

Wellbeing Groups Schedule: 26/02/24 – 01/03/24

Mon 26th	13:30-15:30	Tea Dance Istead Rise Community Centre
Tue 27th	13:30-15:30	Northfleet Activity Cafe Scout Hall
	14:00-17:00	Carers Learning Programme Safeharbour Memory Wellbeing Centre (invite only)
Wed 28th	10:00-12:00	Gravesend Peer Support Safeharbour Memory 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
	13:30-15:30	Singing Back The Memories - Leysdown Leysdown Village Hall
Thu 29th		No groups
Fri 1st	11:30-13:00	Singing Back The Memories - Swanley St Peter's Community Centre
	14:00-14:45	Chairfit Cyclopark