

## Wellbeing Groups Schedule: 30/06/25 – 04/07/25

Mon

30th

**No groups**

Tue

1st

10:30-12:30

**West Kingsdown Memory Cafe**

West Kingsdown Village Hall

11:00-13:00

**Pétanque**

The Railway Inn, Gravesend

18:30-20:30

**Kindred Spirits - Young Onset** (Invite required)

Crazy Golf, Bluewater

Wed

2nd

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

**Creative Arts - Dartford**

Temple Hill Community Centre

Thu

3rd

10:30-12:30

**Gravesend Guru Nanak Memory Cafe**

Guru Nanak Wellbeing Centre

10:30-12:30

**Hoo Peninsula Memory Cafe** (Speaker: Kelly Chable, ADSS Home Energy Advisor)

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

4th

10:00-12:00

**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