



for physical & mental wellbeing

01227 788211

office@takeoff.works

www.takeoff.works

## Canterbury

These groups are held at 34 Military Road unless listed differently

Group	Frequency	Time
Young Peer Support Group (Ages 16-27)	Monday- once a month 2 <sup>nd</sup> Monday	4:00- 5:30
Borderline Personality Disorders	Tuesday - once a month 3 <sup>rd</sup> Tuesday	11:00- 12:30
Healthy Eating (for Eating Disorders)	Monday- once a month 3 <sup>rd</sup> Monday	3:30- 5:30
Depression	Tuesdays and Thursdays Fortnightly on Tuesdays Fortnightly on Thursdays	4:30- 6:00 6:30- 8:00
Tea and Treats	Monday- twice a month 1 <sup>st</sup> and 3 <sup>rd</sup> Mondays	1:00- 3:00
King's Mile Gaming	Thursdays- fortnightly Location: Dice and Destiny CT1 2DR	11:00- 3:00
Music Group	Thursdays- fortnightly	3:00- 5:00
Women's Creative Group	Monday- once a month 2 <sup>nd</sup> Monday	12:30-3:30
Mixed Creative Group	Monday- once a month 4 <sup>th</sup> Monday	12:30-3:30
Hands on with Nature!	Contact for details	10:30-3:30
Northgate Cooking	Wednesdays- weekly	12:00- 3:00
Peer Support Crisis Group (Referral only: CMHT/ GP)	Sundays- weekly	Afternoon/ Evening

Timetable version 21- 17/6/19

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## Ashford and Faversham

Group	Frequency	Location
Gardening Group	Fortnightly Mondays and Saturdays 12:00	Faversham Millfield Allotment
Mood Group	Fortnightly on Tuesdays	Ashford Live Well Centre

## Herne Bay

Group	Frequency	Location
Coastal Creative	Fortnightly on Tuesdays 2:00 - 4:00	Beach Creative
Managing Depression	Monthly on Tuesdays 1:00 - 2:30	Beach Creative
Photography	Contact for details	Beach Creative
ASD and ADHD	Monthly on Thursdays 1:00 – 2:30	Beach Creative
Baking Group	Monthly on Fridays 12:00- 2:30	Christ Church

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## Dover Peer Support Groups

All Dover groups are held at Take Off, Unit 1, Granville Street, CT16 2LF

Group	Frequency	Time
Film appreciation	See website for details	
Creative Art	Mondays- twice a month	11:00 - 1:00
Wellbeing Group	Fortnightly on Mondays	6:00 - 8:00
IT group	Weekly on Tuesdays	2:00 - 4:00
Cooking group	Weekly on Thursdays	2:00 - 4:30
Depression Group	Fortnightly on Thursdays	6:30 - 8:00
IT Recycle and Repair Group	Weekly on Fridays	12:00 - 3:00
Team Gaming	Last Saturday of the month	11:00 - 4:00

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### Shepway Peer Support Groups

Group	Frequency	Time
<b>Creative Group</b> Touchbase	Fortnightly on Tuesdays	4:00 – 6:00
<b>Cooking Group</b> Folkestone Methodist Church Hall	Weekly on Fridays Contact for details	11:30 - 2:00

### Thanet Peer Support Groups

Group	Frequency	Time
<b>Wellbeing/Depression</b> Ramsgate Vinyl Head Cafe		
<b>Wellbeing/Depression</b> Ramsgate Vinyl Head Cafe	Fortnightly on Wednesdays	10:30- 12:30 am
<b>Cooking</b> Margate		
<b>Gardening</b> Margate		
<b>Relaxation Group</b> Margate Union Studio	Starting soon- contact for details	

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### Other information

Contact us by email, via our website or leave a message on the phone to ask about groups and we can organise for you to meet with facilitators before the group begins.

We encourage people to refer themselves if you 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.

Visit [www.takeoff.works](http://www.takeoff.works) for videos, photos, social media links, maps and more.

We're always looking for new skills to be brought to Take Off and welcome any interest in volunteering or paid roles. Contact us via [www.takeoff.works](http://www.takeoff.works)



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