

Wellbeing Groups Schedule: 11/03/24 – 15/03/24

Mon

11th

14:00-16:00

Gravesend Drop In (invite only)

Safeharbour Memory Wellbeing Centre

Tue

12th

13:30-15:30

Northfleet Activity Cafe

Scout Hall, Beresford Road

Wed

13th

10:00-12:00

Gravesend Peer Support (invite only)

Safeharbour Memory Wellbeing Centre

13:30-15:30

Dartford Peer Support

Temple Hill Community Centre

Thu

14th

No groups

Fri

15th

10:30-12:30

Gravesend Cafe

Speaker: One You, blood
pressure checks

The Masonic Hall

11:30-13:00

Singing Back The Memories - Swanley

St Peters Community Centre

14:00-14:45

Chair Fit

Cyclopark