

## Wellbeing Groups Schedule: 21/07/25 – 25/07/25

Mon 21st	11:00-13:00	<b>Walk &amp; Talk Dartford</b> Dartford Park
	13:30-15:30	<b>Chatham Memory Cafe</b> (TV Game Show Afternoon) Hawaiian Theme St Mary's Island Community Centre
Tue 22nd	10:00-12:00	<b>Swanley Carers Peer</b> (Booking required) St Peter's Community Centre
	13:00-15:00	<b>Picnic In The Park</b> Shorne Country Park
	13:30-15:30	<b>Singing Back The Memories - Rainham</b> United Services Club, Rainham
Wed 23rd	10:30-12:00	<b>Gravesend Peer Support</b> (Booking required) Safeharbour Memory Wellbeing Centre
	10:30-12:00	<b>Singing Back The Memories - Sheerness</b> Sheerness East Working Men's Club
	14:00-15:30	<b>Dartford Peer Support</b> (Booking required) Temple Hill Community Centre
Thu 24th	10:30-12:30	<b>New Ash Green Memory Cafe</b> (Race Night Pete) Hawaiian Theme Redlibbets Golf Club
	10:30-12:30	<b>Medway Carers Peer Support</b> (Booking required) Rochester Baptist Church Hall
	13:30-14:00	<b>Horse Therapy</b> Arrow Riding Centre, Dartford
	17:30-20:30	<b>Carers Learning Programme</b> (Invite required) Safeharbour Memory Wellbeing Centre
Fri 25th	10:30-12:00	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	14:00-14:45	<b>Chair Fit</b> The Cyclopark, Gravesend
	14:00-16:00	<b>Creative Arts - Gravesend</b> (Invite required) Safeharbour Memory Wellbeing Centre