

Wellbeing Groups Schedule: 01/04/24 – 05/04/24

<b>Mon</b> 1st		<b>No groups</b> <b>Easter Monday</b>
<b>Tue</b> 2nd	<b>10:30-12:30</b>	<b>West Kingsdown Memory Cafe</b> Speaker: Hatten Wyatt West Kingsdown Village Hall
	<b>18:30-20:30</b>	<b>Kindred Spirits Cafe Dartford</b> (invite only) The Dartford Sports Bar, Spital Street
<b>Wed</b> 3rd	<b>10:30-12:30</b>	<b>Swanley Peer Support</b> St Peter's Community Centre
	<b>13:30-15:30</b>	<b>Dartford Arts &amp; Crafts</b> Temple Hill Community Centre
<b>Thu</b> 4th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Sittingbourne</b> The Avenue Theatre
	<b>13:30-15:30</b>	<b>Meopham Carers Support - Lunch</b> Bartellas, Wrotham Road, Meopham
	<b>13:30-15:30</b>	<b>Singing Back The Memories - Faversham</b> The Alexander Centre
	<b>14:00-17:00</b>	<b>Carers Learning Programme - Session 1</b> (invite only) Safeharbour Memory Wellbeing Centre
<b>Fri</b> 5th	<b>11:30-13:00</b>	<b>Singing Back The Memories - Swanley</b> St Peter's Community Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> Cyclopark