



Heart In The Community

Wellbeing Services & Groups

Peer Support Coffee Morning

Have you been struggling with your health? Would you like to get out and meet others? Then please join us, every Wednesday 11-12pm free tea & coffee @ the recycle shop Birchington.

Age UK dementia drop-in

Pop in and have a chat to Age UK specialists every other Wednesday, 12-2pm free tea / coffee @the recycle shop Birchington.

The wellbeing workshop

Every Thursday in Birchington library 2-3pm. Free tea & coffee, chance to get out and meet others and engage in a positive activity all about good wellbeing, this is well attended popular group.

Holistic Therapy Day

Massage, reflexology, relaxing facials, head neck and shoulders. This day is held once a month @ the recycle shop by appointment only pls call for next date and to book an appointment...

Lunch Club

Every Friday 12-2pm at the Veterans Association, 2 surrey gardens Birchington. Discounted sandwiches, tea, coffee, snacks, warm space, dementia friendly. Please come along and join us for anyone who is lonely and isolated would like to get out and meet others.

(Our groups are open to anyone of any age over 18, our groups promote good mental health as well as combating loneliness and isolation)

If you would like any further information pls email heartinthecommunity@gmail.com

Or if you have any further questions regarding our groups pls call 07885917419

Heart In The Community CIC (14766881) The office 34 Station road Birchington CT7 9DQ