

# What's on at Sunlight

Jan 2018

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
<b>Mon</b>	Cardiac rehab Insight Chinese Elderly Welfare Medway Mermaids (women's writing group)	9.00 - 11.30 9.00 - 5.00 10.00 – 3.00 7.30 – 9.30	Debra Chase 077 434 46255 0300 555 5555 01634 294329 2 <sup>nd</sup> Monday of month – medwaymermaids@yahoo.co.uk
<b>Tue</b>	Insight One Stop Shop Medway Men in Sheds Harmony Jam MADFS carers' group MACA	9.00 - 5.00 9.30 - 12.00 10.00 – 2.00 10.00 - 4.00 10.00 -12.00 1.30 - 4.30	0300 029 3000 Run by K-dash 01622 761146 01634 581511 – Closed group session 07544 314248 3rd Tuesday of the month 01634 581511 01634 301246
<b>Wed</b>	Insight Medway Men in Sheds Medway Men in Sheds MADFS coffee morning Headway MADFS singalong High 5 Netball skills AA	9.00 - 1.00 9.00 - 1.00 1.00 – 3.00 10.00 -12.00 10.00 – 2.00 2.00 - 4.00 5.00 – 6.00 7.45 - 9.45	0300 029 3000 01634 581511AM Closed group session Registrations and booked appointments Last Wednesday of month 01634 581511 medway@headwayselnwk.co.uk 1 <sup>st</sup> Wednesday of the month 01634 581511 Yrs 5 & 6 – Dawn 07922128595 01622 751842
<b>Thur</b>	Insight High Hopes Gardening Grp. Craft & Up-cycling session Mens Health Group GKR Karate Surgery Patient Participation Group	9.00 - 5.00 10.00 - 1.00 10.00 - 12.00 5.00 – 8.00 7.30 – 9.00 2.00 – 4.00	0300 029 3000 www.highhopes.tv 07421 991004 info@craftworkcommunity.org.uk 01634 581511 Lewin 07812 089 304 ltuckwell@gkrkarate.com Last Thursday of each month contact; SCSPPG@yahoo.co.uk
<b>Fri</b>	50+ friendship group Medway Men in Sheds Tai-chi Wellbeing Cafe	10.00 -12.00 10.30 – 2.30 1.00 - 2.15 6.00 – 9.00	01634 280369 –Margaret 01634 581511 Closed group session £2.50 per week 01634 581511 Facebook.com/TheWellbeingCafe
<b>Sat</b>	Wellbeing Cafe Craft & Up-cycling session AA	3.30 – 6.30 4.00 – 6.00 6.30 - 8.00	Facebook.com/TheWellbeingCafe 0742 991004 info@craftworkcommunity.org.uk 01622 751842
<b>Sun</b>	Bridge Baptist Church Wellbeing Cafe	10.00 -12.00 1.00 – 4.00	thebridgebaptistchurchgillingham.org.uk Facebook.com/TheWellbeingCafe

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

MACA (Medway African and Caribbean Association)

01634 581511  
info@sunlighttrust.org.uk  
www.sunlighttrust.org.uk