



## Take Off

Age 17+

Take Off operates in Folkestone & Hythe and Dover and is currently offering the following services and activities:

- One to one telephone/online support to improve and sustain health and wellbeing
- Virtual Art and Craft group including photography, making positivity jars, chromatography, mosaics, painting and more
- Virtual Peer Support Groups:
  - Mood Group that offers support through discussion for complex diagnoses to prevent deterioration of symptoms and promote a healthy understanding and awareness
  - Depression Group that offers ongoing support in a safe space for those with Depression and Anxiety. Discussions on how to manage mental health, advising each other on coping mechanisms through the ups and downs with depression and anxiety
  - Cooking group - cook along with Sally, ingredient list posted on our Facebook
  - Fitness group held by Hourglass Gym
  - Walk the Dog with Wayne
- Video game stream including chat and gaming

Please contact us on **01227 788 211** or [office@takeoff.works](mailto:office@takeoff.works)

