



W.C 2nd September

Day	Activity	Location	Times	Comments
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 : Pam Comber Room, Mill Bay Entrance (White Door)	7:00pm - 8:00pm	
Wednesday	Healthy Cooking on a Budget	Folkestone: 24-26 Dover Road, Abercrombie's Café	11:00am - 1:30pm	1 st , 2 nd and 3 rd Wednesday of the month
	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 - 1:00pm	
	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	
	Music Exploration for Wellbeing	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:30pm - 4:00pm	
	Mindfulness	Online	5:00pm - 6:30pm	

To book an activity please call us on [01303 250090](tel:01303250090) or email: contact@southkentmind.org.uk