

Drop-In Community Activity Groups

Come along, meet new people and get out of the house this Winter.



FREE Community Activity Groups are available to people in and around Maidstone this November.

Thanks to funding from Golding Homes, Mid Kent Mind are providing drop-in wellbeing support for adults in Maidstone who are looking for a reason to get out of the house and engage with fun activities.

Whether you're looking to get creative, explore the local area or find new ways to relax, we have a group for you. Three different sessions will be available - and they are outlined below:

Mindfulness - Learn more about Mindfulness and how it can help you relax. Sessions from 10am til 11:30am on **December 6th**, **December 15th** and **December 22nd**.

Arts & Crafts - Come along and get creative. Sessions from 2pm til 3:30pm on **November 29th**, **December 6th** and **December 13th**.

Walking Group - Join us as we explore the local area. Sessions from 10am til 11am on **November the 4th**, **November the 11th** and **November the 18th**.

All sessions are available free of charge. Participants may be asked to register and complete some feedback as a part of our impact assessments. For more details, please call us on **01622 692383**, or e-mail us via **mindhelp@midkentmind.org.uk**.