

Sevenoaks District Council

Health Inequalities Annual Report

April 2014 – March 2015

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 2014/15, this Council has delivered 1,108 individual sessions as part of the programmes with a total of 10,995 attendances at these sessions, with 2,054 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?	2013/ 2014 Baseline	14/15 Target	14/15 Year Total	Year End Status	Year End Narrative
Support parents and children to maintain a healthy weight	No. attending Fun, Fit and Active	23	25	25	Green	25 families from the Edenbridge, Sundridge and Brasted, and Otford Primary school 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	14	15	16	Green	Sevenoaks District Council has worked closely with Children's Centres in the District to run the new children's healthy living programme in Sevenoaks and Edenbridge, 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. The target for 14/15 was 2000 and there were 2630 attendances. The participation numbers for the yoga classes are continuing to increase each year.
	No. of Health Walks delivered by SDC	8	9	8	Green	SDC currently run 8 health walks with on average 144 walkers taking part each week. SDC is looking to develop the walks next year by adding a few more to the programme.
	No. of people attending Yoga, Chair Based exercises and postural stability classes	2560	2000	2630	Green	See 6

Target	How is that measured?	2013/2014 Baseline	14/15 Target	14/15 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	217	80	83	Green	The SDC Healthy Living Team has completed 83 health checks this year across 7 libraries.
Promote sensible drinking and ensure treatment and support services are accessible for all	Number of AUDIT-C's completed	359	200	362	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	151	125	172	Green	
Reduce the prevalence of Type 2 diabetes through early detection and prevention	No. of People attending Why Weight and Get Sorted	1160	1400	1648	Green	The SDC Healthy Living Team have achieved this target for the fifth 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	5913	5000	6434	Green	The number of attendances on SDC Health Walks exceeded the target of 5000 by 1434.
	No. of Attendances at Up and Running	81	60	69	Green	The Up and Running Programme has continually achieved the outcomes of the project.

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 2014/15, building on the success of previous years. The target set for this project is for 230 adults to be recruited to a 12 week weight management programme.

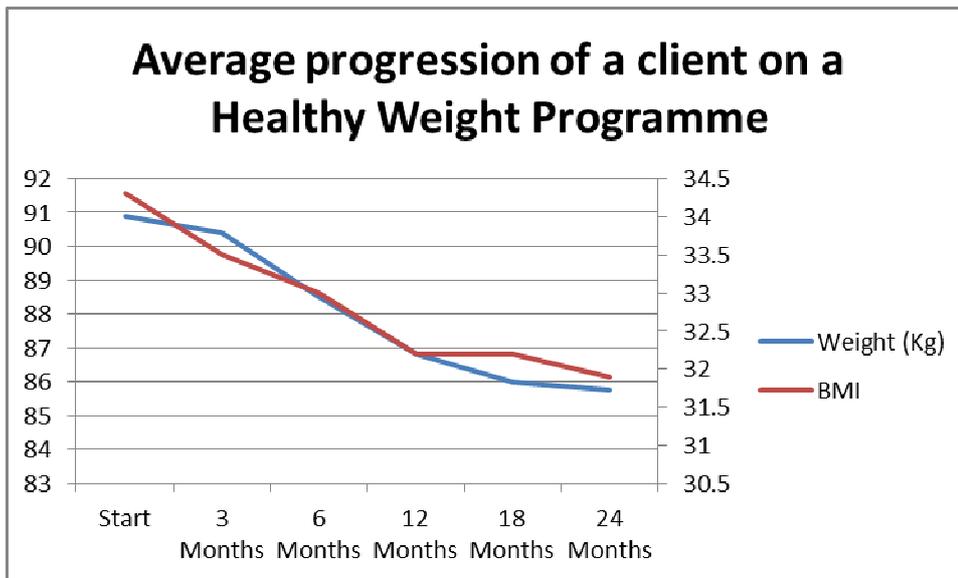
Referrals from a range of health professionals, including GPs, nurses, Health Trainers, KCHT (Kent Community Health Trust) and pharmacies, continue to rise, from 19% in 2013/14 to 22% in 2014/15. The increase in referrals has been a result of Health Trainers and Kent Community Health Trust Health Check Team now linking into the work that SDC are delivering.

In 2014/15 we recruited 274 adults and who completed the programme, this represents a deliver of a 20% increase over the target. As a result of increased referrals and partnership working with key local organisations, including Sencio community leisure, New Ash Green Sports Centre and West Kingsdown Village Hall, 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 65.8% of people recruited were classed as overweight (BMI: 28-39), and a further 16.6% classed as obese (BMI: 40+). Table 1 demonstrates the average progression of participants of Why Weight over a two year period, including the 12 week programme and follow-up intervals:

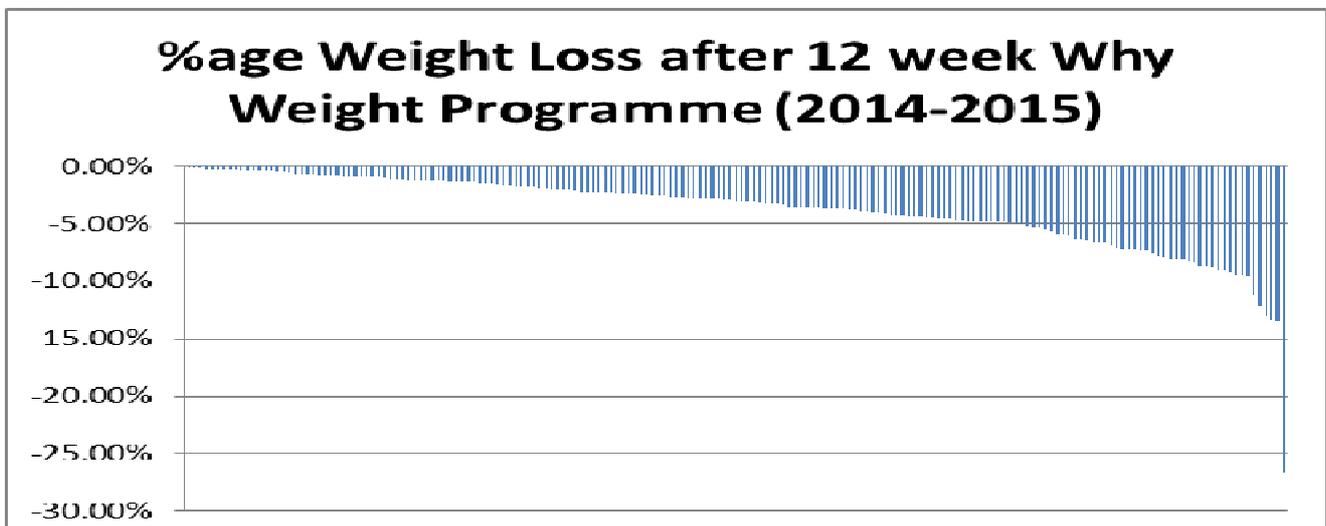
Table 1:



11.5% had a BMI under 28, and these were referred to the programme as they have co-morbidities (a long term condition including Type 2 Diabetes, Asthma, Joint Problems, Arthritis, Heart Conditions etc); evidence shows that this group can also benefit from attending the programme as it educates them on healthy food choices and exercise to help them manage Long term conditions.

Table 2 indicates the percentage weight loss of participants who have taken part in the Why Weight programme at 12 weeks. The table indicates that 16.8% have already achieved the 5% weight loss target during the Why Weight programme and around 60% of participants have lost sufficient weight to be on course to lose 5% shortly after attending the course..

Table 2:



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: 26.49% of people increased their minutes of moderate or vigorous exercise
Healthy Eating: 26% of people increased their portions of 5-a-day
Mental Wellbeing: 14.5% of people stated that their mental wellbeing had improved

To establish the effectiveness of the Why Weight programme, each year we ask people at the end of the programme if they are able to share their story. A case study is set out at Appendix A



In Summary

Since April 2010, we have recruited and supported 1,291 people through Why Weight in the Sevenoaks District, with most taking advantage of our 1:1 on-going support service, Get Sorted, which helps them to continue to maintain their weight loss and achieve health goals. For these participants, the following achievements have been noted:

- 77% continued to achieve their weight loss goals after two years, with 31% of these achieving a weight loss of 5% or over;
- Total inches lost at waist measurements – 380 inches;
- Total weight loss – 2.1 tonnes;
- New minutes of exercise – 77,738 mins per week;

Recommendations for 2015/16

SDC has a policy of continuous evaluation of services and projects and has evaluated Why Weight on an ongoing basis, including surveying participants for their feedback. Recommendations include;

- A reduction in participants per Why Weight from 20 to 15. It has been highlighted that the high number of people in one session is why people drop out.
- Introduce incentives to all programmes; Retention numbers of precipitants to eight or more sessions during this years programmes that had incentives, where significantly better than those with no incentives.

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

Throughout this year we have continuously worked in partnership with the healthy Schools Team at KCHT, school nurses, children's centres and primary schools to work with targeted schools that are flagged through the National Child Measurement survey. Each year we work with five schools to help families achieve a healthier lifestyle and improve their child's weight.

The schools we worked with were;

- Edenbridge Primary School,
- Sundridge and Brasted Primary School,
- Downsview Primary School,
- Horizon Primary School
- Otford Primary School.

We worked with Head teachers or specialist Health Coordinators at each school to look at actions that could be put in place to achieve enhanced healthy Schools status which includes;

- encouraging pupils to get more active,
- educating on healthier lunches,
- catering staff offering healthier options, a
- 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 and school workshops that encourage parents and children to learn more about healthy eating and increase participants in exercise.

We have run and completed three programmes reaching out to 25 families who all have benefited from the experience and adopted healthier options within their family's lifestyle and behaviours.

In each of the five targeted schools for this year, the SDC health team has attended and presented at whole school assemblies and workshops for each year, educating and reaching out to over 1301 students on healthy eating. We also ran coffee morning sessions for concerned parents who have benefit from talking to a nutritionist about healthier lifestyles.

5. Health Walks

We have continued to support eight health walks across the District, led by trained volunteer health walk leaders. There were a total of 6,928 attendances, an 17% increase from last year, with 101 first time walkers.

We have managed to run two health walk leader training sessions and have trained an additional six volunteers to lead Health Walks across the District.

The health walk programme has not only given people the opportunity to socialise and explore their rural surroundings, but it has also helped people improve their fitness and wellbeing. Each year we have increased the number of people joining health walks as a tool to lose weight and recover from pre-existing injuries or surgery. To capture this information, we evaluate each walk throughout the year.



Positive changes recorded in lifestyle, exercise and behaviours

General fitness:	78% reported that they felt fitter as a result of walking
Mental Health:	72.5% reported their mental wellbeing has improved
Weight:	18.75% reported that their weight has improved
Activity levels:	62.5% reported they have increased the amount of activity they do each week

Here are a few comments from participants;

"The walking group is helping to strengthen my joints and build up my stamina. Joining the group has made me less isolated."

"Quite a social event, look forward to it each week, met a lot of new people. Very friendly group and leaders. Feels good for health reasons to be outside regularly."

6. Yoga Classes for Over 50s

- Three classes have continued to run each week, in Shoreham, South Darent and Dunton Green. There was 1,391 recorded attendances this year with 20 new recruits. Most common conditions, of people attended, include 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.



Of the sample of people evaluated:

- 61.7% have a pre-existing medical conditions and stated that their condition has improved as a result of this class
- 85.2% feel that their general fitness has improved
- 73.4% reported that their mental wellbeing has improved

7. Falls Prevention

Falls Prevention classes target those at risk of falls and sustaining osteoporotic fracture, through identifying risk factors such as history of falls/recent injuries from, balance/gait problems, inability to rise from chair without using arms, multiple medications etc.

The aims of the class are:

- Improving older people's stability during standing, transferring, walking and other functional movement
- Strengthening muscles around the hip, knee & ankle
- Increase the flexibility of the trunk & lower limbs
- Teaching coping strategies, for example, how to get up from the floor and whether it is safe to do so after a fall.
- Relearning skills of everyday living and maintenance of upright posture during balance challenges

We have continued to run four falls prevention programmes across the District, facilitated by experienced and fully trained instructors. This year, we have had increased attendance, due to a successful care plan developed by Kent County Council with support from the local authorities and primary care services. We have had 1,238 attendance and 40 new recruits, which a 50% increase from the previous year.

To capture the impact Falls prevention sessions has on an individual, we produced a case study on a participant of the class to talk about how he has improved as a result Appendix D

8. NHS Health Checks

SDC is commissioned by Kent Community Health Trust to deliver NHS Health Checks across the District. The service is to establish underlining issues people may have that they are unaware about.

During the year, we delivered 66 checks to residents who have been identified by health colleagues as not regularly visiting their GP. The health check consists of checking;

- their blood pressure,
- identifying their BMI,
- checking their cholesterol levels,
- smoking status,
- level of activity,
- and alcohol consumption.

To identify groups we worked in partnership with Kent County Council's Libraries, Registrations and Archives service to run six health check events in local libraries during a six month period. Appendix C is a copy of the advert we placed in our in-house council magazine. Recruitment from this filled 80% of the spaces available.

As a result of screening these 66 individuals, the following results were identified:

- 50% people with a BMI above a healthy weight;
- 17% people with high cholesterol;
- 30% 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 lifestyle advice, referring to their GP for a follow up test and into our healthy living programmes including Why Weight.



9. Up and Running

Up and running is a Progressive running group for women suffering mild depression or anxiety

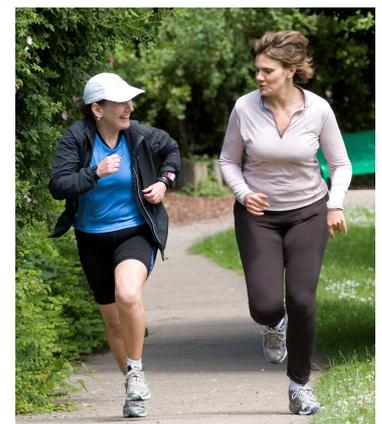
During 2014/15, we ran two ten week programmes, recruiting 11 people and delivering 20 sessions.

The programme was advertised in;

- Local newspaper
- Local Leisure Centre
- Town magazine
- And SDC in-house council magazine (Appendix C)

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

"It has given me a sense of achievement as well as improving general health and fitness"



“It has greatly benefited me having a regular exercise programme and meeting up with other like minded people”

10. Virtual Healthy Living Team

The SDC healthy living team supports community projects, led by residents or community organisations. This year, we have built stronger relationships with the community and achieved outcomes working:

Dementia

Sevenoaks District Council is a member of both the Dementia Forums in the District (Swanley and the Northern Parishes and Sevenoaks Area). Other members include resident representatives, Kent County Council, Local Schools, Alzheimer’s and Dementia organisation, Good Care Group, Town and Parish Councils. Much of the focus for the groups this year was to identify gaps in provision and services that are available to residents who are affected. Another outcome was to train and support front line staff with their understanding of dementia to be able to support customers.

- Four community dementia events were organised, reaching out to over 150 residents and businesses, offering them information on local services.
- To help support frontline SDC, arranged five dementia friends sessions at the Council offices, training over 230 staff.
- SDC supported Alzheimer’s and Dementia services, community wardens and the local voluntary group to set up a memory café in Hartley for people living with dementia. (Appendix F)

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

Four ways to health and fitness



Health walks

Take a step towards a healthier life with our free weekly walks, which are led by trained volunteers. Walks take place in eight locations and are open to all, although children under 16 must be accompanied by an adult and last about an hour.

Cllr Faye Parkin runs the West Kingsdown walk: "Taking in the fresh air and meeting with the group is such fun and one of my highlights of the week. It's sociable and what's more, you're getting fit in the process."



Yoga for over 50s

A relaxing way to improve fitness and flexibility. The classes take place in Dunton Green, Shoreham and South Darent with sessions costing £2 or £2.50 (depending on location) with refreshments included. There's no need to book, just turn up. Beginners and newcomers are always welcome.

Yoga leader, Sabine Smith, says: "The classes are a really relaxing, fun and a sociable way to improve fitness and overall wellbeing."

If you're looking for new ways to improve your health and fitness – look no further! We run many services to help you improve your physical and mental health whilst having fun and meeting new people.

To join in, visit www.sevenoaks.gov.uk/health or call us on 01732 227000.

Falls prevention

Aimed at residents aged 60 and over who are concerned about falling. Weekly sessions run in Edenbridge, Otford, Sevenoaks and Swanley and give you the knowhow to avoid a fall and what to do if you take a tumble. The classes includes light exercise, usually in a chair, to improve balance, strength and stability.

Session leader, Lucy Maclean, says: "These classes give confidence to older people, helping them to lead active lives, continuing to do the things they love."



Up and Running

This is a jogging group for women who have mild to moderate depression, low self-esteem, anxiety or depression.

The group is ideal for non-runners and starts with walking and gentle jogging, building up over 10 weeks. Next courses begin after Easter in Sevenoaks.

There's a small charge for taking part.

Running group leader, Shona Campbell, says: "Outdoor exercise can really help with low moods and anxiety and this friendly and non-competitive group has helped many women. The majority say that their physical and mental wellbeing have improved as a result of taking part."



Free health MOTs

If you're aged 40 to 74 you can give yourself the once over with our free health checks.

The personal MOTs can help steer your health in a positive direction by letting you know how to reduce your risk of heart disease, dementia, kidney disease, stroke and diabetes - conditions that all too often affect people in this age group.

Your results will be shared with your GP and they may contact you if they believe something needs a closer look.

The test involves answering some simple questions and giving a single drop of blood to test your cholesterol levels. Each check takes about half-an-hour and is taken by a qualified health professional.

The service is available to any resident who has not had a health check in the last five years.

To find out if you're eligible for a free health check visit www.sevenoaks.gov.uk/healthchecks or call 01732 227000. Health checks are extremely popular and places must be booked in advance.



Feel the benefits of running

Sevenoaks town has two unique jogging groups that can help you enjoy the benefits of running.

Up and Running aims to help women manage the symptoms of depression or anxiety and Primetime Jogging is for men and women aged over 50 who would like to take up the sport.

Up and Running was set up in 2010 by Harriet Heal, a clinical psychologist, and Shona Campbell, a running coach.

Primetime Jogging was set up in April by Jo Kingston, also an experienced running coach, and Shona Campbell.



Harriet Heal and Shona Campbell

Did you know that people who do regular physical activity have:

- an **83%** lower risk of osteoarthritis
- a **68%** lower risk of hip fracture
- a **50%** lower risk of type 2 diabetes and colon cancer
- a **35%** lower risk of coronary heart disease and stroke
- a **30%** lower risk of falls (among older adults), depression and dementia
- a **20%** lower risk of breast cancer

To find out more about these running groups, please phone or text Shona on 07710 279497 or e-mail shona@shonacampbell.com.

www.sevenoaks.gov.uk

Stan keeps his feet on the ground

A Swanley resident with a passion for plants is continuing to stay fit and active in the garden thanks to our Falls Prevention Classes.

In Shape spoke with 82 year old Stan Long, a former landscape management professional and keen gardener.

Stan, who has lived in the town for more than 40 years, attends our Falls Prevention Classes that have helped more than 50 older people over the last year to stay safe, active and independent by staying on their own two feet.

Stan says: "Although I've not had a fall, in recent years I had become more and more concerned that I may have one. I was quite worried that if I started to lean forward, even a little, I would lose my balance, stumble and end up on the floor. I know that at my age this can have serious, even life-threatening consequences.

"But when I heard about the Council's Falls Prevention Classes I thought it may help so I decided to give it a go.

"The classes are all about building up your body strength with simple exercises, improving balance and using tactics to help you stay on your feet in a no pressure, supportive environment. Best of all you're encouraged to go at your own pace.

"You start with a few seat-based exercises then you stand up to do a few gentle exercises to build up your leg muscles. Later there are further gentle exercises to improve your upper body strength by building up the muscles in your arms and shoulders.

"Improving your balance is obviously important, so part of the course is spent walking on your toes and your heels.

"But crucially it's the tactics taught throughout the course which really help. One of the things you're told is how to gradually stand up from



a seated position, reducing your risk of falling.

"If the worst happens, and you do fall over, you are taught how to get back on your feet without panicking using various positions that minimise the risk of further injury.

"Thanks to the course I am much more confident on my feet and I really

believe that I can continue to stay active for longer. My wife Pauline is very pleased as well. She has seen my confidence grow since I took part in the Council's Falls Prevention Classes giving us more opportunities to spend time together in our garden."

To find out about classes near you, visit www.sevenoaks.gov.uk/falls or call us on 01732 227000.

Be Inspired, Be Active!

Residents in Farningham, Horton Kirby, South Darent, Fawkham and West Kingsdown are embracing our latest sports project 'Be Inspired, Be Active' in their droves.

We're running an exciting programme of free sport taster sessions and sports courses after we secured £60,000 of external funding from Sport England.

And we've had a fantastic response. Launched at the St George's Day fete in Horton Kirby, more than 200 people have already tried their hand at a variety of activities, from archery and street dance to pad-boxing and the Paralympic Games sport of Boccia.

There are many courses on offer including archery, football, netball, street dance and even Boogie Buggy Fit for mums with young children.

Even more activities are in the pipeline such as basketball, volleyball, table tennis and badminton.

All the programmes take place in community venues in Farningham, Horton Kirby, South Darent, Fawkham and West Kingsdown and are completely free.

You can find out more and sign up to courses at www.sevenoaks.gov.uk/beinspired. Alternatively call us on 01732 227000 or email healthyliving@sevenoaks.gov.uk.



Let's talk about dementia

Dementia affects more than 820,000 people in the UK and many of us may know someone who is affected by this life changing disease.

We are working closely with Kent County Council, the Sevenoaks District Seniors Action Forum, support organisations and local communities to make the District a more dementia friendly place.

Local people with dementia have told us they want to maintain their social networks, feel they belong in their community and continue to live the life they had before their diagnosis.

The Swanley Dementia Friendly Communities Forum started last August. As part of the Forum, local people are working to make facilities in Swanley and the surrounding area more accessible to people with dementia. The Sevenoaks Dementia Friendly Communities Forum was also

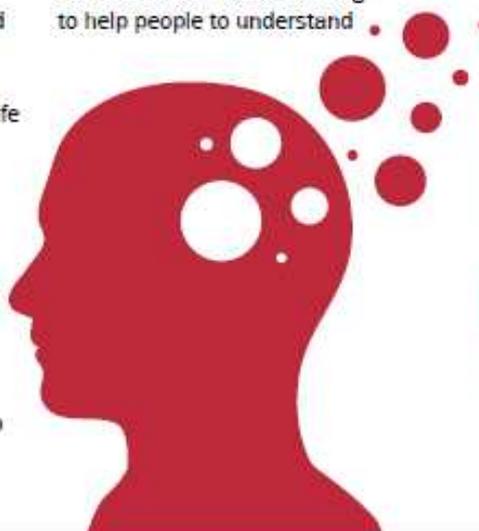
launched earlier this month to engage more people across the District.

Everyone can play a part in supporting people with dementia and their carers. As part of this work, we continue to run 'Dementia Friend' training to help people to understand

dementia and the support available. We are leading the way and we have already trained over 100 of our staff and partners as 'Dementia Friends'. We are also looking at physical changes to our building signage to be more dementia friendly.

If you would like to take part in Dementia Friend training or would like to get involved in Dementia Friendly Communities Forums please call us on 01732 227000 or e-mail healthyliving@sevenoaks.gov.uk

If you have any questions or concerns about dementia, you can call the dedicated Kent Dementia Helpline anytime on the freephone number 0800 500 3014 or visit www.alz-dem.org



New Year, new you!

With Christmas now upon us, it's easy to over indulge with friends and family. If you find you've piled on more pounds than you'd hoped then 'Why Weight' – start the New Year in style with a slimmer you!

Our free 12-week 'Why Weight' programme has been designed to help people lose weight in a healthy, productive way.

Each week you'll start with 30 minutes of gentle exercise, combined with weekly weigh-ins and advice about healthy eating and how to follow a healthier lifestyle.

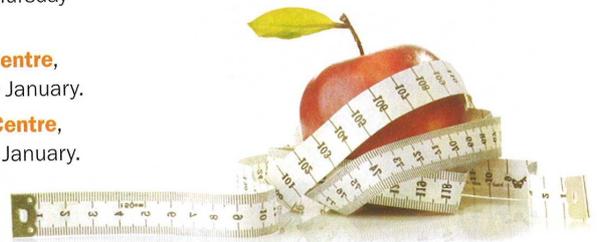
Why Weight has been running for five years, helping hundreds of people to lose weight and lead a healthier lifestyle in a friendly, supportive environment.

The next courses will take place across Swanley, Sevenoaks and Edenbridge on the following dates and times:

- **White Oak Leisure Centre, Swanley**, from 6pm Wednesday 7 January.
- **White Oak Leisure Centre, Swanley**, from 1pm Thursday 8 January.
- **Sevenoaks Leisure Centre**, from 12 noon Friday 9 January.
- **Edenbridge Leisure Centre**, from 6pm Monday 12 January.

- **Sevenoaks Primary School**, Bradbourne Road, from 6pm Tuesday 13 January.

For more information and to book, visit www.sevenoaks.gov.uk/whyweight or call us on 01732 227000.



Hartley memory café opens its doors

The first community-led memory café has opened in Hartley, offering visitors a welcoming and supportive environment.

Hartley Memory Café opened in August and is the first of its kind in the District as it's run by volunteers under the umbrella of the Alzheimer's and Dementia Support Services.

Jackie West, a Kent County Council Community Warden who works in the village, identified the need for the café and helped to get it off the ground.

Jackie says: "I was working with some Year Eight students at Longfield Academy who were making sensory blankets for residents at The Old Downs Residential Home in Castle Hill. It was a great way of linking two generations together.

"Stemming from this work I started to get to know people with dementia in the community and realised there was a real need for a space which offered support to those living with dementia



and their carers, somewhere where they could be listened to or just to gain advice in an inclusive environment."

The café, is open on the first Thursday of every month inside the Wellfield Community Lounge in Wellfield, Hartley.

Visitors to the café, which is open

between 10am and 12pm, will also be able to talk to a representative from the Alzheimer's and Dementia Support Services as well as enjoy tea and biscuits and chat to other like minded visitors.

For more information about local dementia services call us on 01732 227000.

