

Wellbeing Groups Schedule: 05/05/25 – 09/05/25

Mon 5th		No groups Early May Bank Holiday
Tue 6th	10:30-12:30 11:00-13:00	West Kingsdown Memory Cafe (Gardeners World Dementia Friendly) West Kingsdown Village Hall Pétanque The Railway Inn, Gravesend
Wed 7th	10:30-12:00 13:30-15:30 13:30-15:00	Swanley Peer Support (Booking required) St Peter's Community Centre Arts & Crafts - Dartford Temple Hill Community Centre Singing Back The Memories - Northfleet St Botolph's Church Hall
Thu 8th	11:00-13:00 15:30-17:30 18:00-21:00	Crazy Golf Pirates Cove Adventure Golf, Bluewater Gravesend Carers Peer Group (Booking required) Safeharbour Memory Wellbeing Centre Carers Learning Programme (Invite required) Safeharbour Memory Wellbeing Centre
Fri 9th	10:30-12:00 13:30-15:30 14:00-14:45	Singing Back The Memories - Dartford Tree Community Centre Swanley Memory Cafe (Gardeners World) St Peter's Community Centre Chair Fit The Cyclopark, Gravesend