



WELLBEING TIMETABLE

Free groups, classes and sessions for patients and carers

Gravesend / Dartford
 Other

Dartford

Gravesend

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 – 1pm Reflexology Gravesend	10am – 1pm Aromatherapy Gravesend	10am – 1pm Reflexology Gravesend	10am – 1pm Massage Gravesend	9:30am – 12:30pm Friday Fun Club (under 5s) Dartford	
10am – 12pm Art Group Gravesend (Dining Room)	10am – 12pm Look Good, Feel Better Gravesend (Salon)	10am – 12pm Art Group Gravesend (Dining Room)	10am – 12pm Bereavement Cuppa Dartford	11am – 1pm Carer's Course Check for dates & venue	11am – 1pm Carer's Cuppa Gravesend (alternate weeks)
11am – 12pm Relaxation Group Gravesend (Gym)	11am – 12pm Seated Exercise Gravesend (Gym)	10:30am – 11:30am Music for Wellbeing Gravesend (Dining Room)	10am – 12pm Look Good, Feel Better Gravesend (Salon)	12pm – 1pm Men Only Gravesend (Clinic Room 1)	11am – 1pm Carer's Cuppa Swanley Link (monthly)
3pm – 5pm Reiki Gravesend	12pm – 4pm Reflexology Gravesend	11am – 12pm Breathlessness Class Gravesend (Gym)	11am – 12pm Seated Exercise Gravesend (Gym)	1:30pm – 4:30pm Junior Kids Club (5 – 10 years) Dartford	
	1:30pm – 3pm Green Shoots Gardening Gravesend (Garden)	12pm – 4pm Massage Gravesend	1pm – 3pm Welfare and Benefits Clinic Gravesend (The Green)		
	4pm – 5pm Choir Gravesend (The Green)		1pm – 4pm Reiki Gravesend		
			7pm – 9pm Bereavement Cuppa Gravesend (alternate weeks)		

To book, please call our Wellbeing Team on 01474 320007