



Mind South Kent

Activities Calendar



W.C 3rd March

| Day | Activity | Location | Times | Comments |
|-----------|-----------------------------------|--|-------------------|--|
| Monday | Chatty Monday | Folkestone: 24-26 Dover Road, Abercrombie's Café | 11.30am - 1:00pm | |
| | Art – With Francoise | Folkestone: Pam Comber Room, Mill Bay Entrance (White Door) | 2:00pm - 4:00pm | |
| Tuesday | Walk & Talk | Folkestone: Meet at the Folkestone harbour fountains (by Chummy's) | 10:30am - 11:30pm | |
| | Arts and Crafts | Folkestone: Pam Comber Room, Mill Bay Entrance (White Door) | 12:45pm - 2:15pm | |
| | Line Dancing | Folkestone: Pam Comber Room, Mill Bay Entrance (White Door) | 3:00pm - 4:00pm | |
| Wednesday | Singing | Folkestone: Pam Comber Room, Mill Bay Entrance (White Door) | 10:00am– 11:00am | |
| | 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 | Hythe 101 – Reading for wellbeing | Hythe: 101 Hythe High Street | 10:30am– 12:00pm | |

To book an activity please call us on **01303 250090** or email: contact@southkentmind.org.uk