

## Wellbeing Groups Schedule: 20/01/25 – 24/01/25

<b>Mon</b> 20th	11:00-13:00	<b>Indoor Pub Activities</b> Dartford Social Club
	13:30-15:30	<b>Chatham Memory Cafe</b> St Mary's Island Community Centre
	14:30-16:00	<b>Singing Back The Memories - Northfleet</b> St Botolph's Church Hall
<b>Tue</b> 21st	13:30-15:30	<b>Shorne Memory Cafe</b> Shorne Village Hall
	13:30-15:30	<b>Swale Tea Dance</b> Sheerness East Working Mens Club
	18:30-20:30	<b>Kindred Spirits Cafe - Gravesend</b> RM Italiano, Gravesend
<b>Wed</b> 22nd	10:30-12:00	<b>Gravesend Peer Support (booking required)</b> Safeharbour Memory Wellbeing Centre
	10:30-12:00	<b>Singing Back The Memories - Sheppey</b> Sheerness East Working Mens Club
	13:00-14:30	<b>Dartford Peer Support (booking required)</b> Temple Hill Community Centre
<b>Thu</b> 23rd	10:30-12:30	<b>Medway Co-Production Group</b> Rochester Baptist Church Hall
	10:30-12:30	<b>New Ash Green Memory Cafe</b> Redlibbets Golf Club
	13:30-14:30	<b>Horse Therapy</b> Arrow Riding Centre, Dartford
<b>Fri</b> 24th	10:30-12:00	<b>Singing Back The Memories - Dartford</b> Tree Estate Community Centre
	13:30-15:30	<b>Arts &amp; Crafts - Gravesend (invite only)</b> Safeharbour Memory Wellbeing Centre
	14:00-14:45	<b>Chair Fit - Low Impact with Instructor</b> Cyclopark