

WELLBEING TIMETABLE

Gravesend / Dartford Other
 Dartford
 Gravesend

Free groups, classes and sessions for patients and carers

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|--|
| 10am – 7pm Individual Counselling Gravesend / Dartford | 10am – 4pm Individual Counselling Gravesend / Dartford | 10am – 7pm Individual Counselling Gravesend / Dartford | 10am – 7pm Individual Counselling Gravesend / Dartford | 10am – 4pm Individual Counselling Gravesend / Dartford | 10am – 4pm Individual Counselling Gravesend |
| 10am – 1pm Reflexology Gravesend | 10am – 1pm Aromatherapy Gravesend | 10am – 1pm Reflexology Gravesend | 10am – 1pm Massage Gravesend | 9:30am – 12:30pm Friday Fun Club (under 5s) Gravesend | |
| 0945am – 1pm Walk & Talk Morrisons (1st Monday of month) | 10am – 12pm Hairdressing Gravesend (Salon) | 10:30am – 11:30am Music for Wellbeing Gravesend (Dining Room) | 0945am – 1pm Walk & Talk Morrisons (3rd Thursday of month) | | 11am – 1pm Carer's Cuppa Gravesend (alternate weeks) |
| 11am – 12pm Relaxation Group Gravesend (Gym) | 11am – 12:30pm Craft Group Gravesend (The Green) | 11am – 12:30pm Art Group Gravesend (Dining Room) | 10am – 12pm Bereavement Cuppa Dartford | 12pm – 1pm Men Only Gravesend (Gym) | 11am – 1pm Bereavement Cuppa Swanley Link (monthly) |
| 11am – 12:30pm Art Group Gravesend (Dining Room) | 11am – 12pm Seated Exercise Gravesend (Gym) | 11am – 12pm Breathlessness Class Gravesend (Gym) | 10am – 12pm Hairdressing Gravesend (Salon) | 1:30pm – 4:30pm Junior Kids Club (5 – 10 years) Gravesend | |
| 3pm – 5pm Reiki Gravesend | 12pm – 4pm Reflexology Gravesend | 12pm – 4pm Massage Gravesend | 11am – 12pm Seated Exercise Gravesend (Gym) | 1pm – 3pm Welfare and Benefits Clinic Gravesend (The Green) | |
| | 1:30pm – 3pm Green Shoots Gardening Gravesend (Garden) | 1:30pm – 3pm Green Shoots Gardening Gravesend (Garden) | 1pm – 4pm Reiki Gravesend | 1:30pm – 3:30pm Carer's Course Swanley, Elim Church | |
| | 1:30pm – 3pm Seated Yoga Gravesend (Gym) | 4pm – 5pm Choir Gravesend (alternate weeks) | 7pm – 9pm Bereavement Cuppa Gravesend | | |