



The Talk It Out cafe will be located in Deal's Landmark Centre

Picture: Gary Browne FM2921291

'Vital' mental health service will initially run for 12 weeks

Well-being cafe to offer hub for people in crisis

Months of fundraising will culminate in the opening of a well-being cafe for people with mental health difficulties.

The highly anticipated Talk It Out well-being centre will be based in a separate room within the current Spires Cafe at The Landmark Centre, and will officially open at 10.30am on Monday.

Run entirely by volunteers and peer support, its regular opening hours will be 11am until 1pm, Monday to Friday, for 12 weeks until more funding is secured for the free service.

Former mayoress Tracy Carr is behind the project.

She first started campaigning for improved mental health support in Deal about six years ago, when she started the support group Talk It Out (TIO).

In the past year, her efforts have grown to boost the services TIO provides. She has produced a charity calendar, which raised more than £2,000 towards cafe set-up costs. She, and other members, appeared on BBC television. And this month they launched a second support group in Sandwich at the Phoenix Centre in Jubilee Road.

She hopes the cafe will become a hub for people in crisis, and help relieve pressures on the police.

Mrs Carr said: "The people of Deal have waited too long for this vital service.

"We have been campaigning for a long time and suffered some set-backs along the way but I'm delighted that the well-being cafe is now happening."

Kent County councillor for Deal Mike

'I'm delighted that the well-being cafe is now happening'

Eddy has helped get the project off the ground with funding from the Member's Fund.

Mrs Carr said: "Without the support of Cllr Mike Eddy, this project might not have happened. We are very proud of all supporters and would like to take this opportunity to invite everybody who cares about mental health support in Deal to come and have a look."

The daytime support group will run alongside the existing cafe. There will also be a private therapy room for one-to-one sessions.

Mrs Carr added: "We have another funding bid being considered thanks to our grant fundraiser Colin Smith. This would fund the group if the trial goes well, and we may look to extend the opening hours for the daytime in the future.

"We will need to carefully evaluate the trial after the end of June, so we can form a future plan."

Thanks have been given to everyone who has been involved in the campaign, including Deal and Walmer Community Association for a substantial discount in rent to help start the project, and Deal MP Charlie Elphicke.



Founder and former mayoress Tracy Carr

Picture: Chris Davey FM4640162

Great fun – by a whisker

Men with beards and moustaches from across Europe and America will meet for a convention this week.

The UK Handelbar Club will be at the Dover Marina Hotel from Friday afternoon until Sunday.

There will be visiting members from as far as Germany, Belgium, Denmark, Sweden, Switzerland and the United States.

This weekend's event will incorporate the club's 70th birthday dinner and its annual meeting.

Roads closed for repair work

The A258 Deal to Sandwich road will be shut between 7pm and 5am until Saturday due to resurfacing work.

The closure is part of ongoing maintenance by Kent County Council.

Work is also being carried out on the A256 Sandwich bypass as well as the circulatory of the roundabout at the junction with the A258 Deal Road and the old Deal Road, Sandwich.

Alternative routes are signposted. A KCC spokesman

said: "We will remove the existing road surface by a method known as milling.

"The complete area will then be swept by a mechanical sweeper to ensure the prepared surface is clean and free of dust and debris."

The spokesman added: "If required, the existing manhole covers or rainwater gully gratings will be adjusted or replaced to the correct level before the new surface is laid.

"Please note that this operation is noisy and can be pro-

longed as it is carried out using pneumatic hand tools.

"The new surfacing material will then be laid using a machine called a paver and compacted with a roller.

"This is a quick process and will either be a one or two-layer process.

"Finally, following completion of the surfacing, all high-friction surfacing will be replaced and associated road markings will be re-painted. The road will then be reopened."

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