

## Wellbeing Groups Schedule: 06/01/25 – 10/01/25

Mon  
6th

14:30-16:00

**Singing Back The Memories - Northfleet**  
St Botolph's Church Hall

Tue  
7th

10:30-12:30

**West Kingsdown Memory Cafe (entertainment - Music Sylvia)**  
West Kingsdown Village Hall

13:30-15:00

**Ten Pin Bowling**  
Hollywood Bowl Rochester

Wed  
8th

10:30-12:00

**Gravesend Peer Support (booking required)**  
Safeharbour Memory Wellbeing Centre

12:30-13:30

**Harbour of Hope (invite only)**  
Safeharbour Memory Wellbeing Centre

13:00-14:30

**Dartford Peer Support (booking required)**  
Temple Hill Community Centre

Thu  
9th

15:00-17:00

**Gravesend Carers Support (booking required)**  
Safeharbour Memory Wellbeing Centre

Fri  
10th

10:30-12:00

**Singing Back The Memories - Dartford**  
Tree Community Centre

13:30-15:30

**Swanley Memory Cafe (entertainment - Scott Elvis)**  
St Peter's Community Centre

14:00-14:45

**Chair Fit**  
Cyclopark