

South Kent Mind

Age 17+

South Kent Mind works in Dover, Deal, Folkestone and New Romney areas and is currently offering the following services and activities:

Wellbeing programme SELF to promote wellbeing, provide support and build resilience

- Person-Centred Planning
- Wellbeing Assessments
- Mindfulness sessions – online or posted out
- Peer Leader Programme online

Active SELF online in partnership with Shepway Sports Trust

- Yoga
- home-based fitness

Creative SELF is our arts and music programme

- music group via Zoom
- drumming workshop via Zoom
- craft group and photography online lessons or on posted out
- Fotofolkes (BAME) photography project on Instagram with support of Folkestone Museum

Social SELF is our peer-group programme delivered through

- Facebook groups
- Zoom online chat groups

Please contact us on **0300 12 11 102** or contact@southkentmind.org.uk

<https://www.southkentmind.org.uk/>