What's on at Sunlight

Feb 2017

Activities which take place at the Sunlight Centre are run by independent organisations and groups and/or the charity Sunlight Development Trust. To find out more about any of the activities please use the contact details below.

	Activity	Time	Contact and other information
Mon	Cardiac rehab	9.00 - 11.30	Debra Chase 077 434 46255
	Insight	9.00 - 5.00	0300 555 5555
	Chinese Elderly Welfare	10.00 – 3.00	01634 294329
	Medway Mermaids (women's writing group)	7.30 – 9.30	2nd Monday of month – medwaymermaids@yahoo.co.uk
Tue	Insight	9.00 - 5.00	0300 555 5555
	One Stop Shop	9.30 - 12.00	Run by K-dash 01622 761146
	Harmony Jam	10.00 - 4.00	07544 314248
	MADFS carers' group	10.00 -12.00	3rd Tuesday of the month 01634 338630
	MACA	1.30 - 4.30	01634 301246
Wed	Insight	9.00 - 1.00	0300 555 5555
	MADFS coffee morning	10.00 -12.00	Last Wednesday of month 01634 338630
	Headway	10.00 – 2.00	medway@headwayselnwk.co.uk
	MADFS singalong	2.00 - 4.00	1st Wednesday of the month 01634 338630
	AA	7.45 - 9.45	01622 751842
Thur	Insight	9.00 - 5.00	0300 555 5555
	High Hopes Gardening Grp.	10.00 - 1.00	www.highhopes.tv
	GKR Karate	7.30 – 9.00	Lewin 07812 089 304 ltuckwell@gkrkarate.com
	Surgery Patient Participation Group	2.00 – 4.00	Last Thursday of each month contact; SCSPPG@yahoo.co.uk
Fri	50+ friendship group	10.00 -12.00	01634 239516 fred.bond@btopenworld.com
	Medway Men in Sheds	10.30 – 2.30	01634 338600
	Tai-chi	1.00 - 2.15	£2.50 per week 01634 338631
	Zesty Zoners	7.00 – 9.00	2nd Friday of month
	Stepping Up	7.30 – 9.30	1st Friday of month
	Wellbeing Cafe	6.00 – 9.00	Facebook.com/TheWellbeingCafe
Sat	Wellbeing Cafe	3.30 – 6.30	Facebook.com/TheWellbeingCafe
	AA	6.30 - 8.00	01622 751842
Sun	Bridge Baptist Church	10.00 -12.00	01634 338683 thebridgebaptistchurchgillingham.org.uk
	Wellbeing Cafe	1.00 – 4.00	Facebook.com/TheWellbeingCafe
	Medway Men in Sheds	1.30 – 3.30	01634 338600

MADFS (Medway Alzheimer's and Dementia Family Support Service)

MACA (Medway African and Caribbean Association)

01634 338600
info@sunlighttrust.org.uk
www.sunlighttrust.org.uk