

Wellbeing Groups Schedule: 15/04/24 – 20/04/24

Mon 15th	11:00-13:00	Crazy Golf Pirate's Cove Adventure Park Golf External Winter Garden, Bluewater
	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 16th	13:30-15:30	Shorne Cafe Speaker: ADSS - Katie & Kelly (Safeguarding) Shorne Village Hall
	18:30-20:30	Kindred Spirits - Gravesend (invite only) The Goose Pub, Gravesend
Wed 17th	10:30-12:30	Swanley Peer Support St Peters Community Centre
	13:30-15:30	Dartford Cafe Speaker: Hatten Wyatt Temple Hill Community Centre
Thu 18th	10:30-12:30	Longfield Cafe Speaker: ADSS - Maria (Volunteering & Befriending) Longfield Working Man's Club
	10:30-12:00	Singing Back The Memories - Sittingbourne The Avenue Theatre
	14:00-17:00	Carers Learning Programme - Session 3 (invite only) Safeharbour Memory Wellbeing Centre
Fri 19th	10:30-12:30	Gravesend Cafe Speaker: Hatten Wyatt The Masonic Hall. Gravesend
	11:30-13:00	Singing Back The Memories - Swanley St Peters Community Centre
	14:00-14:45	Chair Fit Cyclopark
Sat 20th	10:15-18:30	Spring Trip Brick Lane Music Hall