

## Wellbeing Groups Schedule: 10/02/25 – 14/02/25

Mon  
10th

14:30-17:30

**Carers Learning Programme - Session 1** (invite only)  
Safeharbour Memory Wellbeing Centre

Tue  
11th

12:00-14:00

**Dadlems, Darts & Cards**  
The Jolly Drayman, Wellington Street

13:30-15:30

**Strood Memory Cafe**  
Strood & Frindsbury Working Men's Club

Wed  
12th

10:30-12:00

**Gravesend Peer Support** (invite only)  
Safeharbour Memory Wellbeing Centre

12:00-13:30

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

13:00-14:30

**Dartford Peer Support** (invite only)  
Temple Hill Community Centre

Thu  
13th

15:30-17:30

**Carers Peer Support Group** (invite only)  
Safeharbour Memory Wellbeing Centre

Fri  
14th

10:30-12:00

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

13:30-15:30

**Swanley Memory Cafe** (Race Night, Pepe)  
St Peter's Community Hall

14:00-14:45

**Chair Fit**  
Cyclopark