

## Wellbeing Groups Schedule: 06/05/24 – 11/05/24

<b>Mon</b> 6th		<b>No groups</b> <b>Early May Bank Holiday</b>
<b>Tue</b> 7th	<b>10:30-12:30</b>	<b>West Kingsdown Memory Cafe</b> West Kingsdown Village Hall
	<b>18:30-20:30</b>	<b>Kindred Spirits Dartford</b> (invite only) The Dartford Sports Bar, Spital Street
<b>Wed</b> 8th	<b>10:00-12:00</b>	<b>Gravesend Peer Support</b> (invite only) Safeharbour Memory Wellbeing Centre
	<b>12:30-13:30</b>	<b>Influencer Group - Gravesend</b> (invite only) Safeharbour Memory Wellbeing Centre
	<b>13:30-15:30</b>	<b>Dartford Peer Support</b> Temple Hill Community Centre
<b>Thu</b> 9th	<b>10:30-12:30</b>	<b>Dartford Walk and Talk</b> Bluewater Nature Trail
<b>Fri</b> 10th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	<b>13:30-15:30</b>	<b>Swanley Memory Cafe</b> Speaker: Hatten Wyatt St Peters Community Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> Cyclopark
<b>Sat</b> 11th	<b>10:30-12:30</b>	<b>Carers Support Group with Respite</b> Chalk Parish Hall, Gravesend Speaker: Maria Cronin, Volunteer & Befriending