

Mental health awareness week 2018

Events in Dover, Deal and Folkestone

Find events in your area this mental health awareness week.

Can't make it to any of these events or activities? Visit our website – livewellkent.org.uk – or call our free helpline on 0800 567 7699.

Monday 14 May	Tuesday 15 May	Wednesday 16 May	Thursday 17 May	Friday 18 May
<p>What? Mental health awareness week launch event – performances, information stands, free massages and other indoor activities</p> <p>When? 10am - 12pm</p> <p>Where? The Landmark Centre 129 High Street Deal CT14 6BB <i>Run by Live Well Kent</i></p>	<p>What? 'How can we support each other?' – information event with stalls and advice on mental health issues and getting help</p> <p>When? 10am - 2pm</p> <p>Where? Folkestone Mind 24-26 Dover Road Folkestone CT20 1JQ <i>Run by Porchlight and Folkestone Mind</i></p>	<p>What? Mental health information day – find out what services are available in your area</p> <p>When? 10am - 2pm</p> <p>Where? Dover Big Local 18 Charlton Centre High Street Dover CT16 1TT <i>Run by Live Well Kent Porchlight</i></p>	<p>What? Movement and dance session – all ages and abilities welcome. Come and learn some new moves!</p> <p>When? 2 - 4pm</p> <p>Where? The Landmark Centre 129 High Street Deal CT14 6BB <i>Run by TakeOff</i></p>	<p>What? Dealing with stress – learn to manage your stress levels and get some motivation</p> <p>When? 10am - 5pm</p> <p>Where? Jobcentre Plus Trinity Road Folkestone CT20 2AE <i>Run by Live Well Kent Porchlight Employment Service</i></p>
<p>What? Photography session – meet new people, get creative and improve your photography skills</p> <p>When? 12 - 2pm</p> <p>Where? Folkestone Methodist Church Sandgate Road Folkestone CT20 2BL Limited places available; call 01303 245840 or 07939 623374 to book your spot <i>Run by TakeOff</i></p>	<p>What? Advice clinic – get help on housing, debt, health and employment issues</p> <p>When? 10am - 4pm</p> <p>Where? Dover Big Local 18 Charlton Centre High Street Dover CT16 1TT <i>Run by Live Well Kent Community Housing Team</i></p>	<p>What? Song-in-a-day workshop - boost your wellbeing through creativity!</p> <p>When? 10am - 3pm</p> <p>Where? Seaview Rehearsal Rooms Seaview House Dover Road Folkestone CT19 6NJ <i>Run by Aspirations and Music for Change</i></p> <p>What? Curry and chaat – get to know some new people over delicious free curry</p> <p>When? 12 - 2pm</p> <p>Where? Folkestone Mind 24-26 Dover Road Folkestone CT20 1JQ <i>Run by Porchlight and Folkestone Mind</i></p>	<p>What? Support session – coping with depression and anxiety</p> <p>When? 6 - 7pm</p> <p>Where? TakeOff Unit 1A Granville Street Dover CT16 2LF <i>Run by TakeOff</i></p>	<p>What? Cookery session – improve your cooking skills and find out how cookery can help improve your mental wellbeing</p> <p>When? 11.30am - 1pm</p> <p>Where? TakeOff Unit 1A Granville Street Dover CT16 2LF <i>Run by TakeOff</i></p>