



SOUTH KENT COASTAL GROUPS - MAY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		Wellbeing Group Folkestone 1pm				1 Women's Group Folkestone 11am		2 Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	
5 Managing Depression Folkestone 6pm		6 Wellbeing Group Folkestone 1pm		7		8		9 Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	
12 IT Group Dover 1.30pm		13 Wellbeing Group Folkestone 1pm		14		15 Women's Group Folkestone 11am		16 Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
19 IT Group Dover 1.30pm		20 Wellbeing Group Folkestone 1pm		21		22		23 Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
26 Managing Depression Folkestone 6pm		27 Wellbeing Group Folkestone 1pm		28		29 Women's Group Folkestone 11am		30 Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	

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