



for physical & mental wellbeing

01227 788211

office@takeoff.works

www.takeoff.works

## Thanet and South Kent Coast Peer Support Groups

Group	Frequency	Time
<b>Wellbeing/Depression</b> Ramsgate Vinyl Head Cafe	Fortnightly on Mondays	10:30- 12:30 am
<b>Creative Group</b> Margate Cliffs Cafe	Fortnightly on Tuesdays	10:30- 12:30 am
<b>Wellbeing/Depression</b> Broadstairs Queens Road Baptist Church	Fortnightly on Thursdays	7:00- 9:00 pm
<b>Thanet Explorers</b> Thanet	Fortnightly on Wednesdays From May 10 <sup>th</sup>	3:00-5:00pm
<b>Deal Wellbeing</b> Deal Warden House School	Weekly on Tuesdays	9:00- 11:00 am
<b>Deal Creative/Movement</b> Deal St Andrews Church Hall	Weekly on Thursdays	1:00- 3:00 pm
<b>Dep/Anx/Wellbeing</b> Dover Beacon Church	Fortnightly Wednesdays	2:15- 4:15 pm
<b>Dance</b> Dover Dover Big Local	Start date TBC	
<b>Film+ Photography</b> Folkestone ARRCC	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month From April to October	4:00- 6:00 pm
<b>Catch-Up Group</b> Folkestone	Different days, phone Madlin 07939 623 374 (Text alerts day before)	Times differ
<b>Peer Support Group</b> Folkestone Mind	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays	10:00-12 noon

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<b>Unusual experiences</b> Folkestone Mind	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays	1:00- 3:30pm
<b>Cooking Group</b> Folkestone Methodist Church Hall	Weekly on Fridays 5 week block courses 21 <sup>st</sup> July- 18 <sup>th</sup> August	11:30- 2:00
<b>Relaxation Group</b> Folkestone Mind	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays From June	1-3pm

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