



# South Kent Coast

# December

01227 788 211

www.takeoff.works

office@takeoff.works

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
<b>11:30 General Support Group</b> Cheriton, Dawn's Delight	<b>3:30 IT Group</b> Take Off, Granville Street, Dover		<b>11:30 General Support Group</b> Café Suna/ Kathmandu Folkestone	<b>11:30 Cooking Group</b> Folkestone Methodist Church	
<b>1pm Film Appreciation</b> Take Off, Granville Street, Dover			<b>2pm Cooking Group</b> Take Off, Granville Street, Dover		
<b>6pm Wellbeing Group</b> Take Off, Granville Street, Dover					
10	11	12	13	14	15
<b>11am Creative Art</b> Take Off, Granville Street, Dover	<b>3:30 IT Group</b> Take Off, Granville Street, Dover	<b>11:30 General Support Group</b> Café Suna/ Kathmandu Folkestone	<b>2pm Cooking Group</b> Take Off, Granville Street, Dover	<b>Christmas Lunch</b>	
			<b>6:30 Depression/Anxiety</b> Take Off, Granville Street, Dover		
17	18	19	20	21	22
<b>11:30 Hythe Support Group</b> Age UK Café, Stade Street	<b>3:30 IT Group</b> Take Off, Granville Street, Dover		<b>11:30 General Support Group</b> Café Delizia, Folkestone	<b>11:30 Cooking Group</b> Folkestone Methodist Church	
<b>1pm Film Appreciation</b> Take Off, Granville Street, Dover			<b>Christmas Lunch RSVP only!</b> Take Off Dover		
<b>6pm Wellbeing Group</b> Take Off, Granville Street, Dover					
24	25	26	27	28	29
<b>11am Creative Art</b> Take Off, Granville Street, Dover			<b>11:30 General Support Group</b> Costa, Folkestone		<b>11am- 5pm Team Gaming</b> Take Off, Granville Street, Dover
			<b>2pm Cooking Group</b> Take Off, Granville Street, Dover		
			<b>6:30 Depression/Anxiety</b> Take Off, Granville Street, Dover		
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<b>6pm Wellbeing Group</b> Take Off, Granville Street					

Please contact 01227 788 211 before attending any group.  
To contact the Take Off Dover building phone 01304 205 555.

