



mind South Kent

Activities Calendar



W.C 6th October

Exhibition of Service Users Art & Photography
at South Kent Mind Hythe shop.

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				
	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)	2.30pm- 3.30pm	
	Gentle Yoga	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	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 – All welcome to drop in for a cuppa and a chat in aid of World Mental Health Day on Friday	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	

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