

South Kent Mind Online Weekly Activities Calendar

Updated 01 Sept 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00	Get Moving with Matt from SST (via Facebook) With Claire From SKM (via Zoom, to register Call 0300 12 11 102)	Coping With Life with Sharon and Carole From SKM (via Zoom, to register Call 0300 12 11 102)	New Members Social Zoom Meet Up with Sharon and Claire SKM (via Zoom, to register Call 0300 12 11 102) { Weds 2 nd Sept } 1 st Wednesday of each month	Explore Eating Healthily with Sharon and Claire From SKM. Let's make healthy food exciting. Share recipes and ideas. (via Zoom, to register Call 0300 12 11 102)		Get Moving with Matt from SST (Via Facebook)	Get Motivated with Matt from SST (via Facebook)
12:00	Learn Something New Learn how to write poetry (via www.futurelearn.com) JOIN ANYTIME	Something to Smile About Visit A Whipsnade Zoo (via Whipsnade Zoo website)	Mindfulness with Penny from South Kent Mind (via Zoom, to register Call 0300 12 11 102)	Own Photography Submit your photographs for an Autumn exhibition email them to fotofolkes@southkentmind.org.uk Follow @fotofolkes on Instagram	Dot painting Tutorial Find a pebble and create an object of beauty (via youtube)	Online Photography Class Check out a free online photography class for beginners (via Alison.com)	Positive Visualisation Free 30 Minute Positive Visualisation Video With Lisa From Touchbase. (via youtube)
13:00	Virtual Craft Workshop With Claire From SKM (via Zoom, to register Call 0300 12 11 102)	Learn Something New Mindfulness – a free online course (via Futurelearn.com) JOIN ANYTIME		PLEASE NOTE NO ZOOM GROUPS ON THURSDAY 3rd SEPTEMBER DUE TO A STAFF TEAM DAY.	Young People's Group Log on And Meet Others (18 to 25 years) with Claire from SKM (via Zoom, to register Call 0300 12 11 102)	Teach Me Courses Access some lovely craft projects from Teach Me Courses in New Romney (via Teach Me)	Meditation A beautiful meditation To enjoy anytime. A peaceful place. (via youtube)
14:00	Find Out What's On In Folkestone at the Weekends (via myfolkestone.co.uk)	Creative Writing and Reading for Wellbeing with Paul and Sharon SKM (via Zoom, to register Call 0300 12 11 102)					Something to Smile About Visit Cirque Du Soleil (via youtube)
15:00	Daily Gardening podcast Listen in your own time (Via Skinny Jean Gardener website)	Daily Gardening podcast Listen in your own time (Via Skinny Jean Gardener website)	Daily Gardening podcast Listen in your own time (Via Skinny Jean Gardener website)	South Kent Mind Peer Led Weekly Quiz Group (via Zoom, to register Call 0300 12 11 102)	Let's Plan the Week Ahead. with Judy and Sharon from SKM (via Zoom, to register Call 0300 12 11 102)	Daily Gardening podcast Listen in your own time (Via Skinny Jean Gardener website)	
16:00	Take a Mindful walk A Daily Mindful Walking Practice (Online guidance)	Learn to Draw Disney Fun for children and adults (via YouTube)					Chillout Sunday Music with Martin Listen in your own Time Call 0300 12 11 102 or email contact@southkentmind.org.uk for link

NOTES ABOUT ACTIVITIES (A to Z)

- To View the Activity Calendar provided by *Take Off* go to <https://livewellkent.org.uk/in-your-area/south-kent-coast/>
- Mindfulness: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Music: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Explore Healthy Eating with Sharon: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Let's Get Motivated With Sharon: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Social Coffee Afternoon With special Guest appearances: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Coping with Life - SKM. To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- SKM Discussion Group, "Let's Talk About The week Ahead" With Judy and Sharon To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk