

Appendix 6 Activities that may be affected under the proposal

The organisations that run these groups do receive funding from other sources.

The lead providers have given us the following information on what the impact of the proposal could be.

Social Enterprise Kent (SEK) has told us that the following activities could be affected:

Age UK Hythe, Lyminge and Ashford	
Activity Medley Tuesdays	Quizzes, Board games, reminiscence
Activity Medley Fridays	Arts, Crafts and board games
Bingo	Bingo
Book Club	Monthly Book group
Crafty Tuesday	Crafts, Hobbies and painting activities
Fit and Fun	A range of fun Fitness activities
Get Active	Skittles, Curling, Boules
Golden Oldie Youth Club	Full day of activities with a 2-course lunch, transport is available for this service.
Low Impact Aerobics	Low Impact Aerobics
Painting and Drawing	Painting and Drawing
Seated Exercise	Fun Fitness activity, suitable for all
Seated Yoga	Seated Yoga
Shed Project	Making, mending and painting activities based in our garden shed
Singing with Nina	Fun sing along activity
Thursday Thinkers	Quizzes, Reminiscence activities
Walking Football	Walking Football
Weekend Wellness Low Impact Aerobics	Low Impact Aerobics
Weekend Wellness Yoga	Wellness Yoga

Your Leisure	
Aero, Stretch and Tone (gentle)	‘Aero, Stretch and Tone (gentle)’ is a fun low-impact class first consisting of an aerobic warm up to get you going. This is a full-body workout to improve flexibility, stability, & core strength.
Balance for Wellness	This class offers a comprehensive approach to physical wellness by combining exercises that enhance flexibility, build strength, & improve balance.
Balls & Bands Wednesday	A gentle seated chair class utilising balls & bands for low-impact resistance to assist with day to day functional movements. Great for muscle pain & improving muscle flexibility & rehabilitation.
Balls & Bands Friday	A gentle seated chair class utilising balls & bands for low-impact resistance to assist with day to day functional movements. Great for muscle pain & improving muscle flexibility & rehabilitation.
Boxfit (gentle)	Boxfit (gentle) is a cardio workout based on boxing techniques using gloves & pad work. Suitable for all levels, this non-contact workout will see you improve your agility, strength & overall fitness.
Dance for Wellness	Dance & social class for older adults who want to start dancing & moving for improved health & wellbeing. This fun class will include various dance styles & movement to music.
FloatFit	FloatFit is a refreshing workout & an effective way to achieve your fitness goals using a pool balance board. Navigating the floating mat sharpens your balance & coordination skills.
FloatFit Express	A fun & low-impact workout on water to build fitness, strength & balance using a pool balance board. Express is a 30-minute total body workout for multiple muscle groups. Suitable for beginners.
Fun Fit Circuit (gentle) Wednesday	A low to medium intensity class, that mixes body conditioning & resistance training with aerobic conditioning. Improves both strength & muscular endurance as well as improving cardiovascular health.
Fun Fit Circuit (gentle) Fridays	A low to medium intensity class, that mixes body conditioning & resistance training with aerobic conditioning. Improves both strength & muscular endurance as well as improving cardiovascular health.
Gentle Mat Yoga	A slow-paced, supportive practice to improve flexibility, balance, & strength while

	moving with ease & awareness. Ideal for those looking for a steady, grounding yoga practice. Suitable for beginners.
Good Boost Aqua	Good Boost is a water-based rehabilitation programme designed to be fun & beneficial for people with a range of musculoskeletal conditions. It uses AI & tablets & is very popular. 2 Different Locations, 4 days a week.
Legs, Bums & Tums	'Legs, Bums & Tums' (LBT) is a classic! It is an aerobic cardio class, despite the structure being aerobic, LBT focuses on strength training, building strength, while increasing your energy levels.
Nordic Walking	Nordic Walking is a fun & social activity that uses specially designed poles to work your upper body & legs. Great for improving fitness, reducing joint strain & toning muscles compared to normal walking.
Over 55s Swimming Lessons	It's never too late to learn to swim & enjoy
Pickleball	Easy to pick up & a great way to exercise, pickleball is fast becoming one of the most popular racket sports in the world. It's a fun, low-impact & social sport.
Restorative Yoga	A deeply relaxing class using longer-held, supported postures to release tension, improve circulation, & restore energy levels. Great for relaxation & overall wellbeing. Suitable for beginners.
Stretch & Tone (gentle)	'Stretch & Tone' is a low-impact, low-intensity workout that will tone your muscles, increase your range of motion & flexibility, & help you to relieve stress. Stretching your muscles will increase your flexibility, which will improve your overall wellbeing.
Walking Netball	Walking Netball is a modified version of netball for women of all ages & fitness levels. It offers health benefits, fun, laughter & social interaction for netball lovers & beginners.
Yoga for Arthritis, Aches & Pain Tuesdays	A gentle, (chair-based) accessible class designed to ease stiffness, improve mobility, & build strength with supportive movement & breathwork. Perfect for those managing arthritis or chronic aches.
Yoga for Arthritis, Aches & Pain Wednesday	A gentle, (chair-based) accessible class designed to ease stiffness, improve mobility, & build strength with supportive movement & breathwork. Perfect for those managing arthritis or chronic aches.
Yoga for Mental Health	A calming mat & chair-based class focused on reducing stress & improving emotional wellbeing through mindful movement, breathwork, & relaxation techniques.

Romney Marsh Community Hub	
Art Club	Our weekly art club is for everyone, regardless of artistic skill or experience so why not join us and learn a new skill or develop your talents
Arthritis Peer Support Group	Currently held at the Hub while car park is closed at Hub on the Beach.
Bereavement Support group	If you are struggling after the loss of someone close and would like to come and chat to others that are going through the same process, please come and join us for tea/coffee and a chat. Finding
Book Club	A fun way to enjoy books, meet new people, learn new perspectives and participate in some healthy debate.
Busy Hands Craft Club	An opportunity to come together with other likeminded people to share knitting and crocheting skills.
Cancer Support Group	If you are living with or beyond cancer, you are welcome to come along to our support group to meet others who have had similar experiences. Carers/family welcome Fridays may have speakers and information and advice provided and Wednesdays provides more of a chance to chat
Dance Fit	This is class to get you moving to the beat. All abilities welcome
Diabetic Peer Support Group	A peer support group for those living with diabetes.
Ex Armed Forces Veterans Drop In	Come along for a chat and a coffee and cake. We meet monthly on the 2nd Friday advice and help is available. Breakfast club every 4th Friday 20% off breakfast for all Ex armed Forces. Come and join our friendly group. Friends and family welcome too.
Feel Good Fridays-Legs, Bums and Tums	This class focussing in on specific areas of the body. Working on core strength and building strength and flexibility in the lower half of the body. Come and join this activity that is all done to music.
Feel Good Fridays-Seated Exercise	Our third session of the week for our ever-popular seated exercise workout. Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. Join our instructors for fun and friendly exercise to music.
Finess Pilates	Fitness Pilates with Christine. This is a gentle class with an emphasis on building your core strength. Fitness Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Fitness Pilates, like yoga, can help with back pain and also help those who suffer with anxiety and

	depression. Everyone welcome, from beginners upwards.
Fitness	Come along to this fun class to socialise and get fit with friends. Workout is with music and an emphasis on enjoyment.
Friendship Group	A weekly social gathering for tea and chat.
Karate	This class is led by Neil a 7th Dan instructor to all over the age of 5. Great for coordination, strengthening agility and flexibility. A disciplined martial art that grows confidence and helps with balance and overall fitness as well. Come and join our friendly group and learn some self-defence along the way.
Legs Bums and Tum	This class focussing in on specific areas of the body. Working on core strength and building strength and flexibility in the lower half of the body. Come and join this activity that is all done to music.
Line Dancing	Join us on Thursday afternoons and very soon you'll know the difference between the two-step and the Cowboy Cha Cha! Not only is line dancing a huge amount of fun, it is also great for your physical and mental wellbeing. Though you are moving constantly during the dances, it is easy on the joints and it can reduce stress levels, increase energy levels, improve strength and decrease blood pressure.
Make the Most of Mondays – Crafty Club	Why not join us for a friendly afternoon of making and creating! Crafty club is on every Monday (except bank holidays) Materials provided, there is something for everyone, including quilling card making knitting and needle work. Workshops take place within Crafty club about once a month and must be booked in advance for all workshops.
Make the Most of Mondays – Fitness	Start your week with a boost of energy. Come along to this fun lively class to socialise and get fit with friends.
Make the Most of Mondays – Games Club	Come and join us for a pleasant afternoon playing games of your choice including: Bridge, Crib, Dominoes, Cards, Monopoly, Scrabble and many more.
Make the Most of Mondays – Seated Exercise	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with support, are an excellent option after a fall or illness, or if you have limited mobility.
Memory Lane	A chance for a get together to recall and look back on themed events. Led by experienced members of our team.
Pilates	With our Instructor Paul. This is a gentle class with an emphasis on building your core strength. Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Pilates, like yoga, can help with back pain and also help

	those who suffer with anxiety and depression.
Salsa	New for 2025. Salsa with Jess a class for all abilities. This is a great class with a fun atmosphere where you can learn cross body salsa and other styles too.
Seated Exercise	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible.
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Seated Exercise Tailored for those with Arthritis, Stroke, Parkinson's	A specific seated exercise class to music for those living with arthritis, Parkinson's and effects of a stroke. The instructor is a qualified occupational therapist with years of experience of teaching. The class is a more bespoke session focused on the individuals needs and capabilities.
Seated Tai Chi	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain. It is a great choice if you are looking to improve your overall wellbeing.
Seated Tai Chi	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain. It is a great choice if you are looking to improve your overall wellbeing.
Stroke Peer Support Group	Currently held at the Hub while car park is closed at Hub on the Beach.
Sunflower Memory Café (St Marys Bay)	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and in time, day trips.
Sunflower Singers	Sunflower Singing Group with Rebecca Lodge Birkebaek. Come and join our friendly group, beginners welcome. Singing really helps with any breathing conditions including COPD
Sunflower Memory Café	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and at times, day trips.

Tai Chi	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways
Walking Group	Come and join the walking group; enjoy social conversations and then
Yoga	Join our experienced Yoga teacher Beki for a positive class of yoga for all-beginners welcome as well as those more advance in the practice.
Yoga	This is a gentle class and ideal for beginners. Yoga is a great exercise for the body and mind as it improves strength, balance, flexibility and reduces levels of stress. It can also ease pain and improve mobility for people with lower back issues; as well as ease discomfort from tender, swollen joints for people with arthritis.
Yoga	Our Second Yoga class of the week with instructor Alex, allows you to continue with your practice and build your strength. Very relaxing and with a mindfulness focus.
Age UK Thanet	
Age UK Quiz time	Exercise your brain and see if you can be the next mastermind. Better still get a team together to accumulate vast knowledge
Bingo at Mecca	Play bingo at Mecca morning session with a drink, make new friends who have the same interests
Cardio Rehab	Participate in a full body exercise circuit to promote health and wellbeing
Chair based exercise	Participate in chair based gentle exercise to promote health and wellbeing
Chi ball & refreshments	A combination of Yoga, Pilates, Tai Chi, and Meditation using a coloured ball using the philosophy of traditional Chinese arts
Coffee morning/Lunch club	Make friends with likeminded people and socialise while having refreshments, enjoying lunch and enjoying quiz/bingo or live entertainment
Digital Inclusion	A bookable or turn up in the hub and discuss any concerns regarding anything digital
Games club	A friendly group that enjoys the challenge of board games and gentle competitive games whilst chatting
Gardening with Rory	Learn how to get green fingers learn from the best on weeding, pruning, and planting
Knitting and Crochet club	A very chatty interactive group learning to Crochet with likeminded people who like to put their skills to good practice and finishing projects
Macular Degeneration coffee morning	people who live with Macular Degeneration and listen to guest speakers
Osteoporosis Support Group	Peer to peer group to support people with Osteoporosis.

Quiz at the racing grey hound	Come and join in the general knowledge quiz, get a team together to see how knowledgeable you are.
Tinnitus coffee morning	Come along and learn coping mechanisms with people who are living with tinnitus
Yoga	Come and participate in yoga gentle exercise to promote health and wellbeing
Age UK South Kent Coast	
Art-Tec Mondays	Bring your own project along or craft with us – beginners very welcome.
Beginners Pickleball	It's the world's fastest-growing sport for one thing, and a cross between tennis, badminton and table tennis for another!
Coarse Fishing	Looking to get back into fishing or fancy giving it a go for the first time? Join us from Friendly Fishing Thursdays
Folkestone Men's Shed	Space for men aged 55+ to come together, to meet, share skills and put the world to rights over a brew. New shedders always
Garden Club	Our Garden Club is responsible for looking after the allotments and raised beds at The Marigold Centre. A small group that meets,
Marigold Social Club	Join Joan, Jerry, Gemma ... and Teddy (our resident dog) for fun, laughter, activities and games.
Padel	Special discount for over 55s, no need to book, just turn up and play!
Pickleball	A cross between tennis, badminton and table tennis, a slower game than tennis, played on a badminton court with a low net the ball must bounce before being returned.
Pilates	Take up Pilates to improve your posture, core strength and balance.
Walking Cricket	Offered in partnership with Three Hills Sports Trust as part of their Active 50 programme, come and enjoy a slower-paced version of cricket with refreshments afterwards.
Women's Walking Tennis	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun.
Beginners Ballet	Beginners Ballet
Beginners Tap	New course starts each school half-term.
Beginners Ukulele	Come along and learn to play the ukulele – bring your own, or borrow one of ours.
Bingo	Eyes down for your chance to win a cash prize, everyone welcome!
Boccia	Pronounced bot-cha, a seated game similar to bowls, developed for the Paralympics.

	The aim of the game is to throw your ball as close to the jack as possible.
Chair Yoga	Stretch and strengthen your body from the comfort of a chair with a qualified yoga teacher. Help to ease out stiffness in those joints to help with everyday movement. Techniques to help breathing and relaxation. Includes a hot drink afterwards.
Chair Yoga	This gentle form of yoga performed while seated and with the support of a chair, making it accessible for individuals with limited mobility. Improve your flexibility and strength without strain.
Craft Club	Bring your own project along or try something new. Refreshments included in the session price.
Cream Tea & Chat	Join Jo for a delicious cream tea and friendly conversation, come alone or with friends.
Digital Support	Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network who have some great knowledge to help and advise you on getting
Honey the P.A.T Dog	Clare and Honey, the P.A.T Dog will be visiting The Deal Centre on alternate Fridays starting this Friday. 10 January from 10am – everyone welcome!
Intermediate Ballet	New course starts each school half-term.
Intermediate Tap	communityoutreach@ageukskc.org.uk
Introduction to Indoor Bowls	Fancy giving bowls a try
Latin/Line Dance	New course starts each school half-term.
Line Dance	Line Dance
Men's Group	A chance for men to get together and talk man stuff, while overlooking the Channel in the Cockpit Café.
Modern Dance/Jazz	Modern Dance/Jazz
Motorbike Meet-up	Biker breakfast for £4 or sausage/bacon bap for just £1.50!
Osteoporosis Support Group	A new location for this support group – feel free to come along to this group for peer support, help and advice on osteoporosis. Join us for a friendly chat over a cup of tea.
Scrabble Club	Come and join us for our new scrabble club – bring your own board or use one of ours. No need to book, and beginners are very welcome.
Singing for Pleasure	A friendly, informal group who share a love for singing. Singing a cappella from a songbook, from folk songs to musicals - and everything in

	between!
Skylarkers	Join our small friendly group for art and singing on alternate weeks – everyone is welcome, no need to book.
Stretch & Tone	communityoutreach@ageukskc.org.uk
Versus Arthritis Deal	Peer support for anyone with arthritis conditions. Join us for a friendly cup of tea and a chat.
Walking Tennis	Walking Tennis offers a slower format of the traditional
Whist	Whist is a classic English trick-taking card game which was widely played in the 18th and 19th Centuries.
Yoga	Suitable for all levels - build strength and flexibility, reduce pain, improve sleep, reduce worry.

Involve Kent currently provide the following groups and activities with subcontracted providers. If proposals are implemented Involve will contract 8 activities in West Kent and 12 activities in North Kent.

North Kent	
Age UK Kent Rivers	Offers befriending, social activities, gentle guided walking groups, maintenance cognitive and stimulation therapy, wellbeing sessions and sessions for people living with dementia in Dartford.
Citizens Advice North and West Kent	Provides specialist advice across Dartford, Gravesham and Swanley.
Council For Voluntary Service (North West Kent) (CVSNWK)	Offers a social group, community shop, craft activities and signposting in north Kent
Every Step Counts (Swanley Town Council)	Provides accessible exercise classes in Swanley.
Guru Nanak Darbar Gurdwara	Offers social groups, single-sex exercise classes and art classes specifically for the Sikh community in Gravesend.

Healthy Living Centre Dartford	Provides exercise classes, social groups, arts, crafts, cooking, digital inclusion sessions and nature-based activities.
Swale Community Leisure – Gravesham	Offers exercise classes, yoga and gym memberships with personal trainer support.
Kent Arts & Wellbeing	Provides wellbeing art classes in Gravesham, including painting, drawing, ceramics, photography and collage.
Kent High Weald Partnership	Offers a 'connect with nature' programme, facilitated by trained support worker across the Dartford, Gravesham and Swanley area.
Keep Phytt	Is a specialist physiotherapist-led exercise class in West Kingsdown, near Swanley.
No Walls Gardens	Offer nature-based wellbeing activities in a safe space in Northfleet, including growing produce and flowers, woodwork and creating habitat for wildlife.
North Kent Caribbean Network	Operates in Gravesham and holds a weekly group, providing hot lunch for members and enables members from the Caribbean community to share experiences and personal contributions to Kent life and socialise.
North West Kent Countryside Partnership	Is based near Dartford in Darenth County Park to support mental health through nature-based activities, and in Swanley Park facilitating guided wellbeing walks.
Rethink Mental illness	Provides specialist support groups and 1-to-1 support for the Black, Asian and Minority Ethnic Community in Gravesham as well as creative classes.
The Chatty Café Scheme	Operates across Dartford, Gravesham and Swanley to deliver a 12-week telephone befriending scheme with matched befriender to tackle isolation for those unable to attend in-person groups.
The Grand	Hosts social groups, exercise classes, language classes, singing groups and digital inclusion sessions in Gravesham.
Walk Tall	Offers a weekly evening social group and singing group in Gravesham.

West Kingsdown Boxing Club	Hosts specialist exercise classes for those with Parkinson's Disease.
Crockenhill Petanque Club	Near Swanley, hosts a variety of social events and offers support to set up more local groups.
Dartford Borough Council	Provides specialist culturally-sensitive exercise groups, including Bangladeshi-specific and South Asian sessions in the Dartford area.
Kent Equalities Cohesion Council	Offers community events, social activities and separate Asian men's and Asian women's yoga groups across north Kent
CAS Community Solutions – Gravesham	Provides drop-in sessions, a social group, digital inclusion sessions and arts and craft activities
West Kent	
Age UK Maidstone, Sevenoaks and Tonbridge	Offers exercise and social groups in Maidstone and Sevenoaks.
Blackthorn Trust	Based in Maidstone, provides nature-based wellbeing craft and gardening activities with lunch in the on-site café.
Cast a Thought - Maidstone and Tonbridge	Hosts nature-based wellbeing fishing courses and social activities.
Citizens Advice North and West Kent	Gives specialist advice in Sevenoaks, Tonbridge and Tunbridge Wells.
Communigrow - Tonbridge	Provides nature-based wellbeing activities, including growing and making crafts in a community garden.
Tunbridge Wells Community Car Service	Community Car Service
East Malling Community Centre	Hosts a regular social group including hot drinks, sandwiches and cake.
Edenbridge & Westerham Citizens Advice	Gives specialist advice in the Sevenoaks area.

Edenbridge Town Council Sevenoaks	Provides a weekly social games group with lunch.
ESO European School of Osteopathy	In Maidstone, operates across west Kent and offers a specialist exercise class for those with neurological disorders including Parkinson's Disease and their partners.
Every Step Counts – Sevenoaks	Provides accessible exercise classes in Riverhead.
Fusion Healthy Living Centre Maidstone	(Parkwood) Hosts accessible exercise classes, social and games groups and digital inclusion activities which all include a social element in the on-site café.
Groundwork South	Offers specialist support and advice on reducing energy bills and keeping warm across west Kent
Hadlow St Mary's Church	Hosts craft and social groups in the church itself, in Hadlow village and the nearby café and library.
Hands of Hope - Tunbridge Wells	Provides nature-based and craft activities including planting, woodwork, beekeeping, orchard maintenance, conservation, cooking and heritage crafts.
Heart of Kent	In Maidstone provides specialist support drop-in sessions for people with life-limiting illnesses and bereavement support for those who have lost a loved one at the Heart of Kent Hospice.
Swale Community Leisure Maidstone	Offers exercise classes (including low-impact), social opportunities, swimming at Mote Park Leisure Centre and membership at Hermitage Park power-assisted gym under guidance of qualified personal trainer.
Keep Phytt	Provides specialist physiotherapist-led exercise classes in Snodland and Hadlow.
Kent Arts & Wellbeing	Provides wellbeing art classes in Shepway, including painting, drawing, ceramics, photography and collage.
Kent High Weald Partnership	Offers nature-based wellbeing activities in a community allotment, including food growing and craft activities in Tunbridge Wells.
Kent Wildlife Trust Maidstone and Sevenoaks	Hosts nature-based 'Wilder Wellbeing' programmes at Tyland Barn and Sevenoaks Wildlife Reserve.

Maidstone Museum	Offers art groups, cultural groups and opportunities to learn about and handle artefacts that are not on display to the public.
Medway Valley Countryside Partnership	Covers Maidstone and Tonbridge areas and provides guided wellbeing nature walks across various sites
Sevenoaks Volunteer Transport Group	Offers reliable, accessible and reliable volunteer transport service for those who cannot manage on public transport.
Spadework near West Malling,	Provides nature and social activities including horticulture, woodwork, sewing, book group and a gentle wellbeing walking group.
The Amelia Scott in Tunbridge Wells	Offer an exhibition curating course which includes research and display of museum artefacts.
The Chatty Café Scheme	Operates across west Kent to deliver a 12-week telephone befriending scheme with matched befriender to tackle isolation for those unable to attend in-person groups
The Heart of Headcorn	Runs social groups in a community hub including games group, widows' social group, meditation for wellbeing and coffee mornings, singing and stargazing.
Tonbridge Oast Theatre	Hosts arts and culture activities including stage design and building, props and costume design /making.
Tonbridge Baptist Church	Provides social days including lunch, games and entertainment.
Trinity Theatre	Offers both classical singing and musical theatre groups as well as seated and standing exercise groups in Tunbridge Wells

Imago Community has stated that activities provided by the following organisations and places could be affected:

Tenterden Social Hub	Supports local residents as well as those from nearby rural areas. Offering a range of physical activity, gardening, reminiscence and singing groups.
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Age UK Canterbury	Provides opportunities for friendship and activities that promote health and independence and has recently started offering activities for physical and mental stimulation including arts and crafts, pottery, reading, befriending by phone, textiles, lip reading and board game sessions.
Northgate Community Centre (Northgate Ward and Canterbury City)	Provides a space for people to seek support, gather information, and participate in various activities such as bingo, discos, bowls, health sessions and befriending
West Faversham Community Centre	Is a charity that offers various affordable services and used the income generated to improve the lives of local residents. It offers a 1-to-1 supported gym, fitness, bingo, accessible sports, dance and social groups.
Kentish Stour Countryside Project	Collaborates with landowners and local communities to enhance landscape and nature conservation while creating respectful access and informal recreation opportunities. It is a collaborative effort among sponsoring organisations, staff, and community members.
Healing Through Horses	offers personalised sessions designed for individuals or groups, considering their needs and delivered in a safe and private environment to support calming of the body and mind.