

## Wellbeing Groups Schedule: 23/06/25 – 27/06/25

<b>Mon</b> 23rd	<b>13:30-15:30</b>	<b>Creative Arts - Walderslade</b> The Net Community Hub, Chatham
<b>Tue</b> 24th	<b>10:00-12:00</b>	<b>Swanley Carers Peer</b> St Peter's Community Centre
	<b>13:00-15:00</b>	<b>Picnic In The Park</b> Shorne Country Park
	<b>13:30-15:30</b>	<b>Singing Back The Memories - Rainham</b> United Services Club, Rainham
<b>Wed</b> 25th	<b>10:30-12:00</b>	<b>Gravesend Peer Support</b> (Booking required) Safeharbour Memory Wellbeing Centre
	<b>10:30-12:00</b>	<b>Singing Back The Memories - Sheerness</b> Sheerness East Working Men's Club
	<b>14:00-15:30</b>	<b>Dartford Peer Support</b> Temple Hill Community Centre
<b>Thu</b> 26th	<b>10:30-12:30</b>	<b>Rochester Carers Peer Support</b> (Booking required) Rochester Baptist Church Hall
	<b>13:30-15:30</b>	<b>Dementia Cinema</b> Emerson Park, Retirement Village, Swanley
	<b>13:30-14:00</b>	<b>Horse Therapy</b> Arrow Riding Centre, Dartford
<b>Fri</b> 27th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	<b>14:00-16:00</b>	<b>Creative Arts - Gravesend</b> (invite only) Safeharbour Memory Wellbeing Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> The Cyclopark, Gravesend