



Community Services Autumn/Winter 2014/15

Mentoring Scheme	You will be matched with a volunteer who will meet you weekly to help support you in your goals.	Contact Germana Lampo
Springboard	Support in finding a volunteer or vocational placement, and be supported during the course of this placement.	Contact Kathy Noble

Venue Information

Almshouses	20 West Hill	Dartford	DA1 2EP
Dartford Library	Market Street	Dartford	DA1 1EU
Adult Education Centre	Highfield Road	Dartford	DA1 2LP
Methodist Church Hall	43 Spital Street	Dartford	DA1 2DX
Riverside Centre	Dickens Road	Gravesend	DA12 2JY
St Anselm's	89 West Hill	Dartford	DA1 2HJ
St. George's Hall	Church Street	Gravesend	DA11 0DJ
Thames Gateway YMCA	Overy Street	Dartford	DA1 1UP
White Oak Leisure Centre	Hilda May Avenue	Swanley	BR8 7BT

Service User Participation:

The Service User's Panel guides Community Services, and service users can speak to their representatives at various venues.



Mondays				
11.00 - 2.00	Riverside Centre, Gravesend	Drop-in	Drop-in (includes a Quiz)	Just Turn Up
2.00 - 4.00	Almshouses, Dartford	Self - Management	Time for Change Group	Contact Us
Various	Almshouses, Dartford	Activity	Springboard	Contact Us
2.30 -4.00	Riverside Centre, Gravesend	Self - Management	Coping with Life Courses	Contact Us
Tuesdays				
11.00 - 12.30	Methodist Hall, Dartford	Activity	Mental Wealth	Just Turn Up
12.30 - 2.00	Methodist Hall, Dartford	Drop-in	Drop-in	Just Turn Up
1.00 - 2.00	Methodist Hall, Dartford	Group	Discussion Group	Just Turn Up
2.30 - 4.30	Almshouses, Dartford	Self - Management	Mindfulness Course	Contact Us
1.30 - 3.30	The Orchard Theatre, Dartford	Activity	Drama Course	Contact Us
Wednesdays				
Various	Almshouses, Dartford	Activity	Springboard	Contact Us
11.00 - 12.30	White Oak Centre, Swanley	Activity	Well Being Service	Just Turn Up
11.00 - 2.00	White Oak Centre, Swanley	Drop-in	Drop-in (includes a Quiz)	Just Turn Up
11.30 - 1.30	White Oak Centre, Swanley	Monthly Activity	Complimentary Therapies	Contact Us
2.00 - 4.00	Almshouses, Dartford	Self - Management	Time for Change Group	Contact Us
4.00 - 5.30	St George's Hall, Gravesend	Activity	Cook and Eat	Just Turn Up
4.00 - 7.00	St George's Hall, Gravesend	Drop-in	Drop-in	Just Turn Up
4.00 - 5.30	St George's Hall, Gravesend	Monthly Activity	Keep Fit	Just Turn Up
Thursdays				
10.30 - 12.30	Dartford Library	Activity	Book Club	Just Turn Up
1.30 - 3.00	St Anselm's, Dartford	Self - Management	Coping with Life Courses	Contact Us
2.00 - 4.00	YMCA, Dartford	Group	Recovery Group	Contact Us
1.00 - 4.00	Almshouses, Dartford	Peer Led Activity	Complimentary Therapies	Contact Us
Fridays				
11.15 - 12.45	White Oak Centre, Swanley	Self - Management	Mindfulness	Contact Us
1.00 - 2.00	White Oak Centre, Swanley	Drop-in	Drop-in	Just Turn Up
10.30 - 12.30	Adult Education Centre, Dartford	Activity	Computer Group	Just Turn Up
Saturdays				
1.00 - 4.00	Methodist Hall, Dartford	Drop-in	Drop-in (includes a Quiz)	Just Turn Up
Self-refer into our services by contacting us or turning up at an open session				