



SOUTH KENT COASTAL GROUPS - APRIL 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		Wellbeing Group Folkestone 1pm						Health Access Group Dover 1pm	
								Managing Depression Dover 3pm	
7		8		9		10		11	
IT Group Dover 1.30pm		Wellbeing Group Folkestone 1pm						Health Access Group Dover 1pm	
Managing Depression Folkestone 6pm								Managing Depression Dover 3pm	
14		15		16		17		18	
IT Group Dover 1.30pm		Wellbeing Group Folkestone 1pm				Women's Group Folkestone 11am			
Managing Depression Folkestone 6pm									
21		22		23		24		25	
		Wellbeing Group Folkestone 1pm						Health Access Group Dover 1pm	
28		29							
IT Group Dover 1.30pm		Wellbeing Group Folkestone 1pm							
Managing Depression Folkestone 6pm									

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