



Mind South Kent

Activities Calendar



W.C 9th March

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	11.00am - 12:30pm	
	Art	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	1:00pm - 3:00pm	
Tuesday	Walk & Talk	Folkestone: Meet at the Folkestone Harbour fountains (by Chummy's)	10.30am-11.30am	
	Mindfulness 4 week course	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	Week 1
	Line Dancing	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2.30pm-3.30pm	
Wednesday	Healthy Cooking on a budget	Folkestone: 24-26 Dover Road, Abercrombie's Café	10.30am-1.00pm	
	Wellbeing – Show, Share & Chat	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	1.30pm-3.00pm	
Thursday	Hythe 101 – Reading for wellbeing	Hythe: 101 Hythe High Street	10:30am-12:00pm	
	Walk & Talk	Deal: Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	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