

Sevenoaks District Council

Health Prevention Annual Report

April 2013 – March 2014

1. Introduction

Sevenoaks District Council is commissioned annually to deliver a range of health prevention programmes by Kent County Council's Public Health Team. The Sevenoaks locality funding allocation is £130,741 per annum to deliver agreed programmes to contribute to actions with the Sevenoaks District Health Inequalities Action Plan and to improve the health and wellbeing of local residents.

During this year, this Council has delivered 733 individual sessions as part of the programmes with a total of 11,245 attendances at these sessions, with over 408 new people taking part during this year. Case studies to showcase individual achievements, outcomes and the benefits of attending the programmes are detailed from page 9 of this report.

2. Health Inequalities Action Plan

The work this Council is commissioned to deliver forms an integral part of the Sevenoaks District Health Inequalities Action Plan, 'Mind the Gap'. The summary below shows the outcomes and outputs achieved and how these contribute to this Action Plan:

Target	How is that measured?	2012/ 2013 Baseline	Target	Year Total	Year End Status	Year End Narrative
Support parents and children to maintain a healthy weight	No. attending Fun, Fit and Active	26	23	23	Green	23 families attended the Fun, Fit and Active Programme, learning about exercise and nutrition
Increase interaction between parents and children including healthy lifestyles and active play	Attendances at Health Promotion Projects run with Children's Centres by SDC	New for 13/14	12	14	Green	Sevenoaks District Council has worked closely with Children's Centres in the District to run the new children's healthy living programme in Edenbridge and Swanley, using their kitchens to teach families about healthy cooking and eating.
Increase referrals for home adaptations and falls prevention pathways to reduce the risk of falls	No. of Chair Based Yoga Projects run by SDC	3	3	3	Green	SDC continues to offer 3 chair based yoga classes. These classes have exceeded their target for the third year running. The target for 13/14 was 2477 and there were 2560 attendances. Additionally SDC have secured funding to continue to develop their postural stability classes
	No. of Health Walks delivered by SDC	8	8	8	Green	SDC currently run 8 health walks with over 110 walkers taking part each week. Work is being done with the Surrey Community Rail Partnership to start a new walk in Chiddingstone
	No. of people attending Yoga, Chair Based exercises and postural stability classes	1500	2477	2560	Green	See 2.2.1

Target	How is that measured?	2012/2013 Baseline	Target	Year Total	Year End Status	Year End Narrative
Improve early diagnosis of dementia and provide services and activities to support sufferers and carers	Number of Health Checks Undertaken by SDC Health Team	97	200	217	Green	The SDC Healthy Living Team have achieved their target for the second year running, and as a result have had their contract extended into 14/15
Promote sensible drinking and ensure treatment and support services are accessible for all	Number of AUDIT-C's completed	173	330	359	Green	These assessments are carried out as part of the Health Check System and the Why Weight and Get Sorted Programme.
	Number of AUDIT-C's that were follow ups	220	150	151	Green	
Reduce the prevalence of Type 2 diabetes through early detection and prevention	No. of People attending Why Weight and Get Sorted	1752	1100	1160	Green	The SDC Healthy Living Team have achieved this target for the fourth year running, and now has over a thousand people registered on the programme
Deliver activities to promote the benefits of increased physical activity and reduce obesity	No. of people attending SDC Health Walks	5000	4120	5913	Green	The number of attendances on SDC Health Walks exceeded the target of 4120 by 1793. The Hartley health Walk also celebrated its five year anniversary
	No. of Attendances at Up and Running	90	80	81	Green	The Up and Running Programme has had a good year, the highlight of which was a story on the front page of the Independent's website. Recruitment has proved difficult in spite of this.

3. Healthy Weight

Adult Weight Management Programmes:

Why Weight - A 12-week adult weight management course run by qualified professionals. Designed for people who are over 18 and have at least two stone to lose. Helps people to understand the relationship between food, exercise and weight control. Each weekly session focuses on a particular healthy eating subject and a 30 minute reintroduction to exercise class.

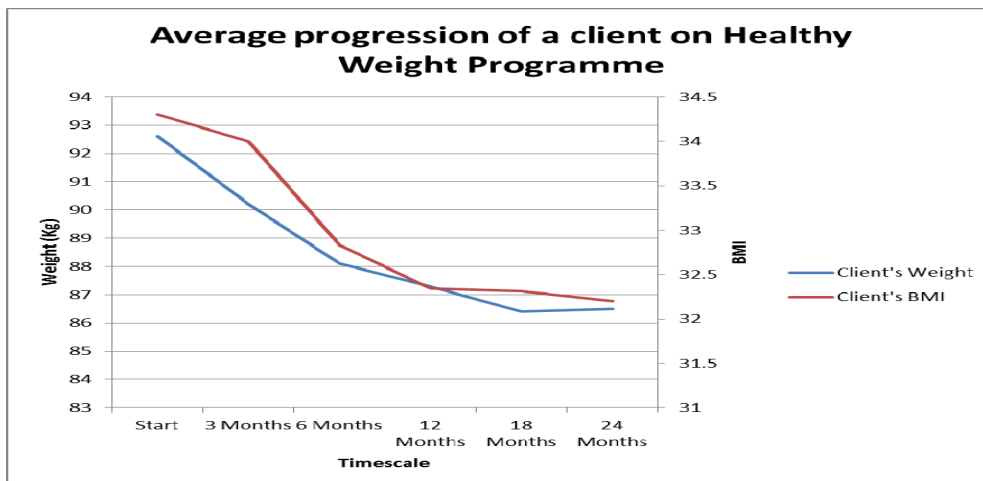
The Adult Weight Management Programmes have continued to grow during 2013/14 building on the success of previous years. The annual target set for this project is to achieve 230 adults recruited to a 12 week weight management programme. This year we have achieved 251 adults recruited and who completed the programme.

Referrals from a range of health professionals including GP's, nurses and pharmacies, continue to rise from 13% in 2012/13 to 19% in 2013/14, due to our Team working hard to gain the support of our programmes with health professionals.

At the end of this financial year, the data shows that we have gone beyond our target and recruited 251 people with an average attendance per programme of 20 people. As a result of increased referrals, we have seen an improvement in the retention figures of people attending at least 8 sessions, which is considered to be a threshold to sustained lifestyle and behaviour changes.

As part of the programme, each person has their Body Mass Index (BMI) recorded at the start and end of the 12 week programme and then at 6 monthly intervals to record and track their lifestyle changes, weight loss and weight measurement. At Week 1 of the programmes, a total of 70% of people recruited are classed as overweight (BMI: 28-39), and a further 15% classed as obese (BMI: 40+). Chart 1 below demonstrates the average progression of participants of Why Weight over a two year period, including the 12 week programme and follow-up intervals:

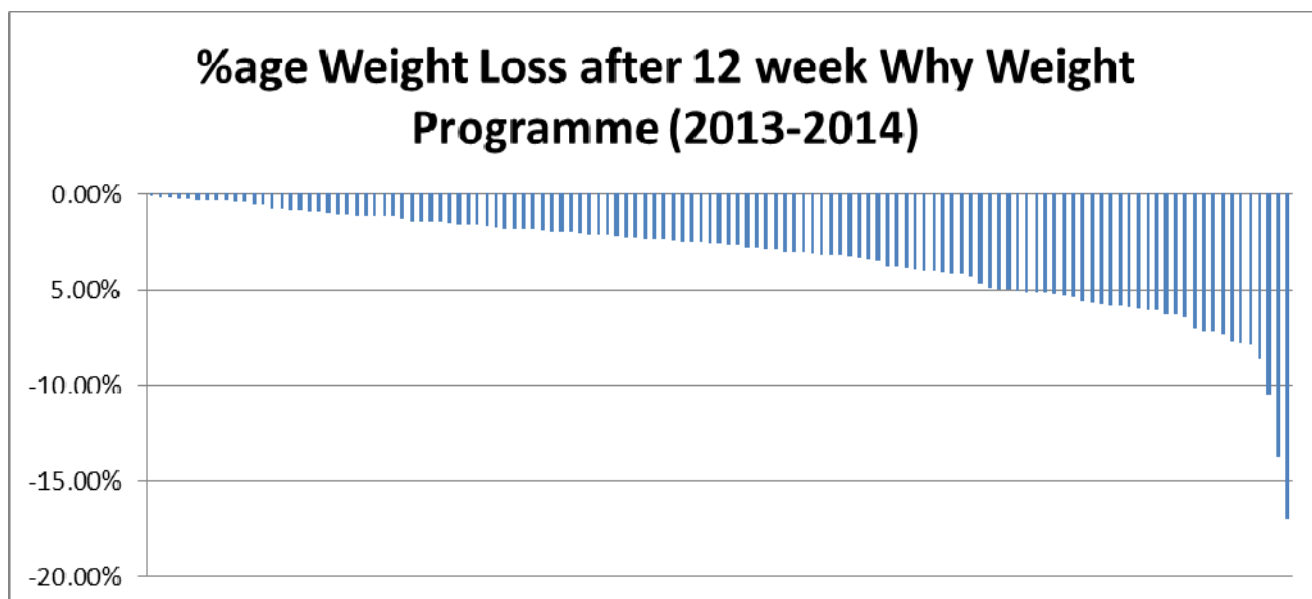
Chart 1:



The remaining 15% had a BMI under 28, however they are referred to the programme as they have co-morbidities (a long term condition including Type 2 Diabetes, Asthma, Joint Problems, Arthritis, Heart Conditions etc) and evidence shows they can also benefit from attending the programme as it educates them on healthy food choices and exercise to help them to manage their condition longer term.

Graph 1.1 indicates the percentage weight loss of people who have taken part in the Why Weight programme at 12 weeks. With a target of 5% weight loss over two years, you can see by the chart that 24% of those listed have already achieved the target during the Why Weight programme and around 40% of the people have lost a sizable amount to be on course to lose 5% soon after.

Graph 1:



Feedback from the programmes continues to be very positive with many of the participants motivated to achieve longer term goals including signing up for gym membership and getting involved in other activities in their local area.

Positive changes recorded in lifestyle, exercise and behaviours – Week 1 to 12

Physical Activity: 42.28% of people increased their minutes of moderate or vigorous exercise
Healthy Eating: 44.72% of people increased their portions of 5-a-day
Mental Wellbeing: 21.98% of people stated that their mental wellbeing had improved

Each year people who have benefited from the programme volunteer to take part in case studies to share their stories of success and inspire others to follow in their footsteps. Two case studies are at Appendix 1.1 and 1.2.



In Summary

Since April 2010, we have recruited and supported 1,052 people through Why Weight in the Sevenoaks District with most going on to use our 1:1 on-going support service, Get Sorted, which helps them to continue to maintain their weight loss and achieve their health goals. Of these people, the following overall achievements have been made:

- Over 70% of people evaluated continued to achieve their weight loss goals after two years, with 27% of these achieving a weight loss of 5% or over;
- Total inches lost at waist measurements – 294 inches;
- Total weight loss – 2 tonnes;
- New minutes of exercise – 71,080 mins per week;

4. Fun, Fit and Active (Family Weight Management Programme)

Throughout this year we have worked closely with primary schools, school nurses and Kent Community Health NHS Trust to offer fun interactive sessions for pupils and their families to help them achieve healthier options together. We targeted five schools in the District who had not yet achieved the national Healthy School status and worked with them to assist them to achieve it.

The schools we worked with were Edenbridge Primary School, Otford Primary School, Downsvie Primary School, Horizon Primary School and St Mary's Primary School. As part of this work we worked with the Headteachers or specialist Health Coordinators at each school to look at actions they could put in place to develop a healthier environment including; encouraging pupils to get more active, educating on healthier lunches, catering staff offering healthier options, and for parents to understand the benefits of eating healthily for the whole family.

Part of the criteria for a school to receive Healthy School status is to run family programmes that encourage parents and the children from the school to learn more about healthy eating and increase the amount of exercise they do each week. We have run and completed 3 programmes reaching out to 23 families who all have benefited from the experience and adopted healthier options within their family's lifestyle and behaviours.



In addition to the family programmes, we provided training to all staff members at each school about the sensitive subjects around talking about obesity to parents and the children. Staff members found this very useful and were more confident approaching parents if they were concerned about the child's health.

The SDC health team has also facilitated whole school workshops to eight primary schools during the year, educating over 1300 students on healthy eating and also running exercise sessions for the children.

5. Health Walks

We have continued to support eight health walks running across the District, which are led by trained volunteer health walk leaders. We had 5,913 attendances recorded this year, with 126 new first time walkers.

In November 2013, we had the opportunity to celebrate the five year anniversary of the Hartley Health Walk. This was such a fantastic achievement not only for the District Council who help set it up but also to their Health Walk Leader who has dedicated her time and been committed to delivering the walk over this period. At the event we had the pleasure of the Chairman of the Council and the District Council's Cabinet Member for Health who both took part in the walk and offered a few words of congratulations at the celebration dinner. As a result of the day we were able to produce an article (Appendix 2) in our council magazine highlighting the Hartley Health Walk's achievements.

The health walk programme has not only given people the opportunity to socialise and explore their rural surroundings it has helped people improve their fitness and wellbeing. Each year we have had an increased number of people join the health walks as a tool to lose weight and recover from pre-existing injuries or surgery. Early in the year we were able to interview a resident from the West Kingsdown area (Appendix 3) who was willing to share her experience about joining the walk and what she has got from it.



Here are a few comments from participants;

"I joined the West Kingsdown Health Walk two years ago and since then I've lost about half a stone"

"After I retired I felt the need to take up exercise and, after considering my options, I took up walking. It was the cheapest and best form of exercise for me"

6. Yoga Classes for Over 50's

Three classes continue to run each week with a high number of older people attending at Shoreham, South Darenth and Dunton Green. We had 2,560 recorded attendances this year with 40 new recruits.

Of the sample of people evaluated:

- 70% have a pre-existing medical conditions and stated that their condition has improved as a result of this class
- Most common conditions, of people evaluated, are heart conditions, back pain, cancer, Osteoporosis, Asthma,



Spinal Stenosis, Knee operation, and joint operation. It has been reported by these individuals that the yoga classes have helped strengthen, relax, and motivate each of them in their recovery.

- 42% feel that their general fitness and mental wellbeing has improved

7. Health Checks

During the year we delivered 217 checks to residents of the District who have been identified by health colleagues as the target group (who don't regularly visit their GP). The health check consisted of checking their blood pressure, identifying their BMI, checking their cholesterol levels, smoking status, level of activity, and alcohol consumption.

To target the groups we worked in partnership with Kent County Council's Libraries, Registrations and Archives service to run 8 health check events in local libraries during a 7 month period. Appendix 4 is a copy of the advert we placed in our In-Shape council magazine that filled 97% of the spaces available.

As a result of screening these 217 individuals, the following results were identified:

- 55 people with a BMI above a healthy weight;
- 24 people with high cholesterol;
- 54 people with high blood pressure

All of these people were classified as being at a risk of developing a long term health condition including Type 2 diabetes etc. and received some lifestyle advice, referring to their GP for a follow up test and into our healthy living programmes including Why Weight.



8. Up and Running

(Progressive running group for women suffering mild depression or anxiety)

During 2013/14 we ran two 10 week programmes recruiting 13 people and delivering the full 20 sessions.

To help advertise the programme across the District we did an article on both of the facilitators who spoke of the benefits of the running programme and what women should expect from it. (Appendix 5)

At the end of the programmes we asked participants to complete an evaluation form to express how they felt the programme impacted on their mental health, and below is some of the feedback from people taking part:

"The class is an excellent idea and the combination of talking to others in a similar position whilst also learning to run further in such a beautiful setting and led by two very encouraging and supportive leaders made me feel dramatically better"

"Most helpful has been gaining a belief that I can meet new people and the fact that there are people out there who understand depression and anxiety because they experience it too."

"Running with the group has had a positive effect on stress and anxiety"

"Really enjoyed the course. Good to run with other women and feel safe"



David steers health in right direction with Why Weight

Lorry driver David Hill has reversed his fortunes after completing our free Why Weight programme.

The Swanley resident first heard about the scheme last year after seeing an advert in a local newspaper and immediately signed up. David describes the Why Weight classes:

“At the weekly meetings we had a 30 minute activity class and an instructor who taught us a range of exercises. Afterwards there was a session with a nutritionist who gave us advice about healthy eating”.

The programme has had a lasting impact on David, who has lost nearly a stone. He attributes this to putting the breaks on his calorie intake and controlling his food portions: “The key is to use smaller plates at home which cut down the size of your food portions. I now have smaller meals throughout the day rather than one or two bigger meals like I used to”.

David has picked up other good habits such as checking food labels, which indicate the fat, sugar and salt content of food, and starting to exercise more.



Since completing the programme, David feels much more energetic and has taken his exercise routine up a gear, frequently taking his dog for walks around town: “I’m a lot more confident and feel able to take longer and longer walks, something which I couldn’t really do in the past”.

Although the road to healthy living is a long one, the benefits are already visible. He no longer suffers from the painful and aching feet that he used to and his doctor has also given him the green light about his improved blood pressure and cholesterol levels.

David has held a lifelong dream to drive at the Brands Hatch racetrack in West Kingsdown. However, for safety reasons, drivers need to weigh less than 18 stone. He says he’s now on track to reach this long-held ambition as he continues to lose weight thanks to the programme.

The Why Weight programme is organised by us and funded by Kent County Council.

The next courses begin on the following dates at locations across the District:

- **Monday 23 September, 6pm to 7.30pm, Edenbridge Leisure Centre**
- **Tuesday 24 September, 6pm to 7.30pm, Sevenoaks Primary School**
- **Wednesday 25 September, 6pm to 7.30pm, White Oak Leisure Centre in Swanley**
- **Friday 27 September, 9.30am to 11am, New Ash Green Sports Centre**

To book a place, please call us on 01732 227000 or e-mail healthyliving@sevenoaks.gov.uk

How the waist was won

Hartley resident Maris Goddard is looking great since she took part in our 'Why Weight' health programme in September.



The 53 year old Bexley Council worker has lost a staggering three stone and, for the first time ever, even enjoys shopping for ladies' fashion. What's more her healthy habits have rubbed off on her husband who has lost weight as well.

Maris spoke with In Shape about Why Weight and how it's changed her family's life for the better.

"I heard about Why Weight from my GP. I have Type 2 Diabetes and was at the limit of taking oral medication to control my condition. My GP gave me an ultimatum: lose weight to reduce my blood glucose level or begin insulin injections.

"I decided to join the Why Weight 12 week healthy weight programme. Every week we started with 30 minutes of exercise. Combined with weekly weigh ins and advice about healthy eating and a healthy lifestyle, it gave me all the tools I needed to lose weight."

"Prior to Why Weight I'd refused to have scales at home, but I found it helpful to have someone keeping

an eye on me during the weight ins, offering encouragement. The best thing was meeting up with likeminded people to share tips, experience, encouragement and plenty of laughs."

"Since finishing Why Weight, I take daily exercise and follow a healthy diet. For the first time in years I'm in control of my weight. I feel confident and even enjoy clothes shopping, something I've never done before."

"As well as losing three stone, my blood glucose level has reduced and I'm on track to reduce my medication. And, as my husband Colin eats the same as me, he too has lost two stone and is looking great! Now I weigh less than I did when we were married in 1981.

"I even have bathroom scales at home and look forward to weighing myself each week!"

The next Why Weight courses will begin on these dates and locations across the District.

- **Tuesday 22 April**, 6pm to 7.30pm, Sevenoaks Primary School
- **Thursday 24 April**, 1pm to 2.30pm, Swanley White Oak Leisure Centre
- **Monday 12 May**, 6pm to 7.30pm, Edenbridge Leisure Centre
- **Wednesday 2 July**, 6pm to 7.30pm, Swanley White Oak Leisure Centre
- **Friday 4 July**, 9.30am to 11am, West Kingsdown Community Centre
- **Friday 4 July**, 12 noon to 1.30pm, Sevenoaks Leisure Centre
- **Monday 22 September**, 6pm to 7.30pm, Edenbridge Leisure Centre
- **Tuesday 23 September**, 6pm to 7.30pm, Sevenoaks Primary School
- **Thursday 25 September**, 1pm to 2.30pm, Swanley White Oak Leisure Centre

To book a place, please call us on 01732 227000 or e-mail healthyliving@sevenoaks.gov.uk

Why Weight is run by Sevenoaks District Council and funded by Kent Public Health

8 Health

Healthy Hartley hikes hit anniversary

Last month saw Hartley Health walk celebrate its five year anniversary with its 260th walk! This successful weekly walk has been running every week whatever the weather and has never been cancelled. This is just one of eight health walks in the District which combined have had a fantastic 8,250 attendees.



Jacqueline Rye pictured with Council Chairman, Cllr Alan Pett, and Cabinet Member for Health, Cllr Roddy Hogarth

Volunteer walk leader Jacqueline Rye has covered over 1,000 miles leading walks over the five years and typically guides an average of 32 people on every Hartley walk, although the record attendance is a whopping 79 walkers!

“Walk leader training from Sevenoaks District Council has really helped with all aspects of leading the walks,” says Jacqueline. “As well as learning all the health and safety essentials, I have a better understanding of the health benefits of walking and enjoyed getting to network with other walk leaders from across the District.”

Forty-nine year old Jacqueline has lived in Hartley since 1985 and works in the Library. She has a 15 year old daughter called Catherine and a 19 year old son called William both of whom get involved and help out in

the health walks, with William even building a website.

Jacqueline loves seeing the benefits of health walks first-hand: “It’s why I do it, and I just love seeing the sociable nature of the group and how friendships have formed. As well as the obvious health benefits the social aspect of these walks is really powerful against emotional ailments too, such as depression. Photos are taken on each walk and put on Flickr and Twitter and our website and the odd outing or meal really reinforces the social side of the walks.”

The walks are advertised in the village Library and recommended by local GPs but Jacqueline has her own theory for how they attract newcomers. “We take a different route every week and I’m sure that most new people attend because they see a long line of people walking past their kitchen window and

get curious! We’ve got many regulars who have been with us since the beginning and new blood coming in all the time, so I think this health walk is here to stay!”

Health walks are a free group activity for people who want to do more exercise. They take up to an hour and are between two and three miles long. For every minute you walk, between one-and-a-half to two minutes is added to your life. It builds strong bones, toned muscles and can help to control weight, relieve stress and anxiety whilst reducing the risk of a wide range of illnesses.

The Hartley health walk leaves every Tuesday from the Library at 10am. For more details on this and to find a walk near you visit www.sevenoaks.gov.uk/healthwalks or call 01732 277000.

Sandra puts her best foot forward with a health walk

Sixty-three year old Sandra Smith from West Kingsdown is one of the many residents who are taking steps to improve their fitness and wellbeing with a local health walk.

On her local walk, not only does she rub shoulders with the likes of Robert Redford and Phil Collins (both residents of West Kingsdown and not to be confused with the Hollywood actor and the former Genesis singer and drummer), she gets to socialise with many other locals whilst improving her overall fitness.

The Grandmother of three told In Shape why she joined and what she enjoys most about her local walk. "After I retired I felt the need to take up exercise and, after considering my options, I took up walking. It was the cheapest and best form of exercise for me."

"I joined the West Kingsdown health walk two years ago and since then I've lost about half a stone. I'm convinced that had I not joined, I would have

gained weight. I'm certainly a lot fitter than before and find it much easier to keep up with the grandchildren!"

"The best thing about the walks is not just the health benefits but the opportunity to socialise and meet new people.

"I moved to West Kingsdown seven years ago and it's such a wonderful place. But, like many rural areas, people often get about by car, so meeting others can be a challenge.

"Thanks to the health walk I have made many new friends from the village"

The District's health walks are run by local volunteers who are trained and supported by Sevenoaks District

Council, in partnership with NHS West Kent.

Walks last about one hour and are a great way to start exercising, especially for those recovering from an illness or operation.

You can just turn up at any of the eight walks taking place at:

- Otford – Mondays, starting at Otford Memorial Hall at 10.30am
- Lullingstone Park - Mondays, starting at the Visitor Centre at 2pm
- Hartley – Tuesdays, starting at the Library at 10am
- Swanley – Tuesdays, starting at the Café at White Oak Leisure Centre at 2pm
- New Ash Green – Wednesdays, starting at New Ash Green Library at 10.30am
- West Kingsdown – Wednesdays, starting at the Pavilion Library Car Park at 10.15am
- Edenbridge – Wednesdays, starting at Edenbridge Leisure Centre at 9.30am
- Sevenoaks – Thursdays, starting at Sevenoaks Leisure Centre café at 10.30am



Sandra Smith, left, is fitter and healthier since joining her local health walk

We are currently recruiting volunteer walk leaders for new and existing walks. Full training will be provided.

If you'd like to know more about your local health walk or starting up a new walk, call us on 01732 227000, e-mail healthy.living@sevenoaks.gov.uk or visit www.sevenoaks.gov.uk/health.

Free health MOTs

If you're aged 40 to 74 then you can take advantage of a free Health Check for an overall assessment of your health.

We've teamed up with Kent County Council to offer this service to residents in this age group who have not had a health check in the last five years helping to detect underlying health problems.

Most people are at risk of serious conditions such as coronary heart disease, dementia, kidney disease, stroke and diabetes. But the good news is that these conditions can usually be prevented. The first step is to understand and reduce your level of risk.

Our health checks can tell you there and then of your risk level and, if there's a potential problem, offer you tailored healthy living advice to help you reduce the risk.

Your results will be shared with your GP. They may contact you if they believe you are at risk of developing a serious condition.

Each check takes about half an hour and is taken by a qualified health checker who will ask you some simple questions and take a single drop of blood for testing cholesterol levels.

In the last 18 months we have completed 336 health checks. More than half were referred to their GP for further advice or follow up testing and 56 people were found to be at high risk of developing coronary heart disease.



Our next free health checks:

- Saturday 14 September,** 11am to 3pm, Swanley Library
- Wednesday 9 October,** 11am to 2pm, New Ash Green Library
- Tuesday 15 October,** 11am to 2pm, Kemsing Library
- Friday 8 November,** 10am to 1pm, Seal Library
- Saturday 16 November,** 11am to 3pm, Sevenoaks Library
- Tuesday 14 January,** 1pm to 3pm, West Kingsdown Library
- Tuesday 11 February,** 11am to 2pm, Westerham Library
- Tuesday 4 March,** 10.30am to 1pm, Hartley Library

To find out if you're eligible for a free health check, visit www.sevenoaks.gov.uk/healthchecks

Health Checks are extremely popular so places must be booked in advance by calling us on 01732 227000.

Secure your vote for the European election

In the coming weeks you'll receive a voter registration form asking you to ensure your vote is in place for next year's European Parliamentary Election on 22 May.

From October, we will be posting out voter registration forms to every residential property in the Sevenoaks District. If you're already on the register of electors, you can confirm your details online, by free phone or by text, all of which save you bringing or sending your form back to us.

The best way to secure your registration is to respond to the form immediately. An early response

saves unnecessary reminders and one of our electoral canvassers knocking on your door.

You can also tell us on your form if you wish to apply to vote by post.

Remember you can only vote if your name appears on the register of electors.

If you have not received your form by late October, or you have any questions, please e-mail elreg@sevenoaks.gov.uk or phone 01732 227000.





Shona and Harriet are helping women beat depression by running

Get 'Up and Running' to beat depression

A Sevenoaks-based group that helps women enjoy the benefits of running whilst tackling depression and anxiety is about to celebrate its fourth anniversary.

Exercise is a great way to deal with the effects of low mood and anxious feelings. But it can be hard to take up physical activity if you're struggling with a lack of motivation or withdrawal that so often comes with depression.

To help women break this cycle, a group called 'Up and Running' is giving them a chance to learn to run in sympathetic, supportive company. Taking place over ten sessions, they meet at Sevenoaks Leisure Centre and run in the tranquil surroundings of Knole Park. No previous experience of running is necessary.

Shona Campbell, a UK Athletics qualified coach and recent winner of Women's Running magazine's 'Most Inspirational Leader Award', leads the group. She has personal experience of depression so

can empathise with other participants.

Working alongside Shona is Harriet Heal, a clinical psychologist with years of experience working with people suffering from depression.

The group is focussed on running, rather than being a therapy group, and there's no pressure for anyone to talk about anything they don't want to.

Those taking part often comment on the support and companionship they have found through the group and friendships that continue long after the courses have ended.

Up and Running run three courses each year at the beginning of each school term. To find out more, visit www.upandrinninginsevenoaks.org.uk or call Shona on 07710 279497 or Harriet on 07855 893863.

Get a firm footing with our falls prevention classes

It's a sad fact that many older people are likely to experience a fall that could result in injury or time spent in hospital. According to the figures, a third of people aged 65 and over will have a fall in any one year and this proportion increases with age.

But to help older people at risk of falling to stay on their feet and reduce falls related injuries, we're running special Falls Prevention Classes.

They are suitable if you have experienced a fall, have a fear of falling or suffer from poor posture and balance.

The classes will improve your stability, walking and other movements as well as strengthening the muscles around your hips, knees and ankles and increasing the flexibility of your trunk and lower limbs, all essential to helping you to stay on two feet.

And in the event of a fall, the classes will teach you when and how to get back to your feet without further injury.

Not only can they prevent falls, these classes are fun and a fantastic way to meet and chat to new friends!

The sixty-minute classes are taking place in Edenbridge, Otford, Sevenoaks and Swanley.

Please e-mail healthy.living@sevenoaks.gov.uk or call us on 01732 227000 for details of how to join a course near you.