



Shepway

May

Please contact 01227 788 211 before attending any groups for the first time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4
		11.30 Folkestone General-Café Suna		11.30 Folkestone Cooking-Methodist Church Hall	
6	7	8	9	10	11
11.30 Cheriton General-Beano Café			11.30 Folkestone General-Café Suna	11.30 Folkestone Cooking-Methodist Church Hall	
13	14	15	16	17	18
	16.00 Depression/Bipolar	11.30 Folkestone General-Café Suna		11.30 Folkestone Cooking-Methodist Church Hall	
20	21	22	23	24	25
11.30 Hythe General- Costa		Ash Eton – Meet the Manager 12.00-2.00 KMPT: for feedback on services	11.30 Folkestone General-Café Suna	11.30 Folkestone Cooking-Methodist Church Hall	
27	28	29	30	31	1
	16.00 Depression/Bipolar	11.30 Folkestone General-Café Suna		11.30 Folkestone Cooking-Methodist Church Hall	

SATURDAY 18th MAY: Outing to Whitstable & maybe Herne Bay for Take Off events: 14 spaces available, £6. Leaving Folkestone Central 11.00am, returning 4-5ish

Take off, 34 Military Road, Canterbury, CT1 1LT



www.takeoff.works

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