

## Wellbeing Groups Schedule: 03/03/25 – 07/03/25

<b>Mon</b> 3rd	<b>14:30-17:30</b>	<b>Carers Learning Programme</b> (invite only)
<b>Tue</b> 4th	<b>10:30-12:30</b>	<b>West Kingsdown Memory Cafe</b> (Speaker: Kelly, Home Energy Advisor ADSS) The Village Hall
	<b>13:30-15:00</b>	<b>Ten Pin Bowling</b> Hollywood Bowl, Rochester
	<b>18:30-20:30</b>	<b>Kindred Spirits</b> Bluewater
<b>Wed</b> 5th	<b>10:30-12:00</b>	<b>Swanley Peer Support</b> (booking required) St Peter's Community Centre
	<b>13:30-15:00</b>	<b>Singing Back The Memories - Northfleet</b> St Botolph's Church Hall
	<b>13:30-15:30</b>	<b>Arts &amp; Crafts - Dartford</b> Temple Hill Community Centre
<b>Thu</b> 6th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Sittingbourne</b> Avenue Theatre, Sittingbourne
	<b>10:30-12:30</b>	<b>Hoo Memory Cafe NEW</b> Fenn Bell Conservation Project, St Mary's Hoo
	<b>10:30-12:30</b>	<b>Guru Nanak Memory Cafe</b> (Speaker: Sherrie, Support At Home ADSS) Guru Nanak Wellbeing Centre
	<b>12:30-14:30</b>	<b>Meopham Carers Lunch</b> Bartellas, Meopham
<b>Fri</b> 7th	<b>10:30-12:00</b>	<b>Rochester Peer Support</b> (booking required) Medway Archives Centre
	<b>11:30-13:00</b>	<b>Singing Back The Memories - Swanley</b> St Peter's Community Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> Cyclopark