

Wellbeing Activities in Dover

South Kent Mind offer a range of free activities
for local residents to take part in

Wellbeing Group



Thurs, 1:30-3pm.
Dover Hub,
Charlton Centre.

Dover Walk



Fri, 10-11:30am.
Meeting at Bridge
Street Morrisons.

Reading for Wellbeing



Fri, 12-1:30pm.
Dover Hub,
Charlton Centre.

Mindful Creativity



Fri, 2:30-4pm.
Dover Hub,
Charlton Centre.

To book/find out more please
get in touch with us:



 **01303 250090**

 **contact@southkentmind.org.uk**

southkentmind.org.uk

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