

Wellbeing Groups Schedule: 13/05/24 – 17/05/24

Mon
13th

13:00-14:00

Cycle For All

The Cyclopark, Watling Street, Gravesend

Tue
14th

13:30-15:30

Gravesend Walk & Talk

Gravesend Promenade Cafe

Wed
15th

10:00-12:00

Swanley Peer Support

St Peters Community Centre

13:30-15:30

Dartford Memory Cafe Speaker: ADSS, Katie & Kelly - Safeguarding
Temple Hill Community Centre

Thu
16th

10:30-12:00

Singing Back The Memories - Sittingbourne

The Avenue Theatre

10:30-12:30

Longfield Memory Cafe

Longfield Working Man's Club

Fri
17th

11:30-13:00

Singing Back The Memories - Swanley

St Peters Community Centre

10:30-12:30

Gravesend Memory Cafe Speaker: ADSS, Maria - Volunteering & Befriending

The Masonic Hall

14:00-14:45

Chair Fit

Cyclopark