

Healthy Living programmes 2015/16

Health Walks

FREE friendly weekly walks for all ages around the local community. Walks are led by trained volunteer walk leaders. You don't need to book in advance, please just turn up at least 10 minutes before to complete a health questionnaire.

Monday

Otford Health walk Starts 10.30am
Otford Memorial Hall, High Street, Otford, Kent, TN14 5PQ

Lullingstone Health Walk Starts 2.00pm
Lullingstone Visitors Centre, Castle Road, Eynsford, Kent, DA4 0JF

Tuesday

Hartley Health Walk Starts 10.00am
Hartley Library, Ash Road, Longfield, DA3 8EL

Swanley Health Walk Starts 2.00pm
White Oak Leisure Centre café, Hilda May Avenue, Kent, BR8 7BT

Wednesday

Edenbridge Health walk Starts 9.30am
Edenbridge Leisure Centre, Stangrove Park, Kent, TN8 5LU

West Kingsdown Health Walk Starts 10.15am
West Kingsdown Library, Gamecock Meadow, London Road, TN15 6EL

New Ash Green Health Walk Starts 10.30am
New Ash Green Library, North Square NAG, DA3 8QT

Thursday

Sevenoaks Health Walk Starts 10.30am
Sevenoaks Leisure Centre, Buckhurst Lane, Kent, TN13 1LW

Yoga classes for Over 50's

Yoga is the perfect exercise for both men and women – a series postures and movements. You don't need to book in advance, please just turn up at least 10 minutes before to complete a health questionnaire.

All the yoga sessions listed below run weekly all year round on the following days and times.

Tuesday

South Downs yoga class 10.30am – 11.30am - £2 per session
Southdown Retirement Village, DA4 9LG

Wednesday

Shoreham yoga class 1pm- 2pm - £2 per session
Shoreham Village Hall, High Street, Shoreham, TN14 7TG

Dunton Green yoga class 3pm – 4.30pm - £2.50 per session
Dunton Green Village Hall, 9 Crescent Cottages, Station Road, TN13 2XB

Fall Prevention Maintenance Class

Worried about falling? Our FREE weekly sessions provide a safe and effective exercise class for anyone who has a fear of falling feels unstable or has a history of low bone density. The class begins mainly in a chair and gradually progresses to standing activities to improve balance, strength and stability.

Monday

Edenbridge falls class 11.30am – 12.30
Hft Day Centre, 1 Philippines Close, Edenbridge, TN8 5GN

Tuesday

Oxford Falls Class 3.00pm – 4.00pm
Oxford Methodist Church, High Street, TN14 5PH

Wednesday

Swanley Falls Class 10.15am – 11.15am
White Oak Court, Sycamore Drive, Swanley, BR8 7WF

Sevenoaks Falls Class 3.00pm – 4.00pm
Hollybush Day Court Centre, Hollybush Close, TN13 3UX

Why Weight

Why Weight is a FREE 12 week adult weight management programme designed for residents with a BMI of 28+. Each weekly session focuses on a particular subject, such as food labels, portion sizes and eating out as well as a weekly weigh in. At the end of the hour nutrition session a 30 minute exercise class is available to all participants.

To register onto any of the programmes below you need to book in advance by completing an online form via the website www.sevenoaks.gov.uk/whyweight or call 017322 227000 or email healthy.living-sevenoaks.go.uk

Below are the times and dates of the why weight programmes scheduled to run from July.

Swanley Day Thursday: 1.00 – 2.30pm Starts 16th July
White Oak Leisure Centre

West Kingsdown Friday: 9.30 – 11am Starts 17th July
West Kingsdown Village Hall

Sevenoaks Evening Tuesday: 6.00 – 7.30pm Starts 14th July
Sevenoaks Primary School

Edenbridge Evening Monday: 6.00 – 7.30pm Starts 28th Sep
Edenbridge Leisure Centre

Swanley Evening	Wednesday: 6.00 – 7.30pm White Oak Leisure Centre	Starts 30 th Sept
Sevenoaks Day	Friday: 12.00 – 1.30pm Sevenoaks Leisure Centre	Starts 2 nd Oct
Swanley Day	Thursday: 1.00 – 2.30pm White Oak Leisure Centre	Starts 14 th Jan
Sevenoaks Evening	Tuesday: 6.00 – 7.30pm Sevenoaks Primary School	Starts 12 th Jan
Swanley Evening	Wednesday: 6.00 – 7.30pm White Oak Leisure Centre	Starts 13 th Jan

Fun, Fit and Active

The fun, fit and active programme is a free 5 – 10 week family based programme, specifically designed for families with children under 16 years old who want to get fitter, healthier and happier. Programmes are run in selected schools across the District in Swanley, Edenbridge and Sevenoaks.

The schools we will be working with from September 2015 are:

- Edenbridge Primary School;
- Sundridge and Brasted Primary School;
- St Mar's Primary School;
- Otford Primary School;
- St John's Primary School.

NHS Health Checks

If you're aged 40 -74 and haven't had a health check in the last 5 years, then you can take advantage of our FREE health screening for an overall assessment of your health.

Virtually everyone is at risk of serious conditions such as coronary heart disease, dementia, kidney disease, stroke and diabetes.

But the good news is these conditions can often be prevented. The Health Checks can assess your potential risk of developing these conditions where we can offer you tailored advice to reduce the risk

Each check takes 20 minutes; we will check your cholesterol, blood pressure, weight and calculate your body Mass index.

Up coming event - TBC

UP and Running

This group is for women who have mild to moderate depression, which may include feeling low, poor self esteem, anxious or depressed. The group is ideal for non runners as it starts with brisk walking and a small amount of jogging then builds up gently over 10 weeks.

To find out when the next course starts please call Shona on 07710 279497 or Harriet on 07855 893863

If you require more information about any of the above programmes, please contact the Council on 01732 22700 or email healthy.living@sevenoaks.gov.uk