

## Take Off (South Kent Coast)

Providing you with support from others who have lived experience of mental health problems. Take Off provides ready-made social networks and also provide other peer support services as needed. All our groups are Designed, Developed and Delivered by service users, for service users. We run entirely on the peer support model and most of our services take the form of self-help groups, which are either “talking” or “doing” focused.

- **Dover-** The following groups are all supported by people with lived experience of mental health problems: Depression Group, Creative Art, Cooking Group, Wellbeing Group, IT Group, Film appreciation, and Photography Group.
- **Folkestone-** Weekly groups including a Catch-Up Group and a Cooking Group where you can come together and support each other discussing everyday life and how to manage your mental health.
- **Hythe-** A monthly support group to build a support network run by the members.
  - [Click to see what activities are happening this month](#)
  - Peer support groups throughout East Kent
  - Contact Take Off via their website or phone number below for more information or to attend groups.

[www.takeoff.works](http://www.takeoff.works) (opens in new tab or window) or call **01227 788211**