



South Kent Activities Calendar



W.C 31st August

Day	Activity	Location	Times	Comments
Monday	Bank Holiday	Centre closed		
Tuesday	Walk & Talk	Folkestone: Meet at the Harbour Fountain (by Chummy's)	10.30am-11.30am	
	Arts & Crafts	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	
	Knit & Natter	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2.15pm – 3.45pm	
Wednesday	Goodnestone Park	Minibus: 10am side of Quarter House Folkestone 10.30am Asda Dover	10.00am-4.00pm	
Thursday	Hythe 101 – Reading for wellbeing	Hythe: 101 Hythe High Street	10:30am–12:00pm	
	Coastal Photography	Folkestone: Meet at Abercrombie's Café, 24-26 Dover Road CT20 1JQ	1.15pm-3.00pm	
	Wellbeing & Reflection Kearsney Abbey	Kearsney Abbey: Meet Tom by the cafe	2:00pm-3:00pm	(Every Thursday for 6 weeks – come along to any week you can)
	Relaxing Creativity	Deal: The Landmark Centre, Deal	2:30pm - 4:00pm	
	Mindfulness	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