

Wellbeing Groups Schedule: 21/10/24 – 25/10/24

Mon
21st

11:00-13:00

Indoor Pub Activities (NEW)

Dartford Social Club

14:30-16:00

Singing Back The Memories - Northfleet

St Botolph's Church Hall

Tue
22nd

13:30-15:30

Lunch & Indoor Boules Stone Lodge Farm

Dartford Stone Lodge Bowls & Social Club

Wed
23rd

10:30-12:00

Gravesend Peer Support (invite only)

Safeharbour Memory Wellbeing Centre

10:30-12:00

Singing Back The Memories - Sheppey

Sheerness East Working Man's Club

13:00-14:30

Dartford Peer Support

Temple Hill Community Centre

13:30-15:00

Singing Back The Memories - Leysdown

Leysdown Village Hall

Thu
24th

10:30-12:30

New Ash Green Memory Cafe

Redlibbets Golf Club

13:30-14:30

Horse Therapy (NEW - booking required)

Arrow Riding School

Fri
25th

10:30-12:00

Singing Back The Memories - Dartford

Tree Estate Community Centre

13:30-15:30

Arts & Crafts - Gravesend (invite only)

Safeharbour Memory Wellbeing Centre

14:00-14:45

Chair Fit

Cyclopark