



# Mind South Kent

## Activities Calendar



W.C 30<sup>th</sup> June

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	11.30am - 1:00pm	
	Leas Lift Art & Crafts	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 4:00pm	
Tuesday				
	Kearsney Abbey	Meet Sharon & Sarah at <b>Folkestone bus station by Subway 11.40am</b> or meet Ian at <b>Dover Bus station, Canterbury stop 11.45am</b>	11:30pm - 5:00pm	
	Line Dancing	<b>Folkestone:</b> Pam Comber Room, Mill Bay Entrance (White Door)	3:00pm-4:00pm	
	Yin Yoga	<b>Folkestone:</b> Pam Comber Room, Mill Bay Entrance (White Door)	6.30pm - 7.30pm	
Wednesday	Healthy Cooking on a budget	<b>Folkestone:</b> 24-26 Dover Road, Abercrombie's Café	11:00am – 1.30pm	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Wednesday of the month
	Wellbeing – Show, Share & Chat	<b>Folkestone:</b> Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 3:30pm	
Thursday	Hythe 101 – Reading for wellbeing	<b>Hythe:</b> 101 Hythe High Street	10:30am–12:00pm	
	Gardening at Park Farm Allotments	<b>Folkestone:</b> Meet at Entrance gates Park Farm Rd, Folkestone CT19 5DJ	11:00am-12pm	
	Walk & Talk	<b>Deal:</b> Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	Photography	<b>Folkestone:</b> Meet at Abercrombie's Café, 24-26 Dover Road CT20 1JQ	1:30pm-3.:30pm	8 weeks 26 June – 14 August
	Relaxation / Mindfulness	<b>Deal:</b> The Landmark Centre, Deal	2:30pm - 4:00pm	
	Mindfulness	<b>Online</b>	5:00pm - 6:30pm	
Friday	Walk & Talk – Dover	<b>Dover:</b> Meet outside Morrison's	11:00am - 12:30pm	
	Relaxing Creativity	<b>Dover:</b> 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)