



mind South Kent

Activities Calendar



W.C 24th August

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	10.30am-12.00pm	
	Art	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	1.00pm-4.00pm	
Tuesday	Walk & Talk	Folkestone: Meet at the Harbour Fountain (by Chummy's)	10.30am-11.30am	
	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)	2.30pm – 3.30pm	Last Tues of the month
Wednesday	Picnic Hythe with optional sketching	Hythe: Meet by the Bandstand	12 noon – 3:00pm	Come and see the newly laid mosaic tiles and bring along some snacks
				Goodnestone Park on Wed 2 nd Sept
Thursday	Hythe 101 – Reading for wellbeing	Hythe: 101 Hythe High Street	10:30am–12:00pm	
	Gardening at Park Farm Allotments	Folkestone: Meet at entrance gates Park Farm Rd, Folkestone CT19 5DJ	11:00am-12:00pm	
	Coastal Photography	Folkestone: Meet at Abercrombie's Café, 24-26 Dover Road CT20 1JQ	1.15pm-3.00pm	
	Line Dancing	Deal: The Landmark Centre, Deal	2:30pm - 4:00pm	Last Thurs of the month
	Mindfulness	Online	5:00pm - 6:30pm	
Friday	Walk & Talk	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