

Wellbeing Groups Schedule: 28/07/25 – 01/08/25

Mon 28th	13:30-15:30	Creative Arts - Walderslade (Writing for Wellbeing) The Net Community Hub, Chatham
Tue 29th		No groups
Wed 30th		No groups
Thu 31st	13:30-15:30	Dementia Cinema Emerson Park, Retirement Village, Swanley
	17:30-20:30	Carers Learning Group (invite only) Safeharbour Memory Wellbeing Centre
Fri 1st	10:00-12:00	Rochester Peer Support (Booking required) The Moat House Coffee Shop
	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