

Wellbeing Groups Schedule: 04/11/24 – 09/11/24

Mon 4th	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 5th	10:30-12:30	West Kingsdown Memory Cafe West Kingsdown Village Hall
	13:30-15:00	Ten Pin Bowling Hollywood Bowl Rochester
	14:00-17:00	Carers Learning Programme - Session 1 (invite only)
	18:30-20:30	Kindred Spirits - Dartford (invite only) The Dartford Sports Bar, Spital Street
Wed 6th	10:30-12:00	Swanley Peer Support St Peters Community Centre
	13:30-15:30	Arts & Crafts - Dartford Temple Hill Community Centre
Thu 7th	10:30-12:30	Guru Nanak Memory Cafe Guru Nanak Wellbeing Centre
	12:30-14:30	Carers Support - Meopham Bartellas, Wrotham Rd, Meopham
Fri 8th	10:30-12:00	Singing Back The Memories - Dartford Tree Community Centre
	13:30-15:30	Swanley Memory Cafe St Peter's Community Centre
	14:00-14:45	Chair Fit Cyclopark
Sat 9th	10:30-12:00	Carers Group with Respite Chalk Parish Hall