

# FOLKESTONE & DISTRICT MIND – WELLBEING PROGRAMME 2017

Activity	Description	Venue	Date and Time	Cost
<b>Mind Resource Centre. Leaflet available.</b>	The Mind Centre itself is available to members as an informal meeting place. Wide range of activities available. Lunch. Support/info/advice	Mind Resource Centre. 24/26 Dover Road Folkestone. (01303 250090)	Weekdays : Social Time 10 am–1.30 pm. Groups and activities. + Wed Eve 7pm - 9pm	Free of charge. Reasonable charge for drinks/lunch.
<b>Community Support Group</b>	A two-hourly informal support group in Hythe	Hythe Methodist Church hall (rear entrance).	Weekly - Monday. 10am-12pm. Full details on request from Mind.	Free of charge.
<b>Make Music</b>	A programme of activities providing opportunities to take part in group sessions or individual lessons.	Mind Resource Centre – Music room	Mondays 1.30pm – 3 pm* Thursday 1.30pm – 3.30pm	Group sessions free to members*. Limited individual tuition. 30 mins £3
<b>Wellbeing Support Group</b>	Support group to discuss everyday life, health and wellbeing.	Mind Resource Centre.	Mondays 1pm-2.30pm	Free of charge (NB. This is a closed group)
<b>Tamalpa Movement and visual art</b>	An internationally recognised expressive arts approach combining dance, movement and visual art.	The Glassworks, 6 <sup>th</sup> Form Academy, Folkestone.	Mondays. 26 June – 17 July + 6 Nov – 27 Nov 3.30pm-5pm	£3.00
<b>Visit the Green Room Gardening/Photography/art/poetry</b>	Gardening, arts, photography, poetry group in countryside setting.	Elham Valley venue.	Two Fridays a month. Meet Sharon at the Bus Station 9.50am, bus leaves at 10am. Returning to Folkestone 4pm.	£3.00. Bring own packed lunch.
<b>Ladies only Swimming group</b>	Enjoy a swim or Ladies Aqua Aerobic session.	Folkestone Sports Centre	Every Wednesday 9.30 - 11am	£3.50
<b>Yoga for Beginners</b>	Enjoy and learn about Yoga, improving both physical & mental health.	Social Room at the Centre (Mill Bay entrance)	Every Tuesday – Mind Centre 4.30-5.30pm	£3.00
<b>Various Crafts</b>	Individual and group work with textiles, beading, weaving & a variety of exciting new crafts.	Mind Centre Creative Minds Room.	Every Wednesday morning with Tutor.	Free of charge. Pay for materials.
<b>Crafts at The ARCC</b>	Textiles, upcycling clothes, beading, weaving & a variety of exciting new crafts.	The ARCC, 17-19 Tontine Street CT20 1JT	Every Saturday 10am-1pm with tutor.	A light lunch & tea/coffee provided. Limited spaces. £3 per session
<b>Gym/Toning Tables group</b>	Gym-based fitness activities and toning tables.	Folk Sports Centre	Wednesdays at 12pm at Sports Centre	Fees applicable. Wear tracksuit and trainers.
<b>Gentle Sports</b>	Indoor sports such as table tennis, pool, bowling, curling and badminton.	Baptist Church, Hill Road, Folk	Wednesdays at 2.30pm	Free of charge
<b>East Kent Health Walks + Dog walks</b>	Get fit whilst enjoying a relaxing, sociable walk. Plenty of sea air and great conversation.	Meet at the Mind Resource Centre	Dates and times by prior arrangement.	Free of charge.
<b>Clay Sculpture in the Elham Valley</b>	Clay sculpture Workshops - explore your creative side.	Elham Valley venue.	Monthly on Thursdays	Bring packed lunch £3.00
<b>Horse Riding and Carriage Driving</b>	Opportunity to take part in horse riding, carriage driving in peaceful countryside.	Alkham Valley – meet at Mind Resource Centre	Monthly on Fridays (weather dependent). Leaving Centre at 12.45 pm.	Fee: £2.50 for Horse Ride + £2.50 for Mini Bus. Places limited Weight limit 18sts.
<b>Person Centred Planning</b>	Talk to a qualified counsellor and focus on goal setting and making positive life changes.	Mind Resource Centre Counselling room.	By appointment. Recommend at least fortnightly sessions.	Costs subject to working status. Places limited.
<b>Visits to places of interest</b>	Using public transport. Confidence building, social group activity.	Leave from Resource Centre.	Times/dates by prior arrangement.	Assistance with bus passes if appropriate.