

Thanet timetable

Courses	No. of weeks	Day & time	2025	Venue
Understanding How I Learn	1	Thurs, 1.30 to 3.30pm	1 May	Veterans Association, Birchington
Haiku for Wellbeing	1	Wed, 10.30am to 12.30pm	14 May	The GAP Project, Broadstairs
Relax and Breathe	1	Tues, 10.30am to 12.30pm	20 May	Arts in Ramsgate
Wilder Wellbeing	6	Wed, 10.30am to 12.30pm	21 May, 11, 18 & 25 June, 2 & 9 July	Pegwell Bay
Digital Wellbeing	1	Thurs, 1.30 to 3.30pm	12 June	Veterans Association, Birchington
Goodbye to Clutter	2	Wed, 10.30am to 12.30pm	18 & 25 June	The GAP Project, Broadstairs
Living Well on a Budget	1	Tues, 10.30 to 12.30pm	1 July	Arts in Ramsgate
Summer Celebration	1	Tues, 10.30am to 12.30pm	15 July	Arts in Ramsgate

Contact: kmpt.thanetrc@nhs.net
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Use the QR code to register, or follow us on