



SOUTH KENT COAST GROUPS - SEPTEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
IT Group 1.30pm Dover		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
9		10		11		12		13	
Walking Group 11am Folkestone		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
IT Group 1.30pm Dover									
16		17		18		19		20	
IT Group 1.30pm Dover		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
23		24		25		26		27	
Walking Group 11am Dover		Wellbeing & Forum 1pm Folkestone						Depression Group 3pm Dover	
IT Group 1.30pm Dover									
30									
IT Group 1.30pm Dover									

Please contact us if you would like to join a group
www.takeoffworks.org - referrals@takeoffworks.org - 01227 788 211