

Wellbeing Groups Schedule: 16/06/25 – 20/06/25

Mon 16th	11:00-13:00	Dartford Walk & Talk Dartford Park
	13:30-15:30	Chatham Memory Cafe (Speaker: Kelly Chable, ADSS Home Energy Advisor) St Mary's Island Community Centre
Tue 17th	13:30-15:30	Shorne Memory Cafe (Speaker: Genny The Confidence Queen) Shorne Village Hall
	13:30-15:30	Swale Tea Dance Sheerness East Working Men's Club
Wed 18th	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 (Sylvia the Organist) Temple Hill Community Centre
Thu 19th	10:30-12:30	Gravesend Guru Nanak Memory Cafe Guru Nanak Gravesend Wellbeing Centre
	10:30-12:30	Longfield Memory Cafe (Play your Cards Right with Pete) Longfield Working Man's Club
	10:30-12:00	Singing Back The Memories - Sittingbourne The Avenue Theatre
	12:30-14:30	Carers Lunch Club - Dartford & Swanley The Fighting Cocks Pub & Restaurant, Horton Kirby, Dartford
	13:30-14:00	Horse Therapy Arrow Riding Centre, Dartford
	14:30-16:30	Wainscott Memory Cafe - supported by ADSS (Medway Community Healthcare) Montgomery Court Choir Close, Rochester
Fri 20th	10:30-12:30	Gravesend Memory Cafe (Play your Cards Right with Pete) The Masonic Hall
	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, Purple Room
	14:00-14:45	Chair Fit The Cyclopark, Gravesend