

Wellbeing Groups Schedule: 19/05/25 – 23/05/25

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| Mon 19th | 11:00-13:00 | Dartford Walk & Talk Dartford Park |
| | 13:30-15:30 | Chatham Memory Cafe St Mary's Island Community Centre |
| Tue 20th | 13:30-15:30 | Shorne Memory Cafe (Afternoon Tea Boxes) Shorne Village Hall |
| Wed 21st | 10:30-12:00 | Swanley Peer Support (Booking required) St Peter's Community Centre |
| | 13:30-15:00 | Singing Back The Memories - Northfleet St Botolph's Church Hall |
| | 13:30-15:30 | Dartford Memory Cafe (Gardeners World Dementia Friendly) Temple Hill Community Centre |
| Thu 22nd | 10:30-12:30 | New Ash Green Memory Cafe (Sylvia Organist) Redlibbets Golf Club |
| | 13:30-14:00 | Horse Therapy Arrow Riding Centre, Dartford |
| | 18:00-21:00 | Carers Learning Programme (Invite required) Safeharbour Memory Wellbeing Centre |
| Fri 23rd | 10:30-12:00 | Singing Back The Memories - Dartford Tree Community Centre |
| | 14:00-16:00 | Arts & Crafts - Gravesend (Invite required) Safeharbour Memory Wellbeing Centre |
| | 14:00-14:45 | Chair Fit The Cyclopark, Gravesend |