



W.C 10th March

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	11.30am - 1:00pm	
Tuesday	Walk & Talk	Folkestone: Meet at the Folkestone harbour fountains (by Chummy's)	10:30am - 11:30pm	
	Arts & Crafts	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	
	Line Dancing	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	3:00pm - 4:00pm	
	Yin Yoga & Meditation	Folkestone: Sunflower House, Foord Road, Folkestone CT19 5AE	6.30pm - 7:30pm	
Wednesday	Wellbeing – Show, Share & Chat	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 3:30pm	
Thursday	Gardening at Park Farm Allotments	Folkestone: Meet at Entrance Gates. Park Farm Rd, Folkestone CT19 5DJ	11:00am - 12pm	
	Hythe 101 – Reading for wellbeing	Hythe: 101 Hythe High Street	10:30am – 12:00pm	
	Walk & Talk	Deal: Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	Relaxation / Mindfulness	Deal: The Landmark Centre, Deal	2:15pm - 4:15pm	
	Mindfulness	Online	5:00pm - 6:30pm	
Friday	Walk & Talk – Dover	Dover: Meet outside Morrison's	11:00am - 12:30pm	
	Relaxing Creativity	Dover: St. Mary's Church, Parish Centre, Cannon Street	1:30pm - 3:30pm	

To book an activity please call us on **01303 250090** or email: contact@southkentmind.org.uk