

Wellbeing Groups Schedule: 29/04/24 – 03/05/24

Mon 29th		No groups
Tue 30th		No groups
Wed 1st	10:30-12:30	Swanley Peer Support St Peters Community Centre
	13:30-15:30	Dartford Arts & Crafts Temple Hill Community Centre
Thu 2nd	10:30-12:00	Singing Back The Memories - Sittingbourne The Avenue Theatre
	12:30-14:30	Meopham Carers Support Bartellas, Gravesend
	13:30-15:00	Singing Back The Memories - Faversham The Alexandra Theatre
	14:00-17:00	Carers Learning Programme (invite only) Safeharbour Memory Wellbeing Centre
Fri 3rd	11:30-13:00	Singing Back The Memories - Swanley St Peters Community Centre
	14:00-14:45	Chair Fit Cyclopark