

Wellbeing Groups Schedule: 08/07/24 – 13/07/24

<b>Mon</b> 8th	<b>13:00-14:00</b>	<b>Cycle For All</b> The Cyclopark, Watling Street, Gravesend
<b>Tue</b> 9th	<b>11:00-12:00</b>	<b>Chair Fit - Dartford</b> Temple Hill Community Centre
	<b>13:30-15:30</b>	<b>Gravesend Walk &amp; Talk</b> Gravesend Promenade Cafe
<b>Wed</b> 10th	<b>10:30-12:00</b>	<b>Gravesend Peer Support</b> (invite only) Safeharbour Memory Wellbeing Centre
	<b>12:00-13:30</b>	<b>Harbour of Hope Group</b> (invite only) Safeharbour Memory Wellbeing Centre
	<b>13:00-14:30</b>	<b>Dartford Peer Support</b> Temple Hill Community Centre
<b>Thu</b> 11th	<b>10:30-12:30</b>	<b>Dartford Walk &amp; Talk</b> Dartford Park
<b>Fri</b> 12th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	<b>13:30-15:30</b>	<b>Swanley Memory Cafe</b> Speaker: ADSS, Kerry-Ann & Ginette St Peter's Church
	<b>14:00-14:45</b>	<b>Chair Fit</b> Cyclopark
<b>Sat</b> 13th	<b>10:30-12:30</b>	<b>Carers Support Group with Respite</b> Chalk Parish Hall Jenny - The Confidence Queen