



Mind South Kent

Activities Calendar



W.C 26th January

| Day | Activity | Location | Times | Comments |
|-----------|--------------------------------------|---|----------------------|--------------------------------|
| Monday | Chatty Monday | Folkestone: 24-26 Dover Road, Abercrombie's Café | 11:00am - 12:30pm | |
| | Art – With Francoise | Folkestone: Pam Comber Room, Mill Bay Entrance (White Door) | 1:00pm - 3:00pm | |
| 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 | |
| Wednesday | Goodnestone Park | Minibus: 10am side of Quarter House Folkestone 10.30am Asda Dover | 10:00am- 4:00pm | Last Wednesday of the month |
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| Thursday | 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 | |
| | Relaxing Creativity | Deal: The Landmark Centre, Deal | 2:30pm - 4:00pm | |
| | 4 week Mindfulness Course | 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