

## Wellbeing Groups Schedule: 07/04/25 – 11/04/25

Mon  
7th

**No groups**

Tue  
8th

**14:30-17:30 Carers Learning Programme - Session 2** (invite required)  
Safeharbour Memory Wellbeing Centre

**13:30-15:30 Strood Memory Cafe**  
Strood & Frindsbury Working Men's Club

Wed  
9th

**10:30-12:00 Gravesend Peer Support** (booking required)  
Safeharbour Memory Wellbeing Centre

**12:30-13:30 Harbour of Hope** (invite required)  
Safeharbour Memory Wellbeing Centre

**14:00-15:30 Dartford Peer Support** (booking required)  
Temple Hill Community Centre

Thu  
10th

**11:00-13:00 Crazy Golf**  
Pirates Cove, Bluewater

**15:30-17:30 Carers Peer Support Group** (Speaker: Kelly Chable, ADSS) (invite required)  
Safeharbour Memory Wellbeing Centre

Fri  
11th

**10:30-12:00 Singing Back The Memories - Dartford**  
Tree Community Centre

**13:30-15:30 Swanley Memory Cafe** (Easter Craft)  
St Peter's Community Hall

**14:00-14:45 Chair Fit**  
Cyclopark