

Canterbury Support groups

These groups are held at 34 Military Road unless listed differently

Group	Frequency	Time
Young Peer Support Group (Ages 17-27)	Monday - once a month 2 nd Monday	4:00- 5:30
Borderline Personality Disorders	Focus group 4 th Tuesday of the month (Starting 22 nd August)	11:00- 12:30
Eating Disorders	Monday - once a month 1 st Monday	4:00- 5:30
Depression	Thursday - twice a month 2 nd and 4 th Thursday	6:30- 8:00
Bipolar Group	Fridays - fortnightly	2:30- 4:00
Autistic Spectrum Group	Fridays - once a month 4 th Friday Limited places	5:30-7:00
Women's Creative Group	Monday - once a month 2 nd Monday	12:30-3:30
Mixed Creative Group	Monday - once a month 4 th Monday	12:30-3:30
Northgate Cooking	Wednesdays - weekly	12:00- 3:00
Northgate Computers	Fridays - weekly	11:00- 1:00
Cycle Recycle Riverside Youth Centre CT2 7PH	Fridays - weekly	4:00-7:00
Peer Support Crisis Group (Referral only: CMHT/ GP)	Sundays - weekly	Afternoon/ Evening

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for physical & mental wellbeing

01227 788211

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Thanet Peer Support Groups

Group	Frequency	Time
Wellbeing/Depression Ramsgate Vinyl Head Cafe	Fortnightly on Mondays	10:30- 12:30 am
Creative Group Margate Cliffs Cafe	Fortnightly on Tuesdays	10:30- 12:30 am
Wellbeing/Depression Broadstairs Queens Road Baptist Church	Fortnightly on Thursdays	7:00- 9:00 pm
Thanet Explorers Thanet	Fortnightly on Wednesdays	3:00-5:00pm
The coordinators and facilitators for these groups include Rubie and Mark so you will be hearing from them if you would like support from us.		

Ashford and Coastal Peer Support Groups

Group	Frequency	Location
Yoga	3 rd Wednesday of the month 1:30-3:00	Ashford Live it Well Centre
Gardening Group	Fortnightly on Saturday 11:00- 2:00pm Every Wednesday 3:00-5:30	Faversham Millfield Allotment

Timetable version 4- 3/8/17

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South Kent Coast Peer Support Groups

Group	Frequency	Time
Deal Creative/Movement Deal St Andrews Church Hall	Weekly on Thursdays	1:00- 3:00 pm
Dep/Anx/Wellbeing Dover MCCH Dover	Weekly on Mondays	6:00-8:00 pm
Film+ Photography Folkestone ARRCC	2 nd and 4 th Monday of the month From April to October	4:00- 6:00 pm
Catch-Up Group Folkestone	Different days, phone Madlin 07939 623 374 (Text alerts day before)	Times differ
Peer Support Group Folkestone Mind	2 nd and 4 th Thursdays	10:00-12 noon
Mind The Gap (Young person peer support) Folkestone Mind	Fortnightly on Thursdays	3:15- 5:15pm
Unusual experiences Folkestone Mind	2 nd and 4 th Thursdays	2:00- 3:30pm
Cooking Group Folkestone Methodist Church Hall	Weekly on Fridays 5 week block courses 21 st July- 18 th August	11:30- 2:00
The coordinators and facilitators for these groups include Rubie, Wayne and Madlin so you will be hearing from them if you would like support from us.		

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Other information

1-to-1 support sessions are offered in Thanet, Dover, Deal, Folkestone and the South Kent Coast if this is preferable (please email or phone to organise).

We encourage people to refer themselves if they are comfortable with this and are happy to answer any queries you may have.

Please phone or email if you would like more information or to refer someone to groups or 1-to-1 sessions.

We're always looking for new skills to be brought to Take Off and welcome any interest in volunteering or paid roles.



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