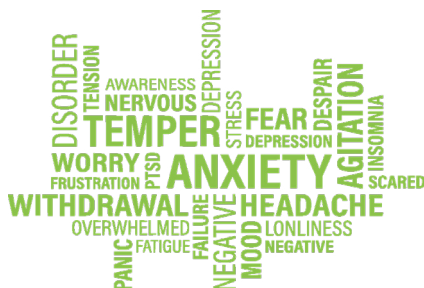
KEEP LEARNING

Low Mood and Depression

Dates and times:

Wednesday 4 November
(10am-12pm)
Thursday 17 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.

Either click below

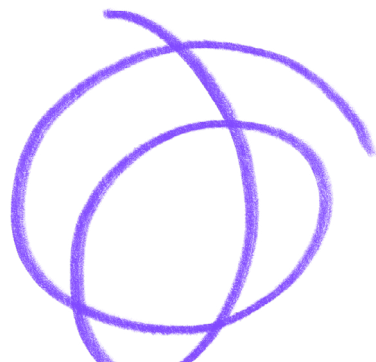
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Mental Health in the Workplace

Date:

Wednesday 2 December

Time: 10am-12pm

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 yourself.



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.

Either click below

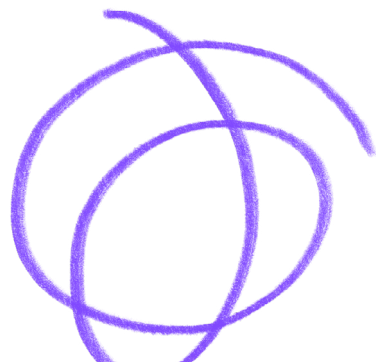
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Money Management

Dates:

Monday 12 October
Monday 16 November

Time: 5pm-6pm

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 your 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.

Either click below

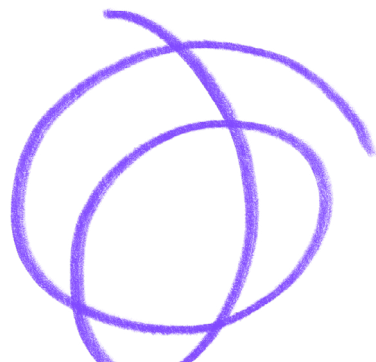
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

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 course:

- Provide people with a better understanding of what positive thinking is, how it impacts and how to develop it
- Enable a greater self-awareness
- Equip the participants with 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

Either click below

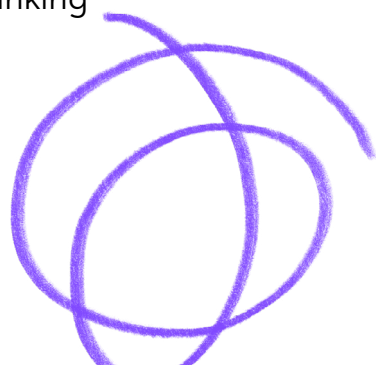
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Routine Builders

Dates:

Monday 19 October
Monday 23 November

Time: 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 sessions, 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.

Either click below

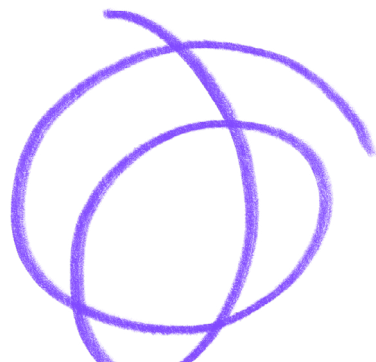
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

The Self-Care Hour

Day:

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 together, which you can practise at home. The group sessions always finish with a song that will uplift everyone. Please register online and book your place.

Either click below

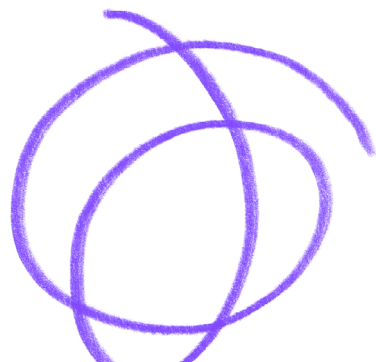
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Suicide Awareness

Dates and times:

Wednesday 21 October
(11am-1pm)

Thursday 5 November
(5pm-7pm)

Wednesday 9 December
(11am-1pm)

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.

Either click below

REGISTER NOW

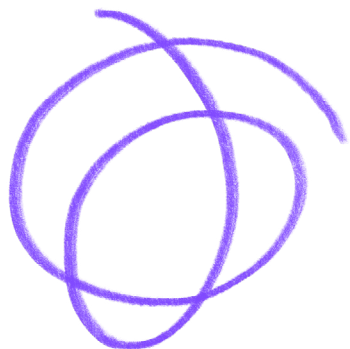
[CLICK HERE](#)

or scan
the QR
code:



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

Page 35





KEEP LEARNING

Understanding Anxiety and Panic

Dates and times:

Wednesday 18 November (11am-1pm)

Wednesday 30 December (5pm-7pm)

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.

Please register online and book your place.

Either click below

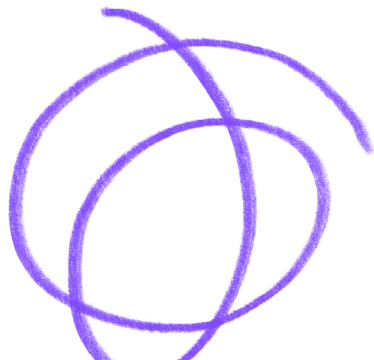
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





KEEP LEARNING

Understanding Self-Harm

Date:

Wednesday 14 October
Wednesday 25 November

Time: 11am-1pm

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.

Either click below

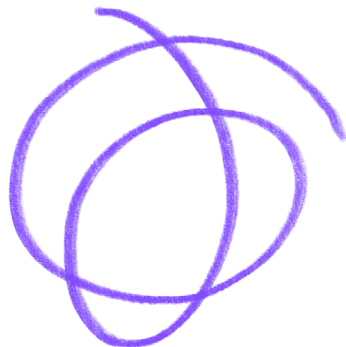
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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





CONNECT

7 x 7 Open Deck Night Social

Day: Fridays (the fourth Friday of each month)

Time: 7pm-10pm

Location:

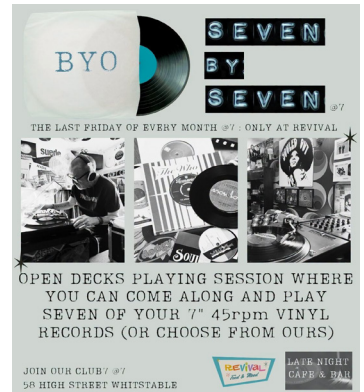
[Revival Food & Mood](#)

58 High St

Whitstable

CT5 1BB

[Google Maps](#) (free)



Love vinyl? Bring along up to seven of your favourite 7" singles – or choose from ours, and take a turn on the Revival decks.

There's no competition and no pressure: volunteer DJs are on hand to help, and you're equally welcome to simply come along, listen to some great music and enjoy the company.

A relaxed monthly social bringing people together through music, conversation and connection.

Either click below

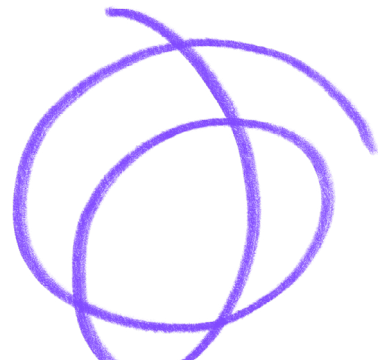
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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





CONNECT

Autism Awareness

Dates and times:

Wednesday 11 November (11am-1pm)

Thursday 3 December (5pm-7pm)

Wednesday 23 December (11am-1pm)

Location: Online (free)

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

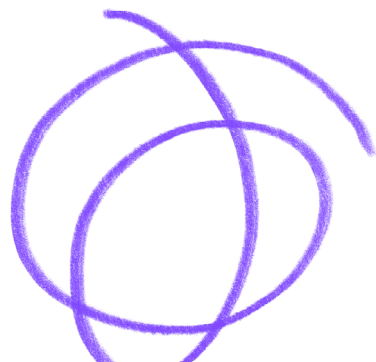
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Bereavement Group

Day: Wednesdays (every third Wednesday of the month)

Time: 4pm-5pm

Location:

[Revival Food & Mood](#)

58 High St

Whitstable

CT5 1BB

[Google Maps](#) (free)

TOGETHER IN GRIEF
A Parents Peer Support Group, Through Loss of a Child

The Revival bereavement support group offers a safe, gentle space to share, listen, and find understanding alongside others who have experienced the loss of a child - at any stage, in any circumstances.

Safe space
Understanding
Patience
Presence
Openness
Respect
Togetherness

Every third Wednesday of the month,
4-5 pm at Revival 58 High Street Whitstable CT5 1BB

The Revival Bereavement support group offers a safe, gentle space to share, listen and find understanding alongside others who experience the loss of a child, at any stage in any circumstance.

Please register online to join the group.

Either click below

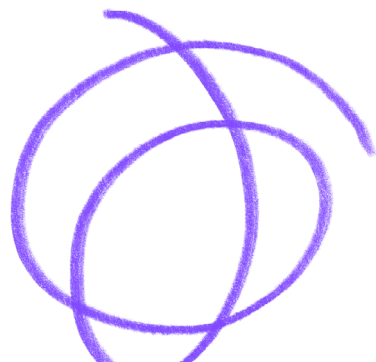
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Chatty Wednesday

Day: Wednesdays

Time: 10am-12pm

Location: 34 King Street
Ramsgate CT11 8NT

[Google Maps](#) (free)



Pop in for Chatty Wednesday from 10am until 12pm. 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 sign up online.

Either click below

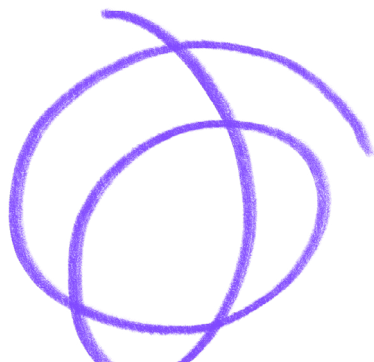
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Christmas and New Year Groups

Days:

Christmas and New Year

Location:

Online



Friday 25th December

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

Saturday 26th December

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

Thursday 31st December

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

Please register and book your place online.

Either click below

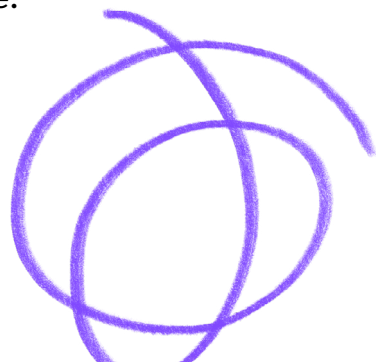
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Creative Art

Day: Wednesdays

Time: 2.30pm-4.30pm

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 **free** sessions, please either click below or scan the QR code.

Either click below

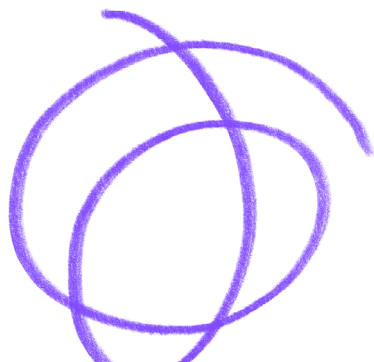
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Cuppa Club

Day: Tuesdays

Time: 10am-11am

Location:

[Revival Food & Mood](#)

58 High St

Whitstable CT5 1BB

[Google Maps](#) (free)

TUESDAYS 10AM @
REVIVAL

HAVE A CUP OF KINDNESS

CUPPA CLUB

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.revivaikent.co.uk

Cuppa Club is our 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

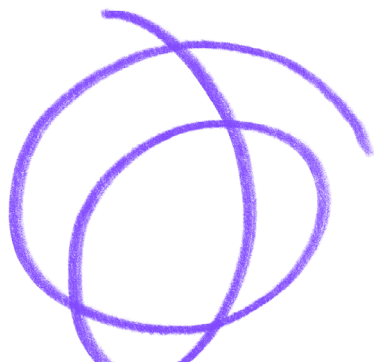
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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





CONNECT

Make, Mend and Motivate

Day: Tuesdays (10am-12pm)

Location: [Revival Food & Mood](#)
Whitstable [Google Maps](#)

Day: Wednesdays (11am-1pm)

Location: Online

Day: Thursdays (10.30am-12.30pm)

Location: Herne Bay [Google Maps](#)

Day: Fridays (10am-11.30am)

Location: Ramsgate [Google Maps](#)



All sessions are **free!**

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

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

Either click below

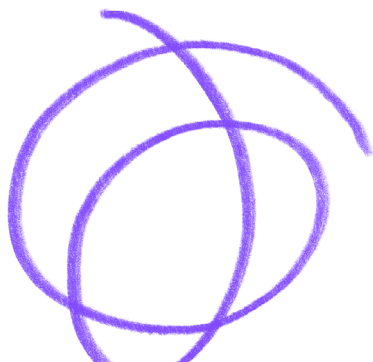
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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 an opportunity to share positive experiences and provide emotional support.

Please register online and book your place.

Either click below

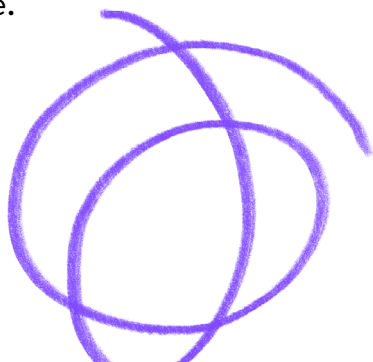
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

MenTalk Groups

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

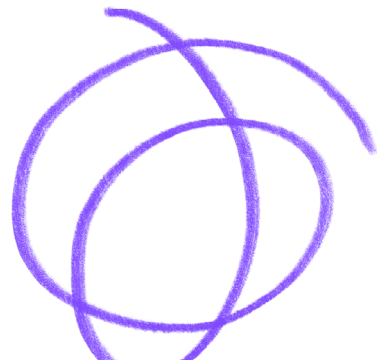
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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 below:

revivalkent.co.uk/mental-health-bank





CONNECT

Mindful Mondays

Day: Mondays

Time: 10am-12pm

Location:

[Revival Food & Mood](#)

58 High St

Whitstable CT5 1BB

[Google Maps](#)



Why not join Revival Food & Mood's Mindful Mondays group that takes place in Whitstable?

It is a weekly drop-in group with creative and positive wellbeing activities. Materials are provided.

Either click below

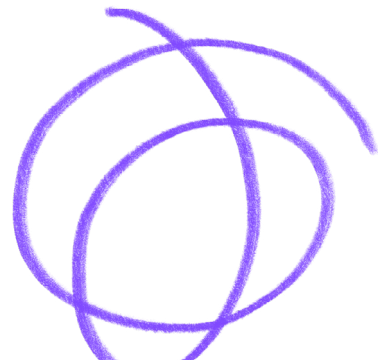
REGISTER NOW

CLICK HERE

or scan
the QR
code:



Alternatively call: **01843 319193** or
email: [**info@eastkentmind.org.uk**](mailto:info@eastkentmind.org.uk)





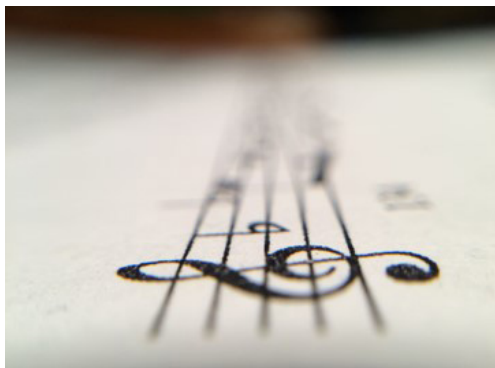
CONNECT

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 is given time to talk about their selection.

This is a relaxed group with great discussion.

Please register online and book your place.

Either click below

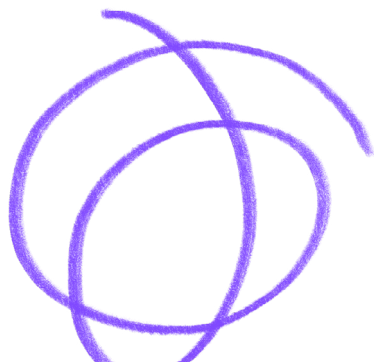
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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.

Either click below

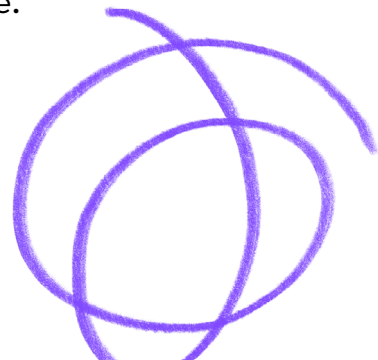
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Singing for Mental Health

Day: Wednesdays

Time: 5.15pm-6.45pm

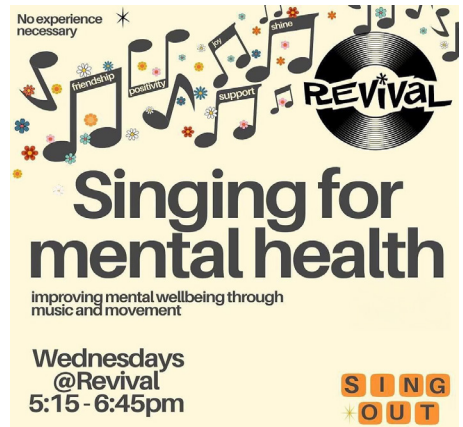
Location:

[Revival Food & Mood](#)

58 High St

Whitstable CT5 1BB

[Google Maps](#) (free)



Improving mental wellbeing through music and movement.

Why not join Revival Food & Mood's weekly group in Whitstable 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

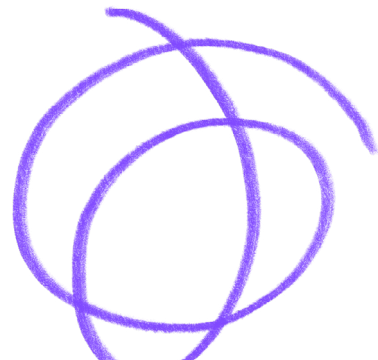
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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.

Either click below

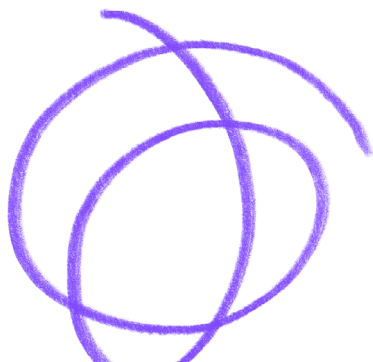
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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, self-care/glow-ups, housework, journaling, planning, creative writing, gardening, shopping lists and so much more...

Please register online and book your place.

Either click below

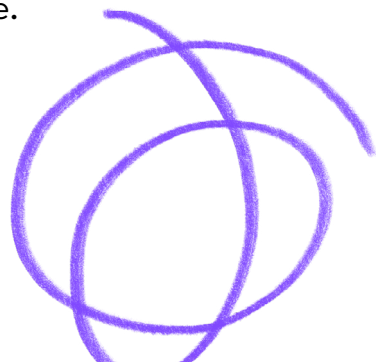
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





CONNECT

Women's Wellness Group

Day: Wednesdays

Time: 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.

Please register online and book your place.

Join the group's Facebook Page for details: [Women's Wellness Peer Support Group \(Revival East Kent Mind\)](#)

Either click below

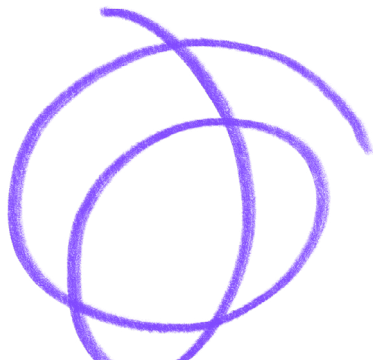
REGISTER NOW

CLICK HERE

or scan
the QR
code:



Alternatively call: **01843 319193** or
email: [**info@eastkentmind.org.uk**](mailto:info@eastkentmind.org.uk)





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.

Either click below

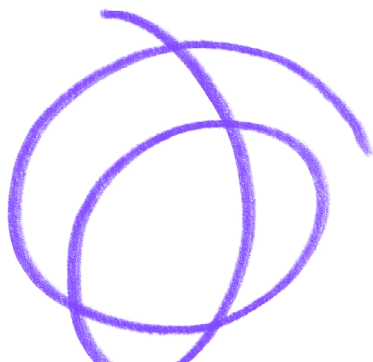
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





TAKE NOTICE

27 Challenges for 2027

Date: Monday 7 December

Time: 12.30pm-1.45pm **Location:** Online (free)

27 Challenges for 2027 is a fun, supportive group designed to encourage you to try something new, step outside your usual routine and discover just how much you are capable of.

Each month, we'll explore a different challenge that can be adapted to suit you, your interests and your energy levels, with plenty of opportunities to share ideas, celebrate successes and learn from each other.

By attending, you'll have the chance to build confidence, create positive experiences, discover new interests, connect with others and collect lots of little moments that make life feel more exciting. There is no pressure to be perfect or even complete every challenge. It's about having a go, finding what feels good for you and making 2027 a year of curiosity, courage and new experiences.

You can join at any time of the year and still reap all the benefits.

Either click below

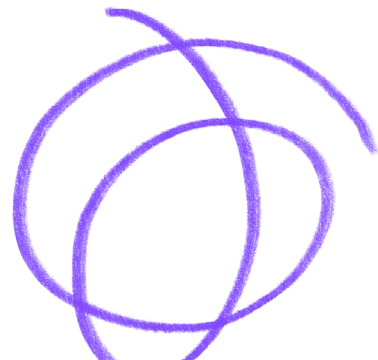
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





TAKE NOTICE

Games, Puzzles and Quizzes

Day: Wednesdays (the third Wednesday of each month)

Time: 12.30pm-1.45pm

Location:

34 King Street
Ramsgate
CT11 8NT

[Google Maps](#)



A social group in Ramsgate with all things quizzes, games and puzzles.

Why not relax, chat, have a cuppa and share your general knowledge.

Get stuck in and enjoy!

Please register online and book your place.

Either click below

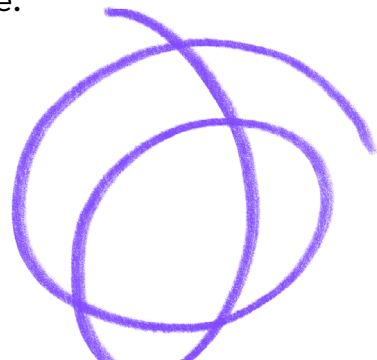
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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

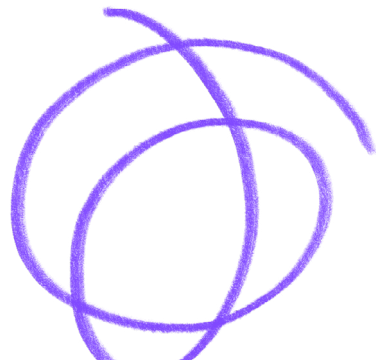
REGISTER NOW

CLICK HERE

or scan
the QR
code:



Alternatively call: **01843 319193** or
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 can be an important part of looking after our mental health. Having a safe space to explore our emotions and express our creativity can support our wellbeing.

All you need is a journal (a notebook).

Please register online and book your place.

Either click below

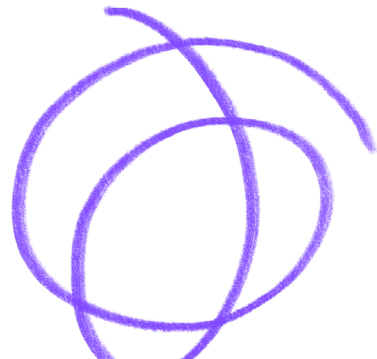
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





TAKE NOTICE

Online Safety and Avoiding Scams

Dates and times:

Monday 19 October
(1.30pm-3pm)

Monday 7 December
(1pm-2.30pm)

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

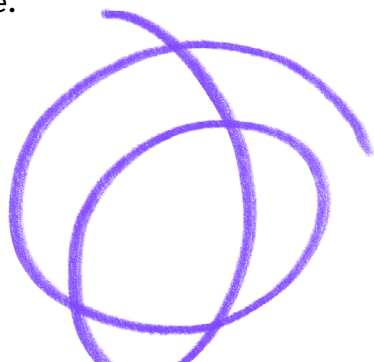
REGISTER NOW

CLICK HERE

or scan
the QR
code:



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





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

REGISTER NOW

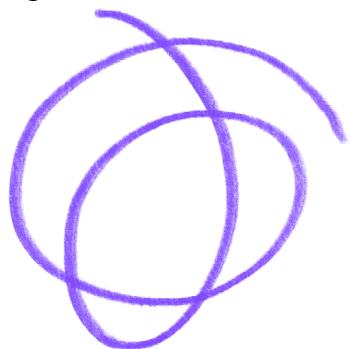
[CLICK HERE](#)

or scan
the QR
code:



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

Page 62





TAKE NOTICE

Revival Sounds

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 in Whitstable 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

REGISTER NOW

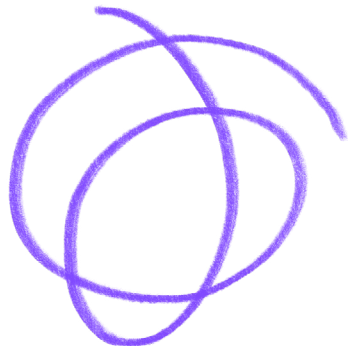
[CLICK HERE](#)

or scan
the QR
code:



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

Page 63





TAKE NOTICE

**See It. Believe It.
Become It!**

Dates:

Monday 26 October
Monday 30 November
Monday 21 December

Time: 5pm-6pm

Location: Online (free)

**See It.
Believe It.
Become It!**

See It. Believe It. Become It! is a monthly group where we explore different ways to turn the life you imagine into something you can start creating.

Each month we'll use visualisation, intentions, affirmations and creative activities to help you discover what you want, believe in what's possible and take steps towards it.

Keep coming back each month to build on your ideas, reflect on your progress and see your vision grow with you.

Please register online and book your place.

Either click below

REGISTER NOW

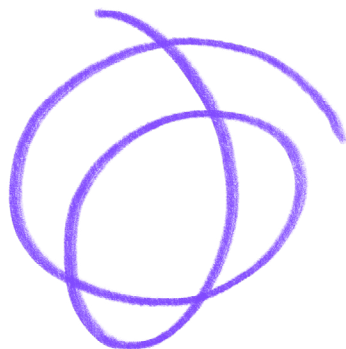
CLICK HERE

or scan
the QR
code:



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

Page 64





TAKE NOTICE

Sleep and Relaxation Techniques

Date:

Thursday 19 November

Time: 5pm-7pm

Location: Online (free)



Researchers have found that sleep and relaxation are important for us because they 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
- Lower risk of 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

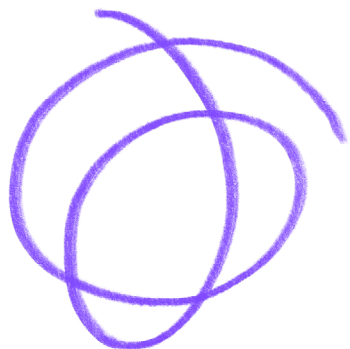
REGISTER NOW

[CLICK HERE](#)

or scan
the QR
code:



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



Contact Us



Our mailing address is:

34 King St

Ramsgate CT11 8NT

Telephone: **01843 319193**

Email: info@eastkentmind.org.uk

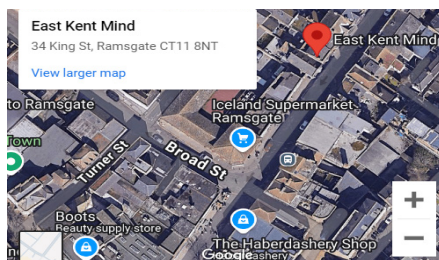
Website: eastkentmind.org.uk

Our social media:

 **@EastKentMind**

 **@EastKentMind**

Find Us

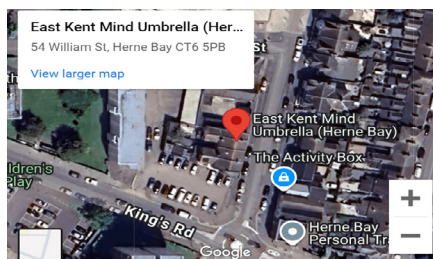


Ramsgate East Kent Mind Office

**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**

Call: **01227 266265**

Web: revivalkent.co.uk



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 for information at: info@eastkentmind.org.uk

East Kent Mind works in collaboration with:



Walk. Jog. Run.



Mental Elf

 **Mind**
East Kent

Festive Fun Run



Sunday, 29 November

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

**Elf hat &
medal
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.



Sponsored by

