

Wellbeing Groups Schedule: 31/03/25 – 04/04/25

Mon
31st

No groups

Tue
1st

- 10:30-12:30** **West Kingsdown Memory Cafe** Easter Craft Session
West Kingsdown Village Hall
- 11:00-13:00** **Pétanque**
The Railway Inn Sole Street, Gravesend
- 14:30-17:30** **Carers Learning Programme** (invite required)
Safeharbour Memory Wellbeing Centre, Northfleet
- 18:30-20:30** **Kindred Spirits Group - Young Onset Dementia** (invite required)

Wed
2nd

- 10:30-12:00** **Swanley Peer Support** (booking required)
St Peter's Community Centre, Swanley
- 13:30-15:00** **Singing Back The Memories - Northfleet**
St Botolph's Church Hall
- 13:30-15:30** **Arts & Crafts - Dartford** Writing For Wellbeing Session
Temple Hill Community Centre

Thu
3rd

- 10:30-12:00** **Singing Back The Memories - Sittingbourne**
The Avenue Theatre
- 10:30-12:30** **Guru Nanak Memory Cafe** Speaker: Nick Francis, KMPT
Guru Nanak Wellbeing Centre
- 10:30-12:30** **Hoo Memory Cafe**
The Fenn Bell Conservation Project, Rochester
- 12:30-14:30** **Meopham Carers Lunch**
Bartellas, Meopham

Fri
4th

- 10:30-12:00** **Rochester Peer Support** (booking required)
Medway Archives Centre, Rochester
- 11:30-13:00** **Singing Back The Memories - Swanley**
St Peter's Community Centre, Swanley
- 14:00-14:45** **Chair Fit**
Cyclopark, Gravesend