

## **FOLKESTONE & DISTRICT MIND - WELLBEING PROGRAMME**

(also available to Community Members referred from the I.A.P.T. Service.)

<b>Activity</b>	<b>Description</b>	<b>Venue</b>	<b>Date and Time</b>	<b>Cost</b>
<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 – 3 pm Thursday 12.30 – 3pm	Groups - free to members. Limited individual tuition £2.50 per 30 mins
<b>Wellbeing Groups</b>	Support groups to discuss everyday life, health and wellbeing.	Mind Resource Centre – Social Room.	Mondays 1pm – 2.30pm	Free of charge
<b>'Let's Grow' Ecominds Project</b>	A horticultural programme providing opportunities to grow plants from seed, maintain vegetables and create photographic art.	Romney Marsh Visitor Centre. (R.M.V.C) Coordinator Stephen Humphreys (01797) 369487.	Weekly on Tuesdays. 10. 15am – 4pm	Mind Members free transport provided. Or referral direct to R.M.V.Centre.
<b>Sing for your Life</b>	Singing workshops.	University Centre, Folk. Mill Bay. Room B09	Tuesday evenings. 5.15pm- 6.15pm	Free of charge
<b>Textiles</b>	Individual and group work with textiles & sewing skills.	Mind Centre Textiles room.	Every Wednesday morning.	Free of charge. Pay for materials.
<b>Physical fitness</b>	Gym-based fitness activities. Individual exercise with a trained instructor.	Pent Valley Leisure Centre.	1 <sup>st</sup> Wed of each month 1.00 p.m. – 2.30 p.m. at the Leisure Centre.	£3.10 per session. Induction fee required.
<b>Fitness Group</b>	Informal exercise group. Qualified trainer.	Mind Centre - Meeting room.	Every Thursday a.m. G.P. approval required.	Places limited
<b>Art &amp; Craft</b>	Informal crafts group.	Mind Resource Centre	Thursdays a.m.	Free of charge.
<b>Stroll along the Leas</b>	Enjoy a relaxing, sociable walk. Plenty of sea air and great conversation.	Meet Mind Centre (1.30pm) or Leas Cliff Hall at 2pm	Thursday afternoons at 2.00 p.m.	Free of charge.
<b>Walk for Health</b>	Informal social get together. Walk, talk and have a coffee.	Around Folkestone – meet Mind Centre	Every Friday 10.30 – 12.00 noon.	Free of charge.
<b>Horse riding</b>	Opportunity to take part in horse riding in peaceful countryside setting.	Alkham Valley – meet at Mind Resource Centre	Fortnightly on Fridays 12.30 – 2.30 p.m.	Free of charge. Weight limit 18sts. Places limited.
<b>Community Support Groups</b>	Two hourly informal support groups in community settings.	Hythe & New Romney Methodist Church halls.	Weekly. 10.00 a.m. – 12 noon. Full details on request from Mind.	Free of charge.
<b>Rileys</b>	Social game of pool, snooker or darts.	Meet at Mind Centre or 25 West Terrace, F/stone.	Days – flexible.	£2.00
<b>Social Group</b>	Explore events/activities for week-end social opportunities.	Mind Resource Centre.	Flexible – at members' discretion.	Free of charge.
<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>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. Staff can offer support and advice.	Mind Resource Centre. 24/26 Dover Road Folkestone.	Weekdays 9.30 am – 3 pm + Wed Eve 7pm - 9pm	Free of charge. Reasonable charge for drinks/lunch.
<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.