

Wellbeing Groups Schedule: 24/03/25 – 28/03/25

Mon 24th	13:30-15:30	Tea Dance Istead Rise Community Centre
	13:30-15:30	Walderslade Craft Group The Net Community Hub, Walderslade
Tue 25th	10:00-12:00	Swanley Carers Peer St Peter's Community Centre
	13:30-15:30	Lunch & Indoor Boules Stone Lodge Farm Dartford Stone Lodge Bowls & Social Club
Wed 26th	10:30-12:00	Gravesend Peer Support (booking required) Safeharbour Memory Wellbeing Centre
	10:30-12:00	Singing Back The Memories - Sheppey Sheerness East Working Man's Club
	13:00-14:30	Dartford Peer Support (booking required) Temple Hill Community Centre
Thu 27th	10:30-12:30	New Ash Green Memory Cafe Redlibbets Golf Club
	10:30-12:30	Co-Production Group Rochester Baptist Church Hall
	13:30-14:30	Horse Therapy (booking required) Arrow Riding School
	13:30-15:30	Dementia Cinema (booking required) Emerson Park Retirement Apartments
Fri 28th	10:30-12:00	Singing Back The Memories - Dartford Tree Community Centre
	14:00-14:45	Chair Fit Cyclopark
	14:00-16:00	Arts & Crafts - Gravesend (invite only) Safeharbour Memory Wellbeing Centre