

Wellbeing Groups Schedule: 08/04/24 – 13/04/24

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| Mon 8th | 13:00-14:00 | Cycle for All (booking required) The Cyclopark, Watling Street |
| Tue 9th | 11:00-12:00 | Chair Yoga (Low Impact) Temple Hill Community Centre |
| | 13:30-15:30 | Gravesend Walk and Talk Gravesend Promenade Cafe |
| Wed 10th | 10:00-12:00 | Gravesend Peer Support (invite only) Safeharbour Memory Wellbeing Centre |
| | 12:30-13:30 | Influencer Group - Gravesend (invite only) Safeharbour Memory Wellbeing Centre |
| | 13:30-15:30 | Dartford Peer Support Temple Hill Community Centre |
| Thu 11th | 10:30-12:30 | Dartford Walk and Talk Dartford Park OR Nature Trail at Bluewater |
| | 14:00-17:00 | Carers Learning Programme - Session 2 (invite only) Safeharbour Memory Wellbeing Centre |
| Fri 12th | 10:30-12:00 | Singing Back The Memories - Dartford Tree Community Centre |
| | 13:30-15:30 | Swanley Cafe Speaker: ADSS - Julie (Support At Home) St Peters Community Centre |
| | 14:00-14:45 | Chair Fit Cyclopark |
| Sat 13th | 10:30-12:30 | Carers Support Group with Respite Chalk Parish Hall, Gravesend (Music Therapist) |