



Mind South Kent Activities Calendar



W.C 30th December

Day	Activity	Location	Times	Comments
Monday	Closed – No Activities	Folkestone: 24-26 Dover Road, Abercrombie’s Café		
Tuesday (New Year’s Eve)	Closed – No Activities	Folkestone: 24-26 Dover Road, Abercrombie’s Café		
Wednesday (New Year’s Day)	Closed – No Activities	Folkestone: 24-26 Dover Road, Abercrombie’s Café		
Thursday	Closed – No Activities	Folkestone: 24-26 Dover Road, Abercrombie’s Café Hythe: 101 High Street Road		
	Hythe 101 -Reading for Wellbeing	Hythe: 101 Hythe High Street	10:30am - 12pm	
	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