

Wellbeing Groups Schedule: 14/04/25 – 18/04/25

Mon 14th	15:00-16:00	Cycle For All The Cyclopark, Gravesend
Tue 15th	13:30-15:30	Shorne Memory Cafe (Easter Craft & ADSS speaker: Kelly – Home Energy Advisor) Shorne Village Hall
	13:30-15:30	Swale Tea Dance Sheerness East Working Men's Club
	14:30-17:30	Carers Learning Programme (invite only)
Wed 16th	10:30-12:00	Swanley Peer Support St Peter's Community Centre
	13:30-15:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
	13:30-15:30	Dartford Memory Cafe (Christoph Ball) Temple Hill Community Centre
Thu 17th	10:30-12:00	Singing Back The Memories - Sittingbourne Avenue Theatre, Sittingbourne
	10:30-12:30	Guru Nanak Memory Cafe (Easter Craft) Guru Nanak Wellbeing Centre
	10:30-12:30	Longfield Memory Cafe (Sylvia – Organist) Long Valley Social Club
	12:30-14:30	Carers Lunch The Fighting Cocks, Dartford
	14:30-16:30	Wainscott Memory Cafe (supporting) Montgomery Court, Rochester
Fri 18th		No groups Good Friday