

## Wellbeing Groups Schedule: 18/11/24 – 22/11/24

**Mon**

18th

**11:00-13:00**

**Indoor Pub Activities**

Dartford Social Club

**13:30-15:30**

**Chatham Memory Cafe**

St Mary's Island Community Centre

**14:30-16:00**

**Singing Back The Memories - Northfleet**

St Botolph's Church Hall

**Tue**

19th

**13:30-15:30**

**Shorne Memory Cafe**

Shorne Village Hall

**14:00-17:00**

**Carers Learning Programme - Session 3**

**Wed**

20th

**10:30-12:00**

**Swanley Peer Support**

St Peter's Community Centre

**13:30-15:30**

**Dartford Memory Cafe**

Temple Hill Community Centre

**Thu**

21st

**10:30-12:00**

**Singing Back The Memories - Sittingbourne**

Avenue Theatre, Sittingbourne

**10:30-12:30**

**Guru Nanak Memory Cafe**

Guru Nanak Wellbeing Centre

**10:30-12:30**

**Longfield Memory Cafe**

Long Valley Social Club

**12:30-14:30**

**Eynsford Plough Inn Carers Lunch**

The Plough Inn, Dartford

**14:30-16:30**

**Wainscott Memory Cafe (supporting)**

Montgomery Court, Rochester

**Fri**

22nd

**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