

Wellbeing Groups Schedule: 21/04/25 – 25/04/25

<p>Mon 21st</p>	<p>No groups Easter Monday</p>
<p>Tue 22nd</p>	<p>10:00-12:00 Swanley Carers Peer Support (Speaker: Kelly – Home Energy Advisor, ADSS) St Peter’s Community Centre, Hextable</p> <p>11:00-13:00 Picnic In The Park Woodlands Park, Northfleet</p> <p>13:30-15:30 Singing Back The Memories - Rainham United Services Club, Rainham</p> <p>14:30-17:30 Carers Learning Programme (invite only)</p>
<p>Wed 23rd</p>	<p>10:30-12:00 Gravesend Peer Support (invite only) Safeharbour Memory Wellbeing Centre</p> <p>10:30-12:00 Singing Back The Memories - Sheppey Sheerness East Working Men’s Club</p> <p>14:00-15:30 Dartford Peer Support Temple Hill Community Centre</p>
<p>Thu 24th</p>	<p>10:30-12:00 New Ash Green Memory Cafe (Speaker: Kelly – Home Energy Advisor, ADSS) Redlibbets Golf Club, Sevenoaks (Genny – Queen of Confidence)</p> <p>13:30-14:00 Horse Therapy Arrow Riding Centre, Dartford</p> <p>13:30-15:30 Dementia Cinema Emerson Park Retirement Village, Swanley</p>
<p>Fri 25th</p>	<p>10:30-12:00 Singing Back The Memories - Dartford Tree Community Centre, Dartford</p> <p>10:30-12:00 Arts & Crafts - Gravesend (invite only) Safeharbour Memory Wellbeing Centre</p> <p>14:00-14:45 Chair Fit The Cyclopark, Gravesend</p>