

Wellbeing Groups Schedule: 03/06/24 – 08/06/24

Mon
3rd

14:30-16:00

Singing Back The Memories - Northfleet
St Botolph's Church Hall

Tue
4th

10:30-12:30

West Kingsdown Memory Cafe (Speaker: ADSS - Maria, Volunteer & Befriending)
West Kingsdown Village Hall

18:30-20:30

Kindred Spirits Dartford (invite only)
The Dartford Sports Bar, Spital Street

Wed
5th

10:30-12:00

Swanley Peer Support
St Peters Church

13:30-15:30

Arts & Crafts - Dartford
Temple Hill Community Centre

Thu
6th

10:30-12:00

Singing Back The Memories - Sittingbourne
The Avenue Theatre

12:30-14:30

Carers Lunch - Meopham
Bartellas, Meopham

13:30-15:00

Singing Back The Memories - Faversham
The Alexandra Theatre

Fri
7th

11:30-13:00

Singing Back The Memories - Swanley
St Peters Church

14:00-14:45

Chair Fit
Cyclopark

Sat
8th

10:30-12:30

Carers Support Group with Respite
Chalk Parish Hall