

Ashford timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Thurs, 11am to 12 midday	24 April	Stanhope Hub
Digital Wellbeing	1	Thurs, 10.30am to 12.30pm	1 May	Age UK
Mindful Living	3	Wed, 11.30am to 1.30pm	7, 14, 21 May	Limes Community Garden
Summer Wellbeing	1	Wed, 11.30am to 1.30pm	11 June	Limes Community Garden
Student Connect	1	Wed, 10.30am to 12.30pm	25 June	Stanhope Hub
Reading for Wellbeing	1	Wed, 12 to 2pm	2 July	Stanhope Centre
Summer Celebration	1	Wed, 11 to 1pm	16 July	Limes Community Garden

Contact: kmpt.ashfordrc@nhs.net
Call: 07825 859412



Use the QR code to register, or follow us on

