

Activity List - please note the dates/times are subject to change

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Weekday	Group Name	Location	Start	End	Occurrence	Staff
Monday	Wellbeing Group	3 Mill Bay, Pam Comber Room	10:30am	12:00pm	Weekly	Vicky
	Craft Group	3 Mill Bay, Pam Comber Room	12:30pm	2:00pm	Weekly	Vicky
Tuesday	Walks in Folkestone	Bottom of Tontine St	11:30pm	1:00pm	Weekly	Sharon
	Pilates	Three Hills Sports Park	12:00pm	1:00pm	Weekly	Jodie
	Creativity 4 Wellbeing	3 Mill Bay, Pam Comber Room	2:00pm	3:30pm	Weekly	Sharon
Wednesday	Wellbeing Group	3 Mill Bay, Pam Comber Room	1:00pm	2:30pm	Weekly	Vicky
	New Members Group	3 Mill Bay, Pam Comber Room	2:00pm	3:00pm	1st Wednesday of month	Sharon
	Cooking	3 Mill Bay	11:00am	1.30pm	13th, 27th July, 3rd August	Sharon
Thursday	Cycling	3 Mill Bay	10:30am	12:30pm	Weekly	Sharon
	Yoga	Three Hills Sports Park	1:00pm	2:00pm	1st, 3rd, 4th Thursday of month	Jodie
	Relaxation - Folkestone	3 Mill Bay, Pam Comber Room	2:00pm	3:00pm	Weekly	Sharon
Friday	Walks in Deal	Meeting on Deal Castle	10:00am	11:30am	2nd, 3rd, 4th Friday of month	Sharon
	Walks in Dover	Meeting Bridge Street Morrisons	12:30pm	2:00pm	2nd, 3rd, 4th Friday of month	Sharon
	Relaxation - Dover	Riverside Centre	2:30pm	4:00pm	2nd, 3rd, 4th Friday of month	Sharon
	Goodnestone Park Gardening	Minibus outside of Mind at 10am/ ASDA Dover at 10:30am	10:00am	4:00pm	1st Friday of month	Sharon