



W.C 28<sup>th</sup> October

Day	Activity	Location	Times	Comments
Monday	Healthy Baking	Folkestone: 24-26 Dover Road, Abercrombie's Café	10:30am - 1:00pm	
	Art – With Francoise	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 3:30pm	
Tuesday	Walk & Talk	Folkestone: Meet at the Folkestone harbour fountains (by Chummy's)	11:00am - 12:00pm	
	Arts & Crafts	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	1:00pm - 2:30pm	
	Yin Yoga & Meditation	Folkestone : Sunflower House, Foord Road, Folkestone CT19 5AE	6.30pm - 7:30pm	
Wednesday	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 – 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 the 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	2:30pm - 4:00pm	
	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](mailto:contact@southkentmind.org.uk)