

Arts in Ramsgate timetable

Jan & Feb 2025

	MON	TUES	WEDS	THURS	FRI	SAT
MORNING	<p>Sketch Club with Ruth Rollason</p> <p>11am-12.30pm</p> <p><i>Every Monday from 6th January</i></p> <p>A different still life and drawing activity each week. Materials provided, suitable for all levels.</p>	<p>Mental Health Recovery Sessions with the NHS Kent & Medway Recovery College</p> <p>10.30am-12.30pm</p>	<p>Singing Mamas with Amy</p> <p>10.30am-12.30pm</p> <p><i>Every Wednesday from 8th January</i></p>	<p>Craft Club with Christine</p> <p>1-4pm</p> <p><i>Every Thursday from 9th January</i></p>	<p>High Street Social Club with Jemma</p> <p>FREE social drop in.</p> <p><i>Every Friday during term from 10th Jan.</i></p>	
AFTERNOON	<p>Sessions cost £10 which pays the tutor, 20% supports AiR. Cash & cards accepted.</p> <p>.....</p>	<p>Introduction to Recovery College 21st January</p> <p>Tree of Life 18th & 25th March & 1st April</p> <p>These free sessions are open to anyone needing a bit of extra mental health support in a friendly, social setting.</p>	<p>Singing is a proven way to improve mood, reduce stress, soothe your nervous system and find connection with yourself and others.</p> <p>A session for mamas, babies and children welcome.</p>	<p>£3 plus the cost of your chosen craft kit (from 80p)</p> <p>Join Christine and her craft ladies to learn crafting skills to make your own cards, keepsakes and gifts.</p>	<p>11am-4pm</p> <p>Feel free to just drop in for a cuppa and a chat. Bring your own project or join our activity. 2025 programme to be announced.</p>	
EVENING	<p>ND Friends Thanet</p> <p>7-9pm</p> <p><i>Monday 13th January</i></p> <p>Free social meet up for neurodivergent folks. More details TBA.</p>	<p>Suitable for all skill levels. No referral needed.</p> <p>To enrol and book, drop us an email.</p>	<p>£7 per session, £6 if you block book.</p> <p>Visit our website to find the booking link or email: amasingmamas@gmail.com</p>	<p>Text Christine on 07773 528 829 to enquire or just drop in.</p>	<p>A zero pressure environment where everyone is welcome.</p> <p>Refreshments are provided, the heating will be on!</p>	

CIC: 15907695

Nobody ever turned away for lack of funds!
All fee-paying sessions are 'PAY WHAT YOU CAN'. Contact Jemma with any queries.

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

Email to book: office@artsinramsgate.com / WhatsApp: 07450 916 558 / Follow us: @artsinramsgate