

## Wellbeing Groups Schedule: 26/05/25 – 01/06/25

<b>Mon</b> 26th		<b>No groups</b> <b>Spring Bank Holiday</b>
<b>Tue</b> 27th	10:00-12:00	<b>Swanley Carers Peer</b> (Booking required) St Peter's Community Centre
	13:30-15:30	<b>Singing Back The Memories - Rainham</b> NEW! United Services Club, Rainham
	13:00-15:00	<b>Picnic In The Park</b> Woodlands Park, Northfleet
<b>Wed</b> 28th	10:30-12:00	<b>Gravesend Peer Support</b> (Booking required) Safeharbour Memory Wellbeing Centre
	10:30-12:00	<b>Singing Back The Memories - Sheppey</b> Sheerness East Working Men's Club
	14:00-15:30	<b>Dartford Peer Support</b> (Booking required) Temple Hill Community Centre
<b>Thu</b> 29th	13:30-15:30	<b>Dementia Cinema</b> Emerson Park Retirement Apartments, Swanley
<b>Fri</b> 30th	14:00-14:45	<b>Chair Fit</b> The Cyclopark, Gravesend
<b>Sat</b> 31st		<b>No groups</b>
<b>Sun</b> 1st	10:00-18:00	<b>Ramsgate Day Trip</b>