

Wellbeing Groups Schedule: 23/10/23 – 27/10/23

Mon
23rd

14:00-16:00

Tea Dance

Istead Rise

Tue
24th

13:30-15:30

Northfleet Activity Cafe

Scout Hall, Beresford Road

Wed
25th

10:00-12:00

Gravesend Peer Support

Safeharbour Wellbeing Centre (invite only)

10:30-12:00

Singing Back The Memories Sheppey

Halfway Working Man's Club

13:30-15:30

Dartford Peer Support

Temple Hill Community Centre

Thu
26th

10:30-12:30

New Ash Green Memory Cafe

Redlibbets Golf Club Manor Lane, Sevenoaks

Fri
27th

10:30-12:00

Singing Back The Memories Dartford

Tree Community Centre

13:30-15:30

Gravesend Art Support Group

Safeharbour Centre (invite only)

14:00-14:45

Chairfit

Cyclopark