



## **Folkestone & District Mind**

Age 17+

01303 250090

Folkestone and District Mind are working in Dover, Deal, Folkestone and New Romney areas. Mind provides a wellbeing programme which includes:

- Person Centred Planning
- Safe Talk suicide prevention
- Healthy cooking group
- Yoga, health walks, cycling, women's swimming, tai chi, gym, horse riding
- Body image
- Art, music, pottery, photography
- Abercrombie community café
- SELF course
- Mindfulness course
- BME projects
- Young people's projects