

Wellbeing Groups Schedule: 06/11/23 – 11/11/23

<b>Mon</b> 6th	<b>10:30-12:30</b>	<b>Bowling</b> Tenpin Bexleyheath
	<b>14:30-16:00</b>	<b>Singing Back The Memories Northfleet</b> St Botolph's Church Hall, Northfleet
<b>Tue</b> 7th	<b>10:30-12:30</b>	<b>West Kingsdown Memory Cafe</b> The Village Hall, West Kingsdown
	<b>18:30-20:00</b>	<b>Kindred Spirits Peer Group</b> The Goose, 23-25 King Street, Gravesend (invite only)
<b>Wed</b> 8th	<b>10:00-12:00</b>	<b>Gravesend Peer Support</b> Safeharbour Wellbeing Centre (invite only)
	<b>13:30-15:30</b>	<b>Dartford Peer Support</b> Temple Hill Community Centre
<b>Thu</b> 9th	<b>09:00-13:30</b>	<b>Carers Learning Programme</b> Temple Hill Community Centre
	<b>10:30-12:30</b>	<b>Bowling</b> Hollywood Bowl Rochester
<b>Fri</b> 10th	<b>10:30-12:00</b>	<b>Singing Back The Memories Dartford</b> Tree Community Centre
	<b>13:30-15:30</b>	<b>Swanley Memory Cafe</b> St Peters Community Centre
	<b>14:00-14:45</b>	<b>Chairfit</b> Cyclopark
<b>Sat</b> 11th	<b>10:30-12:30</b>	<b>Carers Group with Respite Activity</b> Chalk Parish Hall