

Community Groups Timetable

Details on our Face-to-Face Groups



A handful of Mid Kent Mind's services have returned to a face-to-face fashion in adherence with COVID guidelines outlined by the government. These groups provide you with a chance to once again meet people face-to-face - either at our Wellbeing Centre on College Road, or at external locations in Maidstone. Overleaf are details on our virtual services.

Mondays

Gardening Group - 2pm - 4pm - The Live It Well Centre (ME14 1UT) - Funded by Livewell Kent. Come along, and feel the benefits of the outdoors as a part of our weekly Gardening Group. Please note that COVID measures mean participants are asked to Socially Distance where possible.

Wednesdays

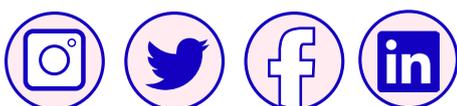
Traditional Art Group - 2:30pm - 4pm - Mid Kent Mind (ME15 6YH) - Funded by Livewell Kent. Come along and take part in our weekly arts and crafts group. Please note that COVID measures mean participants are asked to book in advance via bookings@midkentmind.org.uk. Numbers are restricted.

Thursdays

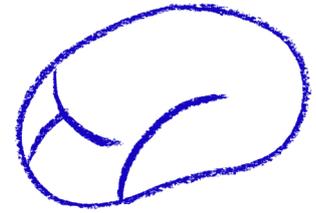
Mindfulness Social Group - 2:30pm - 4pm - Mid Kent Mind (ME15 6YH) - Funded by Livewell Kent. . Come along and take part in a weekly quiz and chat. Please note that COVID measures mean participants are asked to book in advance via bookings@midkentmind.org.uk. Numbers are restricted.

Friday

Walking Group - 2pm - 3pm - Mote Park (ME15 7RN) - Funded by Livewell Kent. . Meet at the Cafe building at Mote Park and join us for a weekly walk around the park. Please note that COVID measures mean participants are asked to Socially Distance where possible.



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Details on our Virtual Groups

On this page you will find details for all of the Virtual Groups which Mid Kent Mind are offering, and also the links to join them so you can easily save this document and have links to all of our virtual sessions in one place.

Tuesdays

Virtual Singing Group - 11am - 12pm - Funded by Involve Kent. Come along and join us for a feel-good sing-along session each week over ZOOM. [Click here to join the session.](#)

Virtual Cooking Group - 2pm - 3:30pm - Funded by Livewell Kent. Come along and learn delicious new recipes as part of our virtual group. [Click here to join the session.](#)

Wednesdays

Fusion Golden Friends - 10am - 11:30am - Funded by Livewell Kent. Take part in weekly activities including Arts & Crafts, Quizzes and more. [Click here to join the session.](#)

Virtual Art Group - 1pm - 2pm - Funded by Livewell Kent. Join our weekly Arts & Crafts sessions from the comfort of your own home. [Click here to join the session.](#)

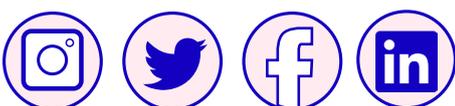
Thursdays

Virtual Peer Support Group - 10am - 11am - Third Thursday of Every Month - Funded by Livewell Kent. Join like-minded people to share lived experience and seek advice and tips for managing your mental health. [Click here to join the session.](#)

Virtual Social Group - 1pm - 2pm - Funded by Livewell Kent. Join our weekly social group to take part in a fun quiz and chat to others. [Click here to join the session.](#)

Have any questions about the support we're offering?

You can e-mail [mindhelp@midkentmind.org.uk](mailto:mindhhelp@midkentmind.org.uk) at any time, or can phone us on 01622 692383 from 9am - 5pm Monday to Friday.



www.midkentmind.org.uk
Registered Charity no 1167328

 **mind Mid Kent**