

# Folkestone & District Mind Activities Calendar

## March 2019

Folkestone & District Mind offers a varied programme of activities and groups which aim to promote good mental health in a friendly informal and safe environment.

Our wellbeing activity programme includes social activities, music, conservation and Person-Centred Planning (PCP).

To attend any of our activities you must be registered with Folkestone & District Mind.

For more information, contact the Resource Centre on 01303 250090, email [contact@folkestonemind.org.uk](mailto:contact@folkestonemind.org.uk), or visit 3 Mill Bay, Folkestone CT20 1JS. Open 9.30am – 2.30pm Weekdays.

SELF is the name of our Wellbeing programmes. They are designed to help you to help yourself in line with our 6 commitments, including delivering a high-quality service that focuses on what works, providing the right tools for you to improve your own wellbeing, and helping you to make positive changes in your life.

Our SELF Programmes are divided into five groups; SELF Help, Active SELF, SELF Image, Creative SELF, and Social SELF.

SELF Programmes	Activity	Details	Location
SELF Help	Peer-led Groups		
	Courses & Personal Development	Mindfulness Course. Thursdays 14 March – 18 April. 10.30am - 12.30pm. Limited numbers.	Held at Live Well Hub (22 Dover Rd) – next door to Mind Resource Centre.
	Healthy Cooking	Mondays, Tuesdays, & Fridays 10am – 1:30pm	Mind Resource Centre
	Welfare Advice	Tuesdays & Fridays by appointment.	Mind Resource Centre
	Person-Centred Planning	By appointment	Mind Resource Centre
	SafeTALK	An opportunity to share feelings of despair. Weds 5pm-9pm. Sundays 10am-2pm. Phone Centre to book appt or phone during sessions. Avail to Folk & Dover residents.	Mind Resource Centre

Active SELF	Health Walks/Outings	Occasional – details will be added to calendar	Various locations
	Cycling	Bring your own bike or hire one of ours. Helmets compulsory and we only have 5 helmets to lend out. Tricycle also available.	Various locations. Resuming When The weather Improves.
	Gentle Sports	Badminton, table-tennis, curling, short-mat bowls, darts, pool every Wednesday at 2:30pm	Baptist Church, Hill Road, Folkestone.
	Ladies Swimming & Aqua Aerobics	Most Wednesdays. Meet at 9:45am £3.	Folkestone Sports Centre, Radnor Park
	Keep Fit & Tone	Mondays 12.15-1.15pm. Free.	Three Hills Sports Park, Cheriton, Folkestone
	Pilates	Tuesdays 11.45am-12.45pm. Free.	Three Hills Sports Park, Cheriton, Folkestone
	Gym Group	Most Wednesdays 11.45am. £16.00 Per Month.	Three Hills Sports Park, Cheriton, Folkestone
	Yoga	Thursdays 1.30-2.30pm. Free. Registration Required.	Three Hills Sports Park, Cheriton, Folkestone
	Sports Session & Social Afternoon	Thursdays 2.30-3.30pm. Free.	Three Hills Sports Park, Cheriton, Folkestone
	Walking Hockey	Thursdays 3-4pm. Free.	Three Hills Sports Park, Cheriton, Folkestone
	Football	Fridays 11am-12pm. Free. Held outside if weather permits.	Three Hills Sports Park, Cheriton, Folkestone
	Horse Riding	Check calendar for dates. Dress code: flat shoes and no flapping clothes. Weight restriction is 15 stones. There are 7 spaces in the taxi and 3 more spaces if you are willing to drive there. £2.50 for the ride + £2.50 for the taxi. <b>Please provide your height and weight.</b>	AVCP, Minnis Moor Stables, CT15 7DJ
Creative SELF	Music – Group	Monday afternoons from 1pm – 3pm	Mind Resource Centre.
	Pottery	Tuesday mornings from 10am – 12pm	The Cube Ceramics, Tontine Street
	Clay Sculpture	Check calendar for dates. Two sessions; per month 11am -3pm.Meet at Folkestone Bus Station ticket office 10am {Bus No. 17} Arrive by car 11am.Please only put your name down for one session per month to allow others to participate. Contribution £3	Elham Valley.
	Craft Group	Tuesday mornings 10am -12.30pm	Mind Resource Centre.
Social SELF	Social Lunch in the Community	At either Café Luca or the Diamond Café in Folkestone.	Various Cafés in Folkestone: check timetable
	General Support Group (former Drop-in)	Open Mondays and Fridays.10am-12.30pm	Mind Resource Centre.
	Games Morning	Thursday Mornings. 10am – 12.30pm	Mind Resource Centre

	Monday	Tuesday	Wednesday	Thursday	Friday 1
SELF Help					<b>Healthy Eating</b> Resource Centre 10am – 1.30pm  <b>Welfare Advice</b> Resource Centre, By Appointment
Active SELF					<b>Walking Football With a Professional Coach Sessions</b> <b>FREE.</b> Three Hills.11-12pm. Held outside if weather permits
Creative SELF					
Social SELF					<b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
SELF Help	<p><b>Healthy Eating</b> Resource Centre 10am – 1.30pm</p>	<p><b>Healthy Eating</b> Resource Centre 10am – 1.30pm</p> <p><b>Welfare Advice</b> Resource Centre By Appointment</p>	<p><b>Community Activities with Sharon</b> available only</p>		<p><b>Healthy Eating</b> Resource Centre 10am – 1.30pm</p> <p><b>Welfare Advice</b> Resource Centre By Appointment</p>
Active SELF	<p><b>Keep fit and tone (FREE)</b> – Three Hills Sports Park (near Morrisons). 12.15pm-1.15pm Buses 17,71,72,73,160. Just turn up or call 01303 764261 - ask for Jordan or Victoria for more info. No staff present.</p>	<p><b>Pilates (FREE)</b> – Three Hills Sports Park (near Morrisons). 12pm-1pm. Buses 17,71,72,73,160. Just turn up or call 01303 764261 - ask for Jordan for more info. No staff present.</p>	<p><b>Ladies Swim &amp; Aqua Aerobics</b> Folkestone Sports Centre, 9.45am, £3.40. No Staff today.</p> <p><b>Talk On Nutrition, 3 Hills 11.30am. Lunch At 3 Hills 12.30pm</b></p> <p><b>Gym Group And Social Coffee Morning</b>, Three Hills Sports Park (near Morrisons) (bus 17,71,72,73 &amp;160). 11.30am approx. £3.00 per session or £16.00 per month. Meet Sharon at the Three Hills 11.30am.</p> <p><b>3 Month Free Trial Subject To Availability. Speak To Staff At Folkestone Mind.</b></p> <p><b>Gentle Sports pm</b> Baptist Church, Hill Road, 2:30pm, Table Tennis, Badminton, Kurling. A lovely social afternoon.</p>	<p><b>Yoga and Meditation – FREE (1 hour session)</b> – Three Hills Sports Park (near Morrisons). The Round Hill Room 1.30pm – 2.30pm. Try not to eat beforehand. Meet Sharon 2.30pm. An opportunity to buy a tea/coffee afterwards.</p> <p><b>Walking Hockey</b> with a professional coach. 3pm -4pm. Free of charge. Wrap up as these sessions may be outside.</p> <p><b>Three Hills</b> – (address above). Try pickle ball, table tennis and soft sports. Subject to availability of the sports hall. 3pm-4pm</p>	<p><b>Walking Football With a Professional Coach Sessions FREE.</b> Three Hills.11-12pm. Held outside if weather permits</p>
SELF Image					
Creative SELF	<p><b>Music Group</b> Resource Centre, 1pm-3pm</p>	<p><b>Pottery Class</b> Cube Ceramics, Tontine St., 10am – 12pm.</p> <p><b>Craft Group.</b>10am -12.30pm. Mind Resource Centre.</p>		<p><b>Games morning.</b> Mind Resource Centre.10.00am till 12.30pm</p> <p><b>Individual Music Sessions.</b> Resource Centre. 1pm-3pm. £3</p>	<p><b>Clay Sculpture Workshop</b> Elham Valley. Limited spaces. 11am – 3pm Meet at Bus station 10am {Bus no.17} Arrive By Car 11am. Please Only Book On One Session Per month To Enable Others To Participate. £3</p>
Social SELF	<p><b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm</p>	<p><b>See Art/Craft group</b> (Creative Self)</p> <p>Meet For Coffee, Board Games and possibly a walk. Charlton Centre Dover 10am.</p>	<p><b>Social Lunch At The 3 Hills 12.30pm.</b> You will need money for lunch.</p>	<p><b>No food available. See Games morning above.</b></p>	<p><b>General Support Group (former Drop-in)</b> Resource Centre 10am– 12.30pm</p>

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<b>SELF Help</b>	<b>Healthy Eating</b> Resource Centre 10am – 1:30pm	<b>Healthy Eating</b> Resource Centre 10am – 1.30pm  <b>Welfare Advice</b> Resource Centre. By Appointment	<b>Community Activities with Sharon available only</b>		<b>Healthy Eating</b> Resource Centre 10am – 1:30pm  <b>Welfare Advice</b> Resource Centre. By Appointment
<b>Active SELF</b>	<b>Keep fit and tone (FREE)</b> – Three Hills Sports Park (near Morrisons). 12.15pm-1.15pm Buses 17,71,72,73,160. Just turn up or call 01303 764261 - ask for Jordan for more info. No staff present.	<b>Pilates (FREE)</b> – Three Hills Sports Park (near Morrisons). 12pm-1pm. Buses 17,71,72,73,160. Just turn up or call 01303 764261 - ask for Victoria for more info. Meet Sharon At The 3 Hills 11.45am.  <b>Afternoon Walk In Hythe.</b> Meet Sharon outside Waitrose.1.45pm.Dogs welcome.	<b>Ladies Swim &amp; Aqua Aerobics</b> Folkestone Sports Centre, 9:45am, £3.40.  <b>Gym Group And Social Coffee Morning</b> , Three Hills Sports Park (near Morrisons) (bus 17,71,72,73 &160). 11.30am approx. £3.00 per session or £16.00 per month. Meet Sharon at the Three Hills 11.30am. <b>3 Month Free Trial Subject To Availability. Speak To Staff At Folkestone Mind.</b>	<b>Yoga and Meditation – FREE (1 hour session)</b> – Three Hills Sports Park (near Morrisons). The Round Hill Room 1.30pm – 2.30pm. Try not to eat beforehand. An opportunity to buy a tea / coffee afterwards  <b>Three Hills.</b> Try pickle ball, table tennis and soft sports. Subject to availability of the sports hall. Meet Sharon 2.30pm at the Three Hills.  <b>Walking Hockey FREE</b> – Three Hills - 3pm -4pm. Learn to control the ball and the rules of hockey with a professional coach.	<b>Horse Riding/ Carriage Driving</b> Leaving Centre 11.45am. £2.50 for horse riding and £2.50 for mini bus. Limited spaces so please put your name down on the list. Please note the project needs to know individuals weight and height for health and safety purposes.  <b>Walking Football With a Professional Coach Sessions FREE.</b> Three Hills.11-12pm. Held outside if weather permits
<b>SELF Image</b>					
<b>Creative SELF</b>	<b>Music Group</b> –Resource Centre, 1pm-3pm	<b>Pottery Class</b> Cube Ceramics, Tontine St., 10am -12pm  <b>Craft Group.</b> 10am -12.30pm. Mind Resource Centre.  <b>Social Coffee and Card Games</b> Charlton Centre 10am -11.30am Poetry Work Shop. Charlton Centre Dover. 11.30am – 12.30pm Bring poems to read or just sit back and enjoy being read to.		<b>Games morning.</b> Mind Resource Centre.10.00am till 12.30pm  <b>Individual Music Sessions.</b> Resource Centre. 1pm-3pm. £3	
<b>Social SELF</b>	<b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm	<b>See Art/Craft group</b> (Creative Self)  See Social Coffee above.	<b>Social Lunch Cafe Luca</b> 1.15pm You will need money for lunch.	<b>No food available. See Games morning above.</b>	<b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
SELF Help	<p><b>Healthy Eating</b> Resource Centre 10am – 1.30pm</p>	<p><b>Healthy Eating</b> Resource Centre 10am – 1.30pm</p> <p><b>Welfare Advice</b> Resource Centre. By Appointment</p>	<p><b>Community Activities with Sharon available only</b></p>		<p><b>Healthy Eating</b> Resource Centre 10am – 1.30pm</p> <p><b>Welfare Advice</b> Resource Centre. By Appointment</p>
Active SELF	<p><b>Keep fit and tone (FREE)</b> – Three Hills Sports Park (near Morrisons). 12.15pm-1.15pm Buses 17,71,72,73,160. Just turn up or call 01303 764261 – ask for Jordan for more info. No staff present.</p>	<p><b>Pilates (FREE)</b> – Three Hills Sports Park (near Morrisons). 12pm-1pm. Buses 17,71,72,73,160. Just turn up or call 01303 764261 – ask for Victoria for more info. Meet Sharon At The 3 Hills 11.45am.</p>	<p><b>Ladies Swim &amp; Aqua Aerobics</b> Folkestone Sports Centre, 9:45am, £3.40. No staff today.</p> <p><b>Walking Football Taster. 3 Hills, Sports Park. 11am.</b></p>	<p><b>Possible Cycling Group. TBC</b> <b>Meet outside Touchbase, formerly The ARRCC, Tontine Street, Opposite Diamonds Cafe, 10am for a one hour bike ride to the Coastal Park.</b> Bring your own bike or hire one of our bikes free of charge. Bring water and money for drinks. We have helmets for hire which must be worn.</p> <p><b>Yoga and Meditation – FREE (1 hour session) See Thurs 14<sup>th</sup> for details.</b></p> <p><b>Three Hills sports.</b> See 14<sup>th</sup> for details. 2.30-3.30pm. <b>Meet Sharon at Three Hills 2.30pm.</b></p> <p><b>Walking Hockey FREE</b> – Three Hills - 3pm -4pm. Learn to control the ball and the rules of hockey with a professional coach.</p>	<p><b>Walking Football With a Professional Coach Sessions FREE.</b> Three Hills.11-12pm. Held outside if weather permits</p>
Creative SELF	<p><b>Music Group</b> –Resource Centre, 1pm-3pm</p>	<p><b>Pottery Class</b> Cube Ceramics, Tontine St., 10am -12pm</p> <p><b>Craft Group.</b>10am -12.30pm. Mind Resource Centre.</p>	<p><b>Trip to Wildwood.</b> Bring your cameras and a picnic. Meet Sharon <b>Canterbury bus station 10.55am. No 16 Bus leaves Folkestone 10.08am</b> Wrap up warmly and wear good walking shoes. One off payment of £5.00 entitles you to visit with the group free of charge for the duration of the year.</p>	<p><b>Games morning.</b> Mind Resource Centre.10.00am till 12.30pm</p> <p><b>Individual Music Sessions.</b> Resource Centre. 1pm-3pm. £3</p>	<p><b>Clay Sculpture Workshop</b> Elham Valley. Limited spaces. 11am – 3pm Meet at Bus station 10am {Bus no.17} Arrive By Car 11am. Please Only Book On One Session Per month To Enable Others To Participate. £3</p>
Social SELF	<p><b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm</p>	<p><b>Social Coffee Morning.</b> Dover Charlton Centre 10am.</p>	<p><b>No Social Lunch Today.</b></p>	<p><b>No food available. See Games morning above.</b></p>	<p><b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm</p>

	Monday 25	Tuesday 26	Wed 27	Thurs 28	Friday 29th
<b>SELF Help</b>	<b>Healthy Eating</b> Resource Centre 10am – 1.30pm	<b>Healthy Eating</b> Resource Centre 10am – 1.30pm  <b>Welfare Advice</b> Resource Centre.By Appointment	<b>Community Activities with Sharon</b> available only		<b>Healthy Eating</b> Resource Centre 10am – 1.30pm  <b>Welfare Advice</b> Resource Centre. By Appointment
<b>Active SELF</b>	<b>Keep fit and tone (FREE)</b> – Three Hills Sports Park (near Morrisons). 12.15pm-1.15pm Buses 17,71,72,73,150. Just turn up or call 01303 764261 - ask for Jordan for more info. No staff present.	<b>Pilates (FREE)</b> – Three Hills Sports Park (near Morrisons). 12pm-1pm. Buses 17,71,72,73,150. Just turn up or call 01303 764261 - ask for Aniko or Victoria for more info.	<b>Ladies Swim &amp; Aqua Aerobics</b> Folkestone Sports Centre, 9:45am, £3.40. No staff today.  <b>Running Taster Session, 11am</b> Three Hills Sports Park, Cheriton. A short practice at running just to see if you can and if running might be for you.	<b>Yoga and Meditation – FREE (1 hour session)</b> – Three Hills Sports Park (near Morrisons). The Round Hill Room 1.30pm – 2.30pm. Try not to eat beforehand. Tea/coffee available to purchase.  <b>Three Hills</b> Try pickle ball, table tennis and soft sports. Subject to availability of the sports hall. 2.30pm-3.30pm. <b>No FDM staff today.</b>  <b>Walking Hockey FREE</b> – Three Hills - 3pm -4pm. Learn to control the ball and the rules of hockey with a professional coach,	<b>Walking Football With a Professional Coach Sessions FREE.</b> Three Hills.11-12pm. Held outside if weather permits
<b>Creative SELF</b>	<b>Music Group</b> –Resource Centre, 1pm-3pm	<b>Pottery Class</b> Cube Ceramics, Tontine St., 10am -12pm  <b>Craft Group.</b> 10am -12.30pm. Mind Resource Centre.		<b>Games morning.</b> Mind Resource Centre.10.00am till 12.30pm  <b>Individual Music Sessions.</b> Resource Centre. 1pm-3pm. £3	
<b>Social SELF</b>	<b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm	<b>See Art/Craft group</b> (Creative Self)		<b>No food available. See Games morning</b> above.	<b>General Support Group (former Drop-in)</b> Resource Centre 10am – 12.30pm