



# Mind South Kent

## Activities Calendar



W.C 5<sup>th</sup> October

| Day       | Activity                                    | Location                                                       | Times                | Comments                                                    |
|-----------|---------------------------------------------|----------------------------------------------------------------|----------------------|-------------------------------------------------------------|
| Monday    | Chatty Monday                               | Folkestone: 24-26 Dover Road,<br>Abercrombie's Café            | 10.30am-<br>12.00pm  |                                                             |
|           | Art                                         | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door) | 1.00pm-<br>4.00pm    |                                                             |
| Tuesday   | Walk & Talk                                 | Folkestone: Meet at the Harbour<br>Fountain (by Chummy's)      | 10.30am-<br>11.30am  |                                                             |
|           | Relaxing Creativity                         | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door) | 12:45pm -<br>2:15pm  |                                                             |
|           | Knit & Natter                               | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door) | 2.15pm –<br>3.45pm   |                                                             |
| Wednesday | Healthy Cooking on a<br>budget              | Folkestone: 24-26 Dover Road,<br>Abercrombie's Café            | 10.30am-<br>1.00pm   |                                                             |
|           | Wellbeing – Show,<br>Share & Chat           | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door) | 1.30pm-<br>3.00pm    |                                                             |
| Thursday  | Hythe 101 – Reading<br>for wellbeing        | Hythe: 101 Hythe High Street                                   | 10:30am–<br>12:00pm  |                                                             |
|           |                                             |                                                                |                      |                                                             |
|           | Wellbeing &<br>Reflection Kearsney<br>Abbey | Kearsney Abbey: Meet Tom by the<br>cafe                        | 2.00pm-<br>3.00pm    |                                                             |
|           | Relaxing Creativity                         | Deal: The Landmark Centre, Deal                                | 2:30pm -<br>4:00pm   |                                                             |
|           | Mindfulness                                 | Online                                                         | 5:00pm -<br>6:30pm   |                                                             |
| Friday    | Open Art Folke                              | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door) | 10.00am<br>– 4.00 pm | SKM Art Group<br>exhibition- do drop<br>in and see our art! |
|           |                                             |                                                                |                      |                                                             |

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