

# Arts in Ramsgate timetable New year 2026



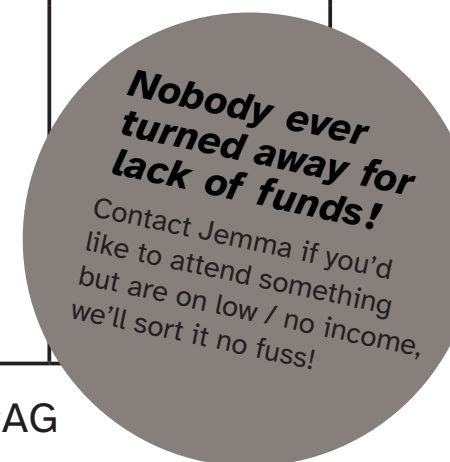
Creative  
Lives



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	MON	TUES	WEDS	THURS	FRI	SAT	SUN
MORNING	<b>Sketch Club</b> with Ruth Rollason  <b>11am-12.30pm</b> From 5th Jan  A different still life and drawing activity each week. Materials provided, suitable for all levels.	<b>Mental Health Recovery</b> with the NHS Kent & Medway Recovery College  <b>10.30am-12.30pm</b>  <b>20th &amp; 27th Jan</b> How to Say No  <b>3rd &amp; 10th March</b> Goodbye to Clutter .....	<b>Singing Mamas</b> with Amy  <b>10.30am-12noon</b> From 7th Jan  Singing is a proven way to improve mood, reduce stress, soothe your nervous system and find connection with yourself and others.	<b>NEW Tech Support drop-in</b> with Peter & Serena  <b>10am-12noon</b> From 15th Jan Got a question about your phone, laptop or tablet? Wondering how to stay safe online? Want to learn how to send an email or use a new app? <b>Free session, just drop in.</b> .....	<b>High Street Social Club</b> with Jemma, Cecilia, Jas, Ollie & Lucy  <b>11am-4pm</b> From 9th Jan  <b>A zero pressure, free social drop-in</b> where we make art together and look after each another. We begin each session with a mental health 'check-in' and run art and wellbeing workshops.	<b>GOOD VIBRATIONS</b> 31 Jan  Jan 17th or 'blue monday' is supposedly the saddest day of the year :( Join us after the tinsel is all packed away to explore GOOD VIBRATIONS for your body and mind.	<b>Gentle Yoga &amp; Soundbath</b> with Sari Riches  <b>From 11th Jan 9.30-10.45am</b>  Spots are £15 - with three free community spaces reserved for those on low / no income.
AFTERNOON	Sessions cost £10 which pays the tutor, 20% supports AiR. Cash & cards accepted.  <b>Just drop in.</b> .....	<b>NEW Accessible Yoga &amp; Movement</b> with Elise  <b>2-3pm</b> From 13th Jan Life-affirming Yoga and movement for those with low mobility. <b>Drop in.</b> .....	A session for mamas, babies and children welcome.  <b>£7 per session, £6 block book.</b>  <b>To book, email:</b> amasingmamas@gmail.com	<b>Craft Club</b> with Christine <b>1-4pm</b> From 8th Jan Learn crafting, make cards, keepsakes and gifts. <b>£3 + kit cost (80p+)</b> <b>To enquire, text: 07773 528 829</b> .....	<i>What do you want AiR to be? What do you want to learn, how do you want our space to feel? We invite you to...</i>  <b>GET INVOLVED in creating our Manifesto!</b> which will be published at an exhibition we'll make at our space in February.	We are still confirming the programme for the day so sign up to our email list in the 'contact' area of our website to be the first to hear more. ....	<b>To book, WhatsApp Sari on 07376 470 964</b>  <b>To book a free spot ask for a community slot, no questions will be asked.</b>
EVENING	<b>1-6pm</b> From 5th Jan Come and join us every Monday for arts and crafts projects, free hand massages or just a cup of tea!  <b>Free session, just drop in.</b>	<b>Autistic Girls Network</b> with Charlie <b>6-7pm, bi-weekly</b> From 6th Jan An ND run, neuro-affirming group. LGBTQ+ friendly. <b>Spaces full.</b>		<b>Neurodivergent Friends Thanet</b> with Carole Kenrick <b>7-9pm</b> 15th Jan & 12th Feb Painting with nature Free, email to book		<b>BOOK OUR GALLERY SPACE FOR THE WEEKEND for £150</b>  Email to enquire.	

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**Everyone is welcome at Arts in Ramsgate** 46 High Street, Ramsgate, CT11 9AG

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