

Wellbeing Groups Schedule: 07/07/25 – 11/07/25

Mon
7th

No groups

Tue
8th

10:30-12:30

Walk & Talk Gravesend
Gravesend Promenade Café

12:50-14:20

Dartford Gurdwara
8-10 Highfield Road, Dartford, DA1 2JJ

13:30-15:30

Strood Memory Cafe
Strood & Frindsbury Working Men's Club

Wed
9th

10:30-12:00

Swanley Peer Support (Booking required)
St Peter's Community Centre

10:30-12:30

Medway Movers (Walking Group)
Eternal Lake Nature Reserve, Rochester

10:30-12:00

Gravesend Peer Support (Booking required)
Safeharbour Memory Wellbeing Centre

12:30-13:30

Harbour Of Hope - Influencer Group (Invite required)
Safeharbour Memory Wellbeing Centre

Thu
10th

11:00-13:00

Crazy Golf
Pirates Cove Adventure Golf, Bluewater

15:30-17:30

Gravesend Carers Peer Group (Booking required)
Safeharbour Memory Wellbeing Centre

Fri
11th

10:30-12:00

Singing Back The Memories - Dartford
Tree Community Centre

13:30-15:30

Swanley Memory Cafe (Afternoon Tea Boxes)
St Peter's Community Centre

14:00-14:45

Chair Fit
The Cyclopark, Gravesend