

## Wellbeing Groups Schedule: 09/06/25 – 13/06/25

<b>Mon</b> 9th	<b>15:00-16:00</b>	<b>Cycle For All</b> The Cyclopark, Gravesend
<b>Tue</b> 10th	<b>10:30-12:30</b>	<b>Walk &amp; Talk Gravesend</b> Meeting at the Promenade Café
	<b>12:50-14:20</b>	<b>Dartford Gurdwara</b> 8-10 Highfield Road, Dartford, DA1 2JJ
	<b>13:30-15:30</b>	<b>Strood Memory Cafe</b> (Information Event) Strood & Frindsbury Working Men's Club
<b>Wed</b> 11th	<b>10:30-12:00</b>	<b>Gravesend Peer Support</b> (Booking required) Safeharbour Memory Wellbeing Centre
	<b>10:30-12:30</b>	<b>Medway Movers (Walking Group)</b> NEW Eternal Lake Nature Reserve, Rochester
	<b>12:00-13:30</b>	<b>Harbour of Hope</b> (Invite required) Safeharbour Memory Wellbeing Centre
	<b>14:00-15:30</b>	<b>Dartford Peer Support</b> Temple Hill Community Centre
<b>Thu</b> 12th	<b>11:00-13:00</b>	<b>Crazy Golf</b> Pirates Cove Adventure Golf , Bluewater
	<b>15:30-17:30</b>	<b>Carers Peer Support Group</b> (Invite required) Safeharbour Memory Wellbeing Centre
<b>Fri</b> 13th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	<b>13:30-15:30</b>	<b>Swanley Memory Cafe</b> (Information Event) St Peters Community Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> The Cyclopark, Gravesend