




## HEALTHY LIFESTYLES ACTIVITIES IN DARTFORD, GRAVESHAM AND SWANLEY

**Please also visit the ACTIVE KENT Internet site:**

**[www.activekent.co.uk](http://www.activekent.co.uk)**

Due to circumstances beyond our control, the activities and schemes listed below may change or be cancelled without prior warning. Therefore, we advise that you make contact with the organiser to confirm the current details of each activity or scheme, and any cost involved, before referring a patient.

Name of activity	Location and time	Criteria i.e. age, BMI, etc	Referral process	Cost
<b>Dartford</b>				
<b>Assorted activities at the St Edmund's Church Living Well – the Healthy Living Centre for Dartford</b>	St Edmund's Church Living Well, St Edmund's Road, Temple Hill, Dartford, Kent. DA1 5ND Telephone : 01322 311201 Email : <a href="mailto:info@stedmundsdartford.org.uk">info@stedmundsdartford.org.uk</a>	Various ages	Self referral, mostly	Some activities may include a small cost.
<b>Don't Sit, Get Fit</b>  The aim of Don't Sit Get Fit is to reduce child obesity in 8 to 14 year old children through promoting physical activity and healthy eating.	For more information contact:  St Edmund's Church Living Well, St Edmund's Road, Temple Hill, Dartford, Kent. DA1 5ND Telephone : 01322 311201  Email: <a href="mailto:dsgfdartford@yahoo.co.uk">dsgfdartford@yahoo.co.uk</a>	8 -14 years	Referral from dietician/school nurse /GP   E:\healthy weight\ PbC\Dynamo referral	Free of charge


<b>Acacia Fitness Centre -</b> Services offered on referral or self referral for Weight Management	<u><a href="mailto:Naomi.Coupland@btinternet.com">Naomi.Coupland@btinternet.com</a></u> or <u><a href="mailto:clive@excellenceleisure.co.uk">clive@excellenceleisure.co.uk</a></u> Telephone: 01322343490	Adults	Referral or self referral   G P Referral Form NEW.doc  contraindications	A one off charge of £24 plus an assessment fee of £25 and £3.30 for each session attended.
<b>Aerobics</b> - These fun and friendly classes aim to help Individuals become more active and are suitable for people who are new to exercise	St Edmund's Church Living Well, St Edmund's Road, Temple Hill, Dartford, Kent. DA1 5ND Telephone : <b>07708 599737</b>  Mondays_from 7:00pm – 8:00pm  Church Road Hall, Church Road, Swanscombe, Kent, DA10 Telephone : <b>07708 599737</b>  Tuesdays from 7.00pm -8.00pm	All ability levels	Self referral	£1.50 per session
<b>Supple Strength</b> – a blend of yoga, pilates, strength and flexibility	St Edmund's Church Living Well, St Edmund's Road, Temple Hill, Dartford, Kent. DA1 5ND Telephone : <b>07708 599737</b>  Mondays from 6:00pm - 6:45pm Thursdays from 7.00pm – 7.45pm	All ability levels	Self referral	£1.50 per session
<b>“Naturally Active” – Health Walks</b>	Health walks in North West Kent, every Monday. For more information and to confirm the time and location of the walk call Simon Platt on <b>01322 294727</b> or <b>07740 185342</b>	All ages	Self referral	Free of charge


<b>Dartford Health Walks</b> (Walking for Health)	Every Thursday at 11.30am meeting at the War Memorial, opp. Dartford Library, Town Centre.  The walk lasts about between 30 minutes to an hour, and is ideal for people who currently take little or no exercise or who want to meet new people and get active	All ages		Free of charge
<b>Postural Stability Classes</b> – falls prevention class which builds up strength and confidence	The Limes Day Centre, Brent Lane, Dartford, DA1 1QN  Please contact the Instructor Sarah on 01474 747339 to be allocated a place	60+	Self referral	Free of charge

Gravesham / Gravesend				
<b>Assorted activities at The Gr@nd Healthy Living Centre</b>	<p>The Gr@nd Healthy Living Centre  <b>Phone:</b> 01474 320123  <b>email:</b> <a href="mailto:grand@gravesham.gov.uk">grand@gravesham.gov.uk</a></p> <p>Including Back to Work support, Silver Surfers and stop smoking support.</p>	Various ages	Self referral, mostly	Some activities may include a small cost.
<b>Don't Sit, Get Fit</b> The aim is to reduce obesity in young people by working with them and their family.	<p>12 week family programme aimed at families with a child whose BMI is in the 91<sup>st</sup> centile. Runs at a variety of venues</p> <p>Contact the Don't Sit Get Fit team on 01474 32 01 23 for more information and advice or via email <a href="mailto:amit.hayer@gravesham.gov.uk">amit.hayer@gravesham.gov.uk</a></p>	5 to 13 years.	Self referral or referral by GP using the following forms -	Currently free of charge.
<b>Gentle exercise classes</b> – classes are suitable for all abilities and can be adapted so you can do them sitting down.	<p>St John's Church, Wednesday, 1pm  Gravesend Age Concern, Clarence Row, Tuesday, 12pm and every other Friday at 11.30am  Northfleet Age Concern, Coldharbour Road, Thursday, 11.30am  Higham Age Concern, every other Friday, 11.30am  Mullender Court, Chalk Road, Thursday, 11.45am</p> <p>For more information Contact Sarah from Athena Fitness on 01474 747339</p>	Older people	Self referral	There is usually a small charge of approx £1 - £2, which can be confirmed by contacting the instructor.

<b>Postural Stability Classes</b> – falls prevention class which builds up strength and confidence.	Gravesham Place  Please contact the Instructor Sarah on 01474 747339 to be allocated a place	Older people.	Self referral	Funded through Chances for change
Health Walk	1-2 mile route starting and finishing at the Civic Centre  Contact Rav Marwaha at the Gr@nd on 01474 320123 or <a href="mailto:ravinder.marwaha@gravesham.gov.uk">ravinder.marwaha@gravesham.gov.uk</a>	Various ages	Self referral	free
Adult Healthy Weight Programme	12 week programme for adults with a BMI of 28 or above run at a variety of venues around the borough  contact the healthy weight team at the Gr@nd <a href="mailto:healthyweight@gravesham.gov.uk">healthyweight@gravesham.gov.uk</a>  01474 320123	Adults	Self referral or GP referral	Free

## Swanley

<b>Get SORTed</b>	<p>A one stop shop for health and wellbeing support and advice for residents in the Sevenoaks District. Qualified nutritionists and fitness consultants form the Get SORTed team and provide a free individual approach towards lifestyle goal setting, weight management and well being.</p> <p>Those referred to Get SORTed will also be able to access a number of healthy living projects run by Sevenoaks District Council and funded by NHS West Kent, including:</p> <ul style="list-style-type: none"> <li>• Why Weight Programme</li> <li>• Exercise/Dance classes (for adults and young people)</li> <li>• Falls Prevention Classes (for the over 60's)</li> <li>• Cookery courses</li> </ul>	Adults and families who live in the Sevenoaks District	<p>Self referral or GP/health professional referral using form below:</p> <p> S:\SDC\Community Services\Community I</p>	Get SORTed is free, some of the initiatives referred into may have a small charge
<b>Why Weight Programme - a 12 week weight management</b>	Courses run throughout the year across the District. Aimed at those who have a BMI of 28 or above who live in the Sevenoaks District.	Adults (18+)	Self referral or GP/health professional referral using form below:	Free of charge

programme which incorporates diet, nutrition and exercise.	For further details, please visit the <a href="http://www.sevenoaks.gov.uk/health">www.sevenoaks.gov.uk/health</a> , or the Council's Healthy Living Team on 01732 227000 or email <a href="mailto:HealthyLiving@sevenoaks.gov.uk">HealthyLiving@sevenoaks.gov.uk</a>		 S:\SDC\Community Services\Community I	
<b>Dance Classes</b> Aiming to encourage adults and young people to exercise regularly	White Oak Leisure Centre, Hilda May Avenue, Swanley, BR8 7BT, Tel 01322 662188, <a href="mailto:wolc@sencio.org.uk">wolc@sencio.org.uk</a>  For further details, please visit the <a href="http://www.sevenoaks.gov.uk/health">www.sevenoaks.gov.uk/health</a> , or please contact the Council's Healthy Living Team on 01732 227000 or email <a href="mailto:HealthyLiving@sevenoaks.gov.uk">HealthyLiving@sevenoaks.gov.uk</a>	Ages vary; different classes have different age ranges.	Self referral	There is usually a small charge.
<b>Falls prevention classes</b> Aiming to improve balance, stability and confidence for over 60s	The Age Concern Centre, Swanley High Street, BR8 8AE.  The class is every Wednesday, from 11.00am - 12 midday.  For further details, please visit the <a href="http://www.sevenoaks.gov.uk/health">www.sevenoaks.gov.uk/health</a> , or please contact the Council's Healthy Living Team on 01732 227000 or email <a href="mailto:HealthyLiving@sevenoaks.gov.uk">HealthyLiving@sevenoaks.gov.uk</a>	Older people	This class is aimed at people over 60 – no need to book, just turn up  Self referral	Free of charge
<b>Swanley Health Walk</b>	Meeting every Tuesday at 2.00pm in the cafe, at White Oak leisure centre, the walk lasts about an hour and is ideal for people who currently take little or no exercise or who want to meet new people and get active. The walk also	Adults of all ages	Self referral, just turn up	Free of charge

	<p>finishes at White Oak leisure centre.</p> <p>(White Oak Leisure Centre, Hilda May Avenue, Swanley, BR8 7BT.) contact the Healthy Living Team on 01732 227000 or email <a href="mailto:HealthyLiving@sevenoaks.gov.uk">HealthyLiving@sevenoaks.gov.uk</a></p>			
<b>NHS West Kent Stop Smoking Service</b>	<p>Various venues – ring 01622 723836 for further information.</p> <p>A specialist service is also available for pregnant women and their partners.</p> <p>A specialist service is also available for teenagers entitled “Let’s kick some butts”, through participating schools.</p>	<p>From 12 years and upwards</p> <p>(Gillick competency must be assessed for under 16s. A Chaperone with an under 16 is advisable for some 1-1 sessions.)</p>	GP / health professional support in selected GP surgeries, pharmacies and other venues, GP / midwife / professional referral, or self referral.	Free of charge.