



W.C 8TH April

Day	Activity	Location	Times	Comments
Monday	Healthy Baking	Folkestone: 24-26 Dover Road, Abercrombie's Café	10:30am - 1:00pm	
	Art – With Françoise	Folkestone: 24-26 Dover Road, Abercrombie's Café	2:30pm - 4:00pm	
Tuesday	Walk & Talk	Folkestone: Meet at the Folkestone harbour fountains (by Chummy's)	11:00am - 12:00pm	
	Arts & Crafts	Folkestone: 24-26 Dover Road, Abercrombie's Café	12:30pm - 2:00pm	
	Yin Yoga & Meditation	Folkestone : Sunflower House, 45 Foord Road, Folkestone, CT19 5AE	7:00pm - 8:00pm	
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: 24-26 Dover Road, Abercrombie's Café	2:00pm - 3:30pm	
Thursday	Gardening at Park Farm Allotments	Folkestone : Meet at the Entrance Gates. Park Farm Rd, Folkestone CT19 5DJ	11:00am - 1:00pm	
	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	
	Relaxation / Mindfulness	Deal: The Landmark Centre, Deal	2:30pm - 4:00pm	
Friday	Walk & Talk – Dover	Dover: Meet outside Morrison's	10:30am - 12:00pm	
	Relaxation / Positive Visualisation	Dover: The Dover Hub, Charlton Centre	12:30pm - 1:30pm	
	Mindful Crafts & Creativity	Dover: The Dover Hub, Charlton Centre	2:00pm - 3:30pm	
	Music Exploration for Wellbeing	Folkestone: 24-26 Dover Road	2:00pm - 3:30pm	

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