

## Wellbeing Groups Schedule: 04/08/25 – 08/08/25

<b>Mon</b> 4th	<b>No groups</b>
<b>Tue</b> 5th	<div> <div>10:30-12:30</div> <div> <b>West Kingsdown Memory Cafe</b> (Hawaiian Theme)            West Kingsdown Village Hall         </div> </div> <div> <div>11:00-13:00</div> <div> <b>Pétanque</b>            The Railway Inn, Gravesend         </div> </div> <div> <div>18:30-20:30</div> <div> <b>Kindred Spirits - Young Onset</b> (Invite required)            The Flying Boat - Weatherspoon's, Dartford         </div> </div>
<b>Wed</b> 6th	<div> <div>10:30-12:00</div> <div> <b>Swanley Peer Support</b> (Booking required)            St Peter's Community Centre         </div> </div> <div> <div>13:30-15:30</div> <div> <b>Creative Arts - Dartford</b>            Temple Hill Community Centre         </div> </div> <div> <div>13:30-15:00</div> <div> <b>Singing Back The Memories - Northfleet</b>            St Mark's Church Rosherville         </div> </div>
<b>Thu</b> 7th	<div> <div>10:30-12:30</div> <div> <b>Gravesend Guru Nanak Memory Cafe</b>            Guru Nanak Wellbeing Centre         </div> </div> <div> <div>10:30-12:30</div> <div> <b>Hoo Peninsula Memory Cafe</b>            The Fenn Bell Conservation Project         </div> </div> <div> <div>10:30-12:00</div> <div> <b>Singing Back The Memories - Sittingbourne</b>            The Avenue Theatre         </div> </div> <div> <div>12:30-14:30</div> <div> <b>Meopham Carers Lunch Club</b> (Booking required)            Bartellas, Meopham         </div> </div>
<b>Fri</b> 8th	<div> <div>10:30-12:00</div> <div> <b>Singing Back The Memories - Dartford</b>            Tree Community Centre         </div> </div> <div> <div>13:30-15:30</div> <div> <b>Swanley Memory Cafe</b> (Hawaiian Theme)            St Peter's Community Centre         </div> </div> <div> <div>14:00-14:45</div> <div> <b>Chair Fit</b>            The Cyclopark, Gravesend         </div> </div>