

Wellbeing Groups Schedule: 07/10/24 – 12/10/24

Mon 7th	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 8th	11:00-12:00	Chair Fit (Low Impact) Temple Hill Community Centre
	13:00-15:00	Dadlems, Darts & Cards (NEW) The Jolly Drayman Pub & Hotel
	13:30-15:30	Strood Memory Cafe (LAUNCH) Strood & Frindsbury Working Men's Club
Wed 9th	10:30-12:00	Gravesend Peer Support <small>(invite only)</small> Safeharbour Wellbeing Centre
	13:00-14:30	Dartford Peer Support Temple Hill Community Centre
Thu 10th		No groups
Fri 11th	10:30-12:00	Singing Back The Memories - Dartford Tree Community Centre
	13:30-15:30	Swanley Memory Cafe St Peters Community Centre
	14:00-14:45	Chair Fit (Low Impact with Instructor) Cyclopark
Sat 12th	10:30-12:30	Carers Support Group with Respite Chalk Parish Hall