

**Mid Kent Mind Live Well Offering – Canterbury, Ashford and Faversham Community
Groups - October 2021 – June 2022**



Pink Groups = Virtual | Purple Groups = Face to Face

Singing Group	19/10/21	02/11/21	16/11/21	30/11/21	14/12/21	28/12/21	11/01/22	25/01/22	08/02/22	22/02/22	08/03/22	22/03/22
Crafts Group	26/10/21	09/11/21	23/11/21	07/12/21	21/12/21	04/01/22	18/01/22	01/02/22	15/02/22	01/03/22	15/03/22	29/03/22
Baking Group	20/10/21	03/11/21	17/11/21	01/12/21	15/12/21	29/12/21	12/01/22	26/01/22	09/02/22	23/02/22	09/03/22	23/03/22
Mindful Group	27/10/21	10/11/21	24/11/21	08/12/21	22/12/21	05/01/22	19/01/22	02/02/22	16/02/22	02/03/22	16/03/22	30/03/22
Walking Group	17/11/21	01/12/21	15/12/21	29/12/21	12/01/22	26/01/22	09/02/22	23/02/22	09/03/22	23/03/22	06/04/22	20/04/22
Gardening Group	11/01/22	18/01/22	25/01/22	01/02/22	08/02/22	15/02/22	22/02/22	01/03/22	08/03/22	15/03/22	22/03/22	29/03/22
Arts Groups	11/01/22	25/01/22	08/02/22	22/02/22	08/03/22	22/03/22	05/04/22	19/04/22	03/05/22	17/05/22	31/05/22	14/06/22