



Mind South Kent

Activities Calendar



Week commencing: **13th November – 17th November**

Day	Activity	Location	Times
Monday	Cooking	Folkestone: 24-26 Dover Road, Abercrombie's Café	11:00am-1:30pm
	Men's Group	Folkestone: 24-26 Dover Road (Meet at Reception)	2:00pm-3:30pm
Tuesday	Walks in Folkestone	Folkestone: Meet at the Folkestone harbour fountains (by Chummy's)	11:00am-12:00pm
	Women's Group	Folkestone: 24-26 Dover Road, Abercrombie's Café	11:00am-12:00pm
	Abercrombie's Cafe	Folkestone: 24-26 Dover Road, Abercrombie's Café	12:00pm-1:00pm
	Arts & Crafts	Folkestone: 24-26 Dover Road, Abercrombie's Café	1:00pm – 2:30pm
	Relaxation	Folkestone: 24-26 Dover Road (Meet at Reception)	3:00pm-4:00pm
	Beginners Running Group	Folkestone: Meet at the arch on the leas	5:30pm
	Yin Yoga & Meditation	Folkestone : Sunflower House, 45 Foord Road, Folkestone, CT19 5AE	7:00pm - 8:00pm
Wednesday	Cooking	Folkestone: 24-26 Dover Road, Abercrombie's Café	11:00am-1:30pm
	Wellbeing Group	Folkestone: 24-26 Dover Road (Meet at Reception)	2:00pm-3:30pm
Thursday	Deal Walk	Deal: Meet at Deal Castle, Seafront Side	10:00am-11:00am
	Reading for Wellbeing	Hythe: 101 High Street	10:30am-12:00pm
	Reading for Wellbeing	Deal: The Cleary Hall, Landmark Centre	12:00pm – 1:30pm
	Mindful Creativity	Deal: The Cleary Hall, Landmark Centre	2:30pm – 4:00pm
	Wellbeing Group	Dover: Dover Hub, Charlton Centre	1:30pm-3:00pm
	Yoga	Folkestone : Sunflower House, 45 Foord Road, Folkestone, CT19 5AE	6:00pm – 7:15pm
Friday	Stretch, Move, Stretch!	Folkestone: 24-26 Dover Road (Meet at Reception)	10:00am
	Dover Walk	Dover: Meeting at Bridge Street Morrison's	10:00am-11:00am

	Reading for Wellbeing	Dover: The Dover Hub, Charlton Centre	11:30am – 1:00pm
	Music Exploration	Folkestone: 24-26 Dover Road (Meet at Reception)	2:00pm- 3:30pm
	Mindfulness & Relaxation	Dover: The Dover Hub, Charlton Centre	2:00pm - 3:30pm

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