



South Kent Mind

Activities Calendar



W.C 5th May

Day	Activity	Location	Times	Comments
Monday				*BANK HOLIDAY*
Tuesday	Walk & Talk	Folkestone: Meet at the Folkestone harbour fountains (by Chummy's)	10:30am - 11:30pm	
	Arts & 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	
	Yin Yoga	Folkestone: Sunflower House Foord Road CT19 5AE	6:30pm – 7:30pm	
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	Hythe 101 – Reading for wellbeing	Hythe: 101 Hythe High Street	10:30am– 12:00pm	
	Gardening at Park Farm Allotments	Folkestone: Meet at Entrance gates Park Farm Rd, Folkestone CT19 5DJ	11:00am- 12pm	
	Photography	Folkestone: Meet at Abercrombie's Café, 24-26 Dover Road CT20 1JQ	2:00pm- 3.:30pm	3 rd April–22 nd May
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 25090** or email: contact@southkentmind.org.uk