

South Kent Coast timetable

Courses	No. of weeks	Day & time	2025	Venue
Haiku for Wellbeing	1	Mon, 1.30 to 3.30pm	28 April	Age UK, Hythe
Reading for Wellbeing	1	Mon, 1.30 to 3.30pm	19 May	Age UK, Hythe
Wilder Wellbeing	6	Tues, 10am to 12 midday	10, 17, 24 June 1, 8, 15 July	Dungeness RSPB
Wilder Wellbeing	6	Tues, 2.30 to 4.30pm	10, 17, 24 June 1, 8, 15 July	Kearsney Abbey, Dover
Caring for Carers	2	Fri, 10.30am to 12.30pm	27 June & 4 July	Age Concern, Sandwich
Living Well on a Budget	1	Mon, 1.30 to 3.30pm	7 July	Age UK, Hythe
Summer Celebration	1	Tues, 12.30 to 2pm	15 July	Kearsney Abbey, Dover

Contact: kmpt.southkentcoastrc@nhs.net
Call: 07721 609018

Use the QR code to register, or follow us on

