

Wellbeing Groups Schedule: 10/03/25 – 14/03/25

Mon
10th

No groups

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

12:30-13:30

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 (Speaker: ADSS Home Energy Advisor, Kelly)

St Peter's Community Hall

14:00-14:45

Chair Fit

Cyclopark