



Mind South Kent

Activities Calendar



Week commencing: **25th March – 29th March**

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
	Yin Yoga & Meditation	Folkestone : Sunflower House, 45 Foord Road, Folkestone, CT19 5AE	7:00pm - 8:00pm
Wednesday	Gardening at Goodnestone Park	Minibus outside of Mind at 9:45am or 10am the bus will leave the side of the quarter house Asda Dover at 10:30am	10:00am – 4:00pm
	Wellbeing Group	Folkestone: 24-26 Dover Road (Meet at Reception)	2:00pm – 3:30pm
Thursday	Reading for Wellbeing	Hythe: 101 High Street	10:30am-12:00pm
	Mindful Creativity	Deal: The Cleary Hall, Landmark Centre	2:30pm – 4:00pm
	Wellbeing Group	Dover: Dover Hub, Charlton Centre	1:30pm-3:00pm
Friday	Good Friday – Centre Closed		

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