



Includes Us 2 “My Time” Groups

Ashford, Shepway & Dover September - December 2019

Includes Us 2 “My Time” support groups provide a relaxed and informal space for parents/carers of children with a disability or a special educational need to meet up.

Groups are facilitated by our Family Support Officer who can provide information, support and signposting. Guest speakers are regularly invited to attend to provide specialist advice and information.

Further information and updates can be found on our Facebook page.

My Time Meeting Dates*

***Dover - The Smile Centre, Mayfield Road, Whitfield, Dover, Kent CT16 3LJ**

Thursday 12th September 9.30am -11.30am

Thursday 10th October 9.30am - 11.30am

Thursday 14th November 9.30am - 11.30am

Thursday 12th December 9.30am - 11.30am

***Shepway - The Village Children’s Centre, Denmark St, Folkestone, CT19 6EQ**

Wednesday 18th September 9.30-11.30am

Wednesday 16th October 9.30-11.30am

Wednesday 20th November 9.30-11.30am

Wednesday 18th December 9.30-11.30am

***Ashford - Rainbow Centre, Great Chart Bypass, Ashford, Kent TN23 4ER**

In partnership with Disabled children’s services

Tuesday 3rd September 9.30 - 11.30am

Tuesday 1st October 9.30 - 11.30am

Tuesday 5th November 9.30 - 11.30am

Tuesday 3rd December 9.30 - 11.30am

Meetings will be facilitated by Nicola , our Family Support Officer.

One to one appointments can be provided at designated times. For further information please call

Nicola on 07525 589321 (Tuesday-Thursday) or email familysupport@includesus2.org.uk