

Wellbeing 'Chatty' Groups

Margate

Every day, 24 hours a day – Thanet Safe Haven at Thanet Mental Health Unit at QEQM

Mondays, 10.30am – 12.30pm – Community Drop-In at Margate Salvation Army, Union Crescent

Mondays, 7pm – 9pm - Manspace at 101 Social, 101 Northdown Road, Cliftonville

Tuesdays, 10am – 12pm – Wellbeing Session at Kairos Community Café, Cecil Square

Fridays, 10.30am – 12.30pm - Community Drop-In at Margate Salvation Army, Union Crescent

Various groups on different days throughout the month with **Speak Up CIC**. Meet both in person at the Media Centre, Margate or online – see website for details: [Groups & Activities | New Speakupcic](https://www.speakupcic.co.uk/groups-and-activities) (<https://www.speakupcic.co.uk/groups-and-activities>)

Small monthly membership fee or one off suggested donation of £2 per activity.

Ramsgate

Every day, 6pm – 11pm – Ramsgate Safe Haven, High Street

Mondays, 2pm – 7pm – Happy Mondays (Art in Ramsgreat), High Street - A weekly club on Mondays promoting volunteering and skill swapping in Ramsgate – Email for more info: happymondaysramsgreat@gmail.com

Tuesdays, 10.30am – Chat Time at Radford House (old fire station), Effingham Street

Tuesdays, 2pm – 3pm – Talk Time at Ramsgate Library, Guildford Lawn

Thursdays, 11am – 1pm – Coffee Morning at Ellington Park Café

Thursdays, 7pm – 9pm – Manspace at Radford House, Effingham Street

Second Sunday of the month, 11am – 1pm – Repair Café at Radford House, Effingham Street

Broadstairs

Mondays, 1pm – 2.30pm – Crafternoons at Broadstairs Library, The Broadway

Mondays, 1.30pm-3.00pm – Wellbeing Café (£1 fee) at The Gap Project, Queens Road Baptist Church

Monday 13th October, 10am – 11am - Women's Wellbeing Chat and Coffee at Broadstairs library, The Broadway

Mondays, check timings with Julie (E: julie@broadstairstownshed.org.uk) – Wellbeing Mondays programme at Broadstairs Town Shed, Unit 3 Oakwood Industrial Estate, Dane Valley Road, St Peter's – Lots happening across the week, check out the website: broadstairstownshed.org.uk

Westgate

Second Monday of the month, 2:30pm - 4pm - Talk Time at Westgate library, Minster Road

Tuesdays, 11am - 12pm – Coffee Club at Westgate Town Council Offices, St Mildred's Road with Heart in the Community CIC

Birchington

Thursdays, 2pm – 3pm – Mindspace at Birchington Library, Alpha Road with Heart in the Community CIC

Throughout the week, different times - Birchington Man Shed, Quex Park offers lots of different workshops. See website for more info: [WHAT WE DO – Birchington Man Shed](#)

First Friday of the month, 12pm – 2pm – Birchington Health and Wellbeing Group drop in at Veteran's Association, Surrey Gardens, Birchington - [Birchington Health & Wellbeing Group](#)