

Wellbeing Groups Schedule: 02/06/25 – 06/06/25

Mon 2nd		No groups
Tue 3rd	10:30-12:30	West Kingsdown Memory Cafe (Speaker: Jenny Confidence Queen) West Kingsdown Village Hall
	11:00-13:00	Pétanque The Railway Inn, Gravesend
	15:00-20:30	Kindred Spirits (Young Onset) - Allhallows Day Out Haven Allhallows Holiday Park
Wed 4th	10:30-12:00	Swanley Peer Support (Booking required) St Peter's Community Centre
	13:30-15:30	Arts & Crafts - Dartford Temple Hill Community Centre
	13:30-15:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Thu 5th	10:30-12:30	Gravesend Guru Nanak Memory Cafe Guru Nanak Wellbeing Centre
	10:30-12:30	Hoo Peninsula Memory Cafe (Speaker: Christoph Bull) The Fenn Bell Conservation Project
	10:30-12:00	Singing Back The Memories - Sittingbourne The Avenue Theatre
	12:30-14:30	Meopham Carers Lunch Club (Booking required) Bartellas, Meopham
Fri 6th	10:30-12:00	Rochester Peer Support (Booking required) Medway Archives Centre
	11:30-13:00	Singing Back The Memories - Swanley St Peter's Community Centre
	13:30-15:00	Lordswood Peer Support (Booking required) Lordswood Leisure Centre, Chatham
	14:00-14:45	Chair Fit The Cyclopark, Gravesend