

Wellbeing Groups Schedule: 22/01/24 – 26/01/24

<b>Mon</b> 22nd	<b>14:00-16:00</b>	<b>Tea Dance</b> Istead Rise
<b>Tue</b> 23rd	<b>13:30-15:30</b>	<b>Northfleet Activity Cafe</b> Scout Hall, Beresford Road
<b>Wed</b> 24th	<b>10:00-12:00</b>	<b>Gravesend Peer Support</b> Safeharbour Wellbeing Centre (invite only)
	<b>10:30-12:00</b>	<b>Singing Back The Memories - Sheppey</b> Halfway Working Man's Club
	<b>13:30-15:30</b>	<b>Dartford Peer Support</b> Temple Hill Community Centre
	<b>13:30-15:30</b>	<b>Singing Back The Memories - Leysdown</b> Leysdown Village Hall
<b>Thu</b> 25th	<b>10:30-12:30</b>	<b>New Ash Green Memory Cafe</b> <b>One You, blood pressure speaker</b> Redlibbets Golf Club Manor Lane, Sevenoaks Followed by a game on the putting driving range
<b>Fri</b> 26th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	<b>13:30-15:30</b>	<b>Gravesend Art Support Group</b> Safeharbour Centre (invite only)
	<b>14:00-14:45</b>	<b>Chairfit</b> Cyclopark

