

Wellbeing Groups Schedule: 16/12/24 – 20/12/24

Mon
16th

13:30-15:30

Chatham Memory Cafe

St Mary's Island Community Centre

14:00-16:30

Christmas Extravaganza

Dartford Valley Community Rugby Club

Tue
17th

13:30-15:30

Swale Tea Dance

Sheerness East Working Men's Club

Wed
18th

10:30-12:00

Swanley Peer Support

St Peter's Community Centre

13:30-15:30

Dartford Memory Cafe

Temple Hill Community Centre

Thu
19th

10:30-12:00

Singing Back The Memories - Sittingbourne

Avenue Theatre, Sittingbourne

10:30-12:30

Guru Nanak Memory Cafe

Guru Nanak Wellbeing Centre

10:30-12:30

Longfield Memory Cafe

Long Valley Social Club

12:30-14:30

Eynsford Plough Inn Carers Lunch

The Plough Inn, Dartford

14:30-16:30

Wainscott Memory Cafe (supporting)

Montgomery Court, Rochester

Fri
20th

10:30-12:30

Gravesend Memory Cafe

Masonic Hall

10:30-12:00

Rochester Peer Support (booking required)

The Moat House Coffee Shop

11:30-13:00

Singing Back The Memories - Swanley

St Peter's Community Centre

14:00-14:45

Chair Fit

Cyclopark