

What's on at Sunlight

Updated
Feb 2020

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 077434 46255
	Medway Men in Shed Music	10.00 - 2.00	01634 581511 Closed Group Session
	Chinese Elderly Welfare Association (K-Ying)	10.00 – 2.00	01634 294329
	Medway Mermaids (women's writing group)	7.30 – 9.30	2 nd Monday of month – medwaymermaids@yahoo.co.uk
Tue	One Stop Shop	9.30 - 12.00	Run by Choices 01622 761146
	Harmony Jam	11.00 - 5.00	
	*MADFS carers' group	10.00 -12.00	3rd Tuesday of the month 01634 581511
	Medway Men in Sheds	10.00 – 2.00	Green Group – 01634 581511 closed group session
	**MACA	1.00 - 4.00	01634 301246
Wed	Sweaty Mama	9.30 – 10.30	Fun workouts with your child –book at sweatymama.com
	Medway Men in Sheds & WBC	1.00 – 3.00	Registrations and booked appointments 01634 581511
	MADFS coffee morning	10.00 -12.00	Last Wednesday of month 01634 581511
	Headway	10.00 – 2.00	cilrathome@yahoo.co.uk
	MADFS singalong	2.00 - 4.00	1 st Wednesday of the month 01634 581511
	High 5 Netball skills AA	6.00 – 7.30 7.45 - 9.15	Yrs 5 & 6 – Dawn 07849746377 (term time only) 01622 751842
Thur	Careers Service drop in	9.30 – 12.00	Sally Morton 07732680327
	High Hopes Gardening Grp.	10.00 - 1.00	www.highhopes.tv
	Men In Sheds Health Group	5.00 – 8.00	01634 581511 Closed group session
	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	£2 per week – ask at reception for details
	Medway Men in Sheds	10.30 – 2.30	01634 581511 Closed group session
	Infinite Tai-chi	1.00 - 2.15	£2.50 per week 01634 581511
	Talk Club	7.00 – 9.15	Last Friday of month. Men's mental health support group
	Wellbeing Cafe	6.00 – 9.00	Facebook.com/TheWellbeingCafe 01634 581511
Sat	Sweaty Mama	9.00 – 10.00	Fun workouts with your child –book at sweatymama.com
	Wellbeing Cafe	3.30 – 6.30	
	AA	6.30 - 8.00	Facebook.com/TheWellbeingCafe 01634 581511 01622 751842
Sun	Bridge Baptist Church	10.00 -12.00	thebridgebaptistchurchgillingham.org.uk
	Wellbeing Café	1.00 – 4.00	Facebook.com/TheWellbeingCafe 01634 581511

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

**MACA (Medway African and Caribbean Association)

01634 581511
info@sunlighttrust.org.uk
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