

## Wellbeing Groups Schedule: 12/05/25 – 16/05/25

Mon 12th	10:00-17:00	<b>Kindred Spirits - Kingfisher Boat Trip</b> Wateringbury
	15:00-16:00	<b>Cycle For All</b> The Cyclopark, Gravesend
Tue 13th	12:50-14:20	<b>Dartford Gurdwara</b> 8-10 Highfield Road, Dartford, DA1 2JJ
	13:30-15:30	<b>Strood Memory Cafe</b> (Post VE Day Party) Strood & Frindsbury Working Men's Club
Wed 14th	10:30-12:00	<b>Gravesend Peer Support</b> (Booking required) Safeharbour Memory Wellbeing Centre
	12:00-13:30	<b>Harbour of Hope</b> (Invite required) Safeharbour Memory Wellbeing Centre
	14:00-15:30	<b>Dartford Peer Support</b> Temple Hill Community Centre
Thu 15th	10:30-12:30	<b>Guru Nanak Memory Cafe</b> (Floristry) Guru Nanak Wellbeing Centre, Gravesend
	10:30-12:30	<b>Longfield Memory Cafe</b> (Dance Company) Longfield Working Man's Club
	10:30-12:00	<b>Singing Back The Memories - Sittingbourne</b> The Avenue Theatre
	10:30-12:30	<b>Carers Lunch</b> The Fighting Cocks, Dartford
	14:30-16:30	<b>Wainscott Memory Cafe</b> (Supporting) Safeharbour Memory Wellbeing Centre
	18:00-21:00	<b>Carers Learning Programme</b> (Invite required) Safeharbour Memory Wellbeing Centre
Fri 16th	10:30-12:30	<b>Gravesend Memory Cafe</b> (Gardeners World Dementia Friendly) The Masonic Hall
	14:00-14:45	<b>Rochester Peer Support</b> (Booking required) Medway Archives Centre
	11:30-13:00	<b>Singing Back The Memories - Swanley</b> St Peter's Community Centre
	13:30-15:00	<b>Lordswood Peer Support</b> (Booking required) Lordswood Leisure Centre, Purple Room
	14:00-14:45	<b>Chair Fit</b> The Cyclopark, Gravesend