

# Mental health awareness week 2018

## Events in Thanet

Find events in your area this mental health awareness week.

Can't make it to any of these events or activities? Visit our website – [livewellkent.org.uk](http://livewellkent.org.uk) – or call our free helpline on 0800 567 7699.

Monday 14 May	Tuesday 15 May	Wednesday 16 May	Thursday 17 May	Friday 18 May	Saturday 19 May
<p><b>What?</b> Drop-in job club – build your confidence and get support to find or return to work</p> <p><b>When?</b> 10am - 12.30pm</p> <p><b>Where?</b> Glo Community Hub Brunswick Court Belmont Street Ramsgate CT11 8QN <i>Run by Pipeline Initiative</i></p>	<p><b>What?</b> Craft and creative café – pop in for a drink and tasty snacks while you try out a range of creative activities</p> <p><b>When?</b> 10am - 2pm</p> <p><b>Where?</b> Cliffs Café 172 Northdown Road Margate CT9 2QN <i>Run by TakeOff and Porchlight</i></p>	<p><b>What?</b> Information stand – advice on managing your mental health, regaining your independence and getting into work, volunteering or education</p> <p><b>When?</b> 9am - 4pm</p> <p><b>Where?</b> Jobcentre Plus Mill Lane House Mill Lane Margate CT9 1LB <i>Run by Aspirations</i></p>	<p><b>What?</b> Working your way back to employment – advice on getting back to work and coping with stress</p> <p><b>When?</b> 10am - 3pm</p> <p><b>Where?</b> Broadstairs Library The Broadway Broadstairs CT10 2BS <i>Run by Rethink Employment</i></p>	<p><b>What?</b> Café Haven – social support group for people suffering with depression. Pop in for a coffee and a chat</p> <p><b>When?</b> 3 - 5pm</p> <p><b>Where?</b> Glo Community Hub Brunswick Court Belmont Street Ramsgate CT11 8QN <i>Run by Pipeline Initiative</i></p>	<p><b>What?</b> The SpAce Project – arts, crafts and furniture upcycling in a friendly, supportive environment. Over 18s only</p> <p><b>When?</b> 1 - 4pm</p> <p><b>Where?</b> The Community Pharmacy Gallery 14 Lombard Street Margate CT9 1ES <i>Run by Pipeline Initiative</i></p>
			<p><b>What?</b> Song-in-a-day workshop - boost your wellbeing through creativity!</p> <p><b>When?</b> 10am - 3pm</p> <p><b>Where?</b> Cliftonville Community Centre St Paul's Road Margate <i>Run by Aspirations and Music for Change</i></p>		
			<p><b>What?</b> Creative workshop – sewing, painting, knitting and more. Some materials available or bring your own!</p> <p><b>When?</b> 10.30am - 12.30pm</p> <p><b>Where?</b> Thanet Community Service 17 St John's Road Margate CT9 1LU <i>Run by Richmond Fellowship</i></p>		<p><b>What?</b> The SpAce Project – arts, crafts and furniture upcycling in a friendly, supportive environment. Over 18s only</p> <p><b>When?</b> 1 - 4pm</p> <p><b>Where?</b> The Community Pharmacy Gallery 14 Lombard Street Margate CT9 1ES <i>Run by Pipeline Initiative</i></p>
					<p><b>Sunday 20 May</b></p>