

# Silver Sunday 2024

*Back and bigger than ever before!*

Dozens of  
**FREE**  
activities



Organised with town  
and parish councils



  
**Sevenoaks**  
DISTRICT COUNCIL

## Transport

Support is available if you need any help getting out and about or to any Silver Sunday activities.

**Dial 2 Drive** is a community transport scheme for people unable to access public transport due to older age, illness or disability. It is available to those living in Sevenoaks, Tonbridge, Tunbridge Wells and the surrounding areas of West Kent. Volunteer drivers use their own cars to take clients to medical and social appointments. For more information and to register for the scheme please call **0300 7771200**.

**Sevenoaks Volunteer Transport Group** transports residents of Sevenoaks and the surrounding areas to attend medical appointments. For more information, please call **01732 458931**.

**Compaid** offer Out and About, a flexible Dial-a-Ride service that takes you from your home to anywhere in the districts of Tunbridge Wells, Tonbridge and Malling, Sevenoaks and Maidstone. You can travel with up to three other friends or family members on the same journey and the vehicle has space for one passenger to travel in a wheelchair. For more information and to book your journey please call **01892 832447**.



## Silver Sunday Fair

**Friday 4 October 2024**

This year, we are hosting a Silver Sunday Fair on Friday October 10am to 1pm at The Stag Plaza in Sevenoaks in collaboration with Sevenoaks District Seniors Action Forum (SDSAF).

Like a freshers' fair for older people, the fair will host local groups and organisations, as well as provide information and advice about the support, hobbies and activities available.

The theme of the event is to **celebrate older people** and show that Sevenoaks is a District to age well.

They'll also be performances from D'Vine Singers, Mature Movers and more.

This event is free to attend, and no pre-booking is required. Refreshments will be provided, and carers and family members are welcome to attend.



## Silver Bells Christmas Party

Kick off Christmas and get into the festive spirit at our **FREE** Silver Bells Christmas Party.

Come by yourself, or with friends, for an afternoon of guaranteed Christmas fun. Carers and family members are most welcome.

They'll be music, games, prizes, a delicious Christmas lunch and a guest appearance from Santa!

Dress to impress all whilst wearing something comfortable. There'll be a prize for the most festive dressed!

Silver Bells will take place on the following dates:

- Thursday 5 December 1pm to 3.30pm at Hartley Village Hall, Ash Road, Hartley, Longfield DA3 8EL
- Thursday 12 December 12pm to 3pm at Bat & Ball Centre, Crampton's Road, Sevenoaks TN14 5DN

Spaces are limited and must be booked in advance.

To book on please visit [www.sevenoaks.gov.uk/silverbells](http://www.sevenoaks.gov.uk/silverbells), email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk) or call **01732 227000**.





## Tea Dances

Put on your dancing shoes and enjoy an afternoon of socialising and music at our free tea dances this autumn.

Here you can channel your inner dancer and learn a new routine, all before tucking into a delicious afternoon tea.

Carers and chaperones are most welcome. All venues are accessible for disabled people.

Please let us know if you have any dietary requirements when booking.

Each dance has a maximum of 40 places available. Advance booking is essential.

The dances take place from 1.30pm to 3.30pm

- Wednesday 16 October at West Kingsdown Village Hall
- Thursday 7 November at Hextable Village Hall
- Tuesday 19 November at Eynsford Village Hall
- Friday 22 November at New Ash Green Village Centre

**To book on you must live and/or work in the Sevenoaks district, please visit [www.sevenoaks.gov.uk/teadances](http://www.sevenoaks.gov.uk/teadances), email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk) or call 01732 227000.**



## Let's Cook

### Free five-week online cooking course!

Learn how to cook healthy food on a budget with our FREE online cooking course starting Tuesday 8 October 2024 10am to 11am.

Our five-week course will help you prepare cost-effective, nutritious and delicious meals using a slow cooker, whilst learning how to reduce food waste and more!

Everyone who completes the course will receive a FREE slow cooker worth £45.

T&Cs apply.

Past participant, Janette from Sevenoaks, says: "I signed up because I wanted to learn how to make healthy, budget meals. I loved the course; it was really interesting to find out the varied meals you can make in a slow cooker and how being organised and planning your meals really helps you budget.

"It's a win win all round - meet new people, learn new skills and you get a free slow cooker at the end!"

Everyone is welcome to book on, although priority will be given to participants living and/or working in the following areas: Swanley, New Ash Green, West Kingsdown, Hextable, Eynsford, Farningham, Crockenhill and Hartley.

**To book on please visit [www.sevenoaks.gov.uk/cooking](http://www.sevenoaks.gov.uk/cooking), email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk) or call 01732 227000.**



## Sevenoaks Library Tour!

Do you know what your free library card can offer you?

Come along for a tour of Sevenoaks Library and find out about the services available to you, using your free library card.

- Thursday 24 October at 11am or Wednesday 13 November at 2pm

**Email Sevenoaks Library [sevenoakslibrary@kent.gov.uk](mailto:sevenoakslibrary@kent.gov.uk), phone 03000 41 31 31 or drop in to Sevenoaks library, to book your place.**



## Tai Chi with James Drewe

Get a free Tai Chi and Qigong taster session with James Drew of Taiji.

Classes start from Monday 16 September, and you can redeem your free session before Friday 9 December 2024.

Classes run at the following locations and times:

- St Luke's Church Hall, Sevenoaks  
Thursdays 2.45pm to 3.40pm
- Vine Baptist Church, Sevenoaks  
Thursdays 6.35pm to 7.30pm
- Vine Baptist Church, Sevenoaks  
Thursdays 7.35pm to 8.30pm
- Vine Baptist Church, Sevenoaks  
Thursdays 8.35pm to 9.30pm
- New Ash Green Village Hall  
Fridays 10am to 10.55am
- St. Luke's Church Hall, Sevenoaks  
Fridays 12.05pm to 1pm

Please wear loose, comfortable clothing and flat shoes.

**To book your free session, please call James on 07836 710281 and bring your Silver Sunday programme with you.**

**For more information, please visit [www.taiji.co.uk](http://www.taiji.co.uk) or email [james@taiji.co.uk](mailto:james@taiji.co.uk)**



## Steps to Wellbeing Health Walks

Enjoy fresh air, exercise and the chance to meet new people with our Steps to Wellbeing walks!

These walks generally explore wooded areas, can involve hills and uneven walking terrains and are generally two or three miles long. Sadly they are not suitable for wheelchair users.

### Otford Walking Group

First and third Monday of the month at 10am starting at Otford High-Street car park.

The walk follows the River Darent and comes back through the beautiful village of Otford, which has plenty of tea rooms to visit after.

### Shoreham Walking Group

Second and fourth Tuesday of every month at 10am, starting at Station Road beside the Vicarage.

A stunning 90-minute walk around Shoreham village taking in the local landmarks, rivers, vineyards and rolling hills.

### Knole Park Walking Group

Second and fourth Thursday of every month at 10am, starting at Hollybush Café.

Take in the beautiful views, woodlands and the occasional deer on this one hour circular walk!

**For further information on the Steps to Wellbeing walks visit [www.sevenoaks.gov.uk/walking](http://www.sevenoaks.gov.uk/walking)**

**If you'd like to attend a walk, please call 01732 227000 or email [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk)**



## Every Step Counts

Every Step Counts are gentle paced walks lasting less than 45 minutes over flat, comfortable terrain.

Walks and meeting points:

- Monday 11am  
The Riverside Tea Room, Eynsford
- Tuesday 10am  
The end of Tesco Riverhead car park near the bottle banks
- Tuesday 11am  
The Castle Inn in Chiddingstone
- Wednesday 10am  
The car park beside Otford Village Memorial Hall



- Wednesday 10.30am  
The West Kingsdown Pavillion
- Thursday 10am  
Chipstead Green opposite the Bricklayers Arms,  
Chevening Road
- Thursday 10am  
The Café in Swanley Park
- Thursday 2pm  
The car park in Greatness Recreation Ground
- Friday 10.30am  
The Kemsing Village Hall Car Park

For further details, or, to book your place, please email [everystepcounts17@gmail.com](mailto:everystepcounts17@gmail.com)



## Up and Running

### 10 week women's running course.

This course is for women aged between 18 and 65 who have experienced mental health difficulties and who are not currently runners but would like to learn.

**Courses run twice a year from Hollybush in Sevenoaks. To find out more, please call or text Harriet on 07855 893863 or Shona on 07710 279497.**

## Darent Valley Rail Trails

Explore the 17 trails from two-and-a half to nine miles through stunning landscapes, heritage towns and villages from train stations in the Darent Valley, in West Kent.

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|--|-----------|
| 1. Dartford Creek and marshes                  | 5.7 miles |
| 2. Dartford Lakes and gunpowder                | 3.8 miles |
| 3. Farningham/Eynsford River and ruins         | 9 miles   |
| 4. Swanley/Eynsford Viaduct and villas         | 5 miles   |
| 5. Eynsford Veterans and lavender              | 8 miles   |
| 6. Eynsford/Dartford Chalk and Pilcher         | 6 miles   |
| 7. Eynsford/Sevenoaks<br>Along the valley side | 9 miles   |
| 8. Shoreham Ridges and valleys                 | 5 miles   |
| 9. Shoreham Palmer and villages                | 8 miles   |
| 10. Otford Valleys and vistas                  | 5.3 miles |
| 11. Otford Downs and butterflies               | 2.7 miles |
| 12. Bat & Ball/Otford Heritage<br>& meadows    | 2.5 miles |

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|--|-----------|
| 13. Sevenoaks Deer and downs                     | 4.5 miles |
| 14. Sevenoaks Rocks and ridges                   | 7.5 miles |
| 15. Sevenoaks/Eynsford<br>Along the valley floor | 8.5 miles |
| 16. Sevenoaks Oaks and Beatles                   | 2.5 miles |
| 17. Dunton Green Wetland and wildlife            | 4.3 miles |

Find out more about the Darent Valley by visiting [www.darent-valley.org.uk](http://www.darent-valley.org.uk)

A selection of the Rail Trails are available to use on the 'Darent Valley Trails' app, available free on the App Store and Google Play.

To request details of any of the above walks please call 01732 227000 or email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk).



## One-Day Leisure Pass on the first Sunday of October, November and December

Residents aged 55 plus can claim a free one-day pass for Edenbridge, Sevenoaks and White Oak Leisure Centres. You can use the pass on the first Sunday in October, November or December.

The pass gives access to all facilities, except the toning suite at White Oak Leisure Centre, which is closed on Sundays.

Please email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk) for details, terms and conditions and to request your pass.



## Free One You talk and NHS check

Over 55s who live or work in the Sevenoaks District can come along to our Health & Wellbeing Days Sevenoaks, Edenbridge or Swanley White Oak Leisure Centres between 10am and 2pm on certain days to explore the centres and meet new people.

Our One You advisors and personal trainers will be on hand to offer free advice on exercise and nutrition.

There will also be an opportunity to have an NHS health check, speak to a diabetes nurse and get a strength and balance test.

There's no need to book and there will be free tea and coffee.

- Wednesday 2 October 2024, 10am and 2pm  
Swanley, White Oak Leisure Centre
- Wednesday 20 November 2024, 10am and 2pm  
Edenbridge Leisure Centre
- Tuesday 3 December 2024, 10am and 2pm  
Sevenoaks Leisure Centre



## Discounted Tee Times

Over 55s can claim a 25% discount on tee times at Lullingstone Park Golf Course.

This discount is valid Monday to Friday through October to December for residents with valid ID and a Silver Sunday programme.

**Discounted Tee Times must be booked in advance by calling Lullingstone Park Golf Course on 01959 583019 or visiting the course in person at Parkgate Road, Chelsfield, Kent BR6 7PX**



## Sevenoaks District Seniors Action Forum

The Forum is an independent organisation that includes Sevenoaks, Swanley, Edenbridge, Westerham and surrounding villages. They currently have around 1200 members, the organisation is run entirely by volunteers.

They campaign to maintain and improve services that affect their members and to ensure that the voice of older people is heard.

**Membership is free, visit [sdsaf.org.uk](https://sdsaf.org.uk), email [comms@sdsaf.org.uk](mailto:comms@sdsaf.org.uk) or telephone 07784 677626.**

## Lunch Clubs

Lunch clubs are a great way to meet others whilst enjoying a hot meal. Find your nearest one and book in advance:

### Bessels Green Lunch Club

Every Second and Fourth Wednesday 12.30pm to 2:30pm at Bessels Green Baptist Church. Call Andy Potter on **01732 454921** or email [andy.potter@bgbc.co.uk](mailto:andy.potter@bgbc.co.uk) or [emma.trim@bgbc.co.uk](mailto:emma.trim@bgbc.co.uk)

### Dunton Green Lunch Club

First Wednesday of the month 11.45am to 2pm at Dunton Green Pavilion. Call Judith Verlinden on **07836 525938** or email [judith.verlinden@gmail.com](mailto:judith.verlinden@gmail.com)  
There is a charge of £4 for each lunch.

### Fordcombe Luncheon Club

Second Thursday of the month in Fordcombe Village Hall. Call Kate Hargreave on **07788 751485**. Small cover fee per person, payable on the day.



### Hextable Lunch Club

Third Monday of the month 12pm to 2pm at Nextdoor Hextable. Call Sevenoaks District Council on **01732 227000** or email **communities@sevenoaks.gov.uk**

### Kemsing Lunch Club

Wednesdays at 12.30pm at St Edith's Hall. Call Jackie Chisholm on **01732 763991**.

### Otford Lunch Club

Thursdays, 11.45am to 1.30pm in the Memorial Hall. Call Margaret Nicholson on **01959 524147**.

### Riverhead (Littlecourt Lunch Club)

Tuesdays, 12 noon to 1.30pm in Christchurch United Reformed Church. Call Deirdre Montanaro on **01732 455435** or Pam Rankin on **01732 460209**.

### Westerham Lunch Club

Second Friday of the month 11am to 1.30pm at Westerham Hall. Please call Westerham Town Council to join **01959 562147**. There is a charge of £5 for lunch.

### West Kingsdown

This is due to begin from October, to register your interest please call **01732 227000** or email **communities@sevenoaks.gov.uk**



### Print and Paper workshops with Sevenoaks Visual Arts Forum

Experience the pleasure of working in print to make original images by hand and using a press, as well as folding your results into simple books and forms.

Suitable for all abilities in a supportive environment and materials are provided.

- They take place between 10.30am and 12.30pm on Fridays 18 October, 15 November and 13 December at Kaleidoscope, Sevenoaks Library.

Please email **sevenoakskaleidoscope@gmail.com** to book.

### Digital Inclusion

Sevenoaks District Council will be offering FREE one-to-one sessions to help residents aged 55+ years improve their basic digital skills and confidence, enabling them to get online.

They take place at our tea dances, 1.30pm to 3.30pm on:

- Wednesday 16 October at West Kingsdown Village Hall
- Thursday 7 November at Hextable Village Hall
- Tuesday 19 November at Eynsford Village Hall
- Friday 22 November at New Ash Green Village Centre

In partnership with Compaid



### Swanley area activities

#### Monday Club

- Every Monday from 10.30am to 12.30pm  
The Alexandra Suite on St Mary's Road, Swanley  
BR8 7BU

If you enjoy meeting and making new friends, with time for a cuppa and a chat, news of what's going on in the town, a bookstall, two raffles and a few games of Bingo – then the Club is just for you!

For more information, please call Christine on **07864 807670**.

#### Thursday Group

- Every Thursday from 1.30pm to 3pm  
Clocktower Pavilion, St Mary's Road, Swanley  
BR8 7BU

If you are over 50 and would like to meet new friends over a cup of tea, biscuits, raffles and bingo why not pop along!

For more information, please call Pat on **07714 686995**.

#### SwanARA

- Third Tuesday of each month at 2pm  
The Alexandra Suite (except December which is the second Tuesday.)

Are you retired or semi-retired and looking for things to do? Why not join your local Active Retirement Club, SwanARA.

For more information, please call Ray Buchan on **01322 663541** or Ingrid Metcher on **01322 664053**.

### Darent Valley Choir

- Rehearsals commence Wednesday 18 September

Join a friendly choir! No auditions necessary, whatever your level of ability please join us. Performances include churches across the Darent Valley and Sevenoaks area.

**For more information, please email [darentvc@gmail.com](mailto:darentvc@gmail.com)**

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### Swanley History Group

- First Wednesday of each month at 7pm  
The Alexandra Suite, St Mary's Road,  
Swanley BR8 7BU

Hold monthly meetings for the presentation and discussion of historical topics which relate to the area, or are of general social history interest.

Meetings are held on the first Wednesday of each month at 7pm at The Alexandra Suite, St Mary's Road, Swanley BR8 7BU. Everyone is welcome and there is no need to book, £2 fee.

**For more information please email [swanleyhistorygroup@hotmail.co.uk](mailto:swanleyhistorygroup@hotmail.co.uk)**

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### Grow A Healthy Swanley and Crockenhill

A community garden project encouraging local people to get out into nature and plant and tend to the allotment. From fruit and veg to flowers and shrubs.

**Please contact Jackie and David Griffiths on 01322 662363 or email [davidgriffiths701@hotmail.com](mailto:davidgriffiths701@hotmail.com)**

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### Pop In 4 Craft

- First Saturday of the month at 1pm and Third Wednesday of the month at 10.30am  
St Peter's Church, Hextable BR8 7RH

It doesn't matter whether you are a beginner or an expert, if you're interested in craft, you will be made most welcome. You can come along and bring your chosen project, or you can participate in a guided activity.

**For more information contact Alison Bateman by emailing [happyscrappy11@gmail.com](mailto:happyscrappy11@gmail.com) or call 07863 814166.**

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### Sounds Familiar

- Every Tuesday from 12pm to 1pm  
The Howard Venue, Hextable BR8 7LG

Do you enjoy singing? If so, why not join this friendly singing group and sing for fun. Open to all, no auditions and no need to read music.

**For more information, please call Victoria Flaherty on 07958 504692 or email [victoriatmf@hotmail.co.uk](mailto:victoriatmf@hotmail.co.uk)**

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### Line Dancing

- Every Wednesdays from 10.30am to 12pm  
The Howard Venue, Hextable BR8 7LG

Dance in lines to a variety of music from Irish, Latin, Ballroom, Funky and more with this friendly class. You don't need a partner. To book or for any further information, please contact Shirley on 07951 003852.

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### Kent Rivers Age UK Balance, Strength & Mobility Classes

Come along and meet some friendly faces whilst getting strong, steady and able. Meet others in the same situation, get useful tips and learn to keep yourself strong and mobile at one of our classes, run by a fully qualified specialist instructor.

**To book or for any further information, please contact the Wellbeing Team on 07518 291666 or email [wellbeing@ageukkentriders.org.uk](mailto:wellbeing@ageukkentriders.org.uk)**

- Every Second and Fourth Wednesday of the month from 1.30pm to 3.30pm  
The Howard Venue, Hextable BR8 7LG
  - Alternate Tuesdays of the month from 10.30am to 12pm - All Souls Church Hall, Crockenhill BR8 7LG.
  - Every Wednesday from 10.30am to 12pm - Via Zoom
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### Mature Movers Swanley

- Every Monday at 1pm  
Swanley Clocktower Pavilion

Free low-impact exercise for over 60s. Move along to a range of music, meet new people and have fun! Seated or standing.

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### CrockenARA

- Second Monday of each month from 2pm to 4pm  
Crockenhill Village Hall

Are you retired or semi-retired and looking for things to do? Why not join your local Active Retirement Club, CrockenARA.

**For more information please email [crockenara@gmail.com](mailto:crockenara@gmail.com) or visit [www.crockenara.org.uk](http://www.crockenara.org.uk)**

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### Crockenhill Community Café

- Every Friday from 10.30am to 12pm - All Souls' Church Room, behind the main church building.

A warm, relaxed place to chat with friends, with coffee, tea and cake, regular guest speakers and charity fundraising.

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### Darent Valley Radio Society

- Every second and fourth Wednesday of the month at 8pm  
Crockenhill Village Hall

Are you interested in Amateur Radio? If so, why not come along to Darent Valley Radio Society.

**For more information, please email [info@darentvalleyrs.org.uk](mailto:info@darentvalleyrs.org.uk) or visit [www.darentvalleyrs.org.uk](http://www.darentvalleyrs.org.uk)**





### Farningham Guitar Club

- First Thursday of the month from 7.30pm to 10pm Crockenhill Village Hall
- All other Thursdays of the month at 7.30pm to 10am - Farningham Village Hall, High Street, Farningham DA4 0DH

Do you enjoy playing the guitar? Get together with other passionate players and play your favourite songs, from theme nights, amplified sessions and singing workshops, there is also chance to take part in an annual concert for charity.

**For more information please email [enquiries@farninghamguitarclub.co.uk](mailto:enquiries@farninghamguitarclub.co.uk) or visit [www.farninghamguitarclub.co.uk](http://www.farninghamguitarclub.co.uk)**

### The Space at Eynsford

- Every Wednesday from 9am to 1pm Riverside Club, Eynsford DA4 0BE

Come along to the new community hub run by Darent Valley Community Church for free food, free activities and a space to socialise and meet new people.

**For more information please call Pastor Adrian Elms on 07908 045445 or email [dvcc.pastor@outlook.com](mailto:dvcc.pastor@outlook.com)**

### EynsfARA

- Second Monday of each month from 2pm - St Martins Church, Eynsford

Are you retired or semi-retired and looking for things to do? Why not join your local Active Retirement Club, EynsARA.

**For more information, please call Anne Marie on 01322 869481.**

### Farningham & Eynsford Local History Society (FELHS)

- Every third Friday of each month at 7.30pm - Farningham Village Hall, High Street, Farningham, Dartford DA4 0DH

Presentation and discussion of historical topics which relate to the area, or are of general social history interest. Everyone is welcome and there is no need to book, £10 annual fee.

**For more information, please email [archives@felhs.org.uk](mailto:archives@felhs.org.uk) or visit [www.felhs.org.uk](http://www.felhs.org.uk)**



### Eynsford Gardener's Club

A vibrant community of people who are involved in gardening, allotmenting, cooking and handicrafts. Regardless of age or ability, come along and have fun, socialise and share stories and tips. Membership is £3 per year and entitles you to free entry to the four shows each year. You'll also get discounts for local garden centres.

**For more information, please call 07538 110505 or email [eynsford\\_gc@yahoo.co.uk](mailto:eynsford_gc@yahoo.co.uk)**

### Fawkham Furniture Restoration

- Every Monday in term-time from 7.30pm to 9.30pm Fawkham Village Hall, Valley Road DA3 8NA

If you're interested in restoring furniture, come along and take part!

**For more information please call Ann Archer on 07778 287155.**

### Talk Time - Hartley Coffee and Chat

- Every Tuesday from 10.30am to 11.30am Hartley Library, Ash Road, Hartley, Longfield, Kent DA3 8EL

Talk Time aims to bring people together, to chat and make new friends. Take part in a variety of activities, from speakers to quizzes, reading to sewing.

### Soup and Friendship Lunch

- First and Third Monday of the month from 12pm to 2pm St Edmunds Centre, School Lane, West Kingsdown TN15 6JN

### Board and Card Games

- Second Wednesday of the month from 1.30pm to 3.30pm St Edmunds Centre, School Lane, West Kingsdown TN15 6JN

### Friday Craft Afternoon

- Second and Fourth Friday of the month from 2pm to 4pm St Edmunds Centre, School Lane, West Kingsdown TN15 6JN.

### St Edmund's Church Pop-In

- Every Wednesday and Saturday from 10am to 12.30pm The Pavilion, London Road, West Kingsdown

Pop in for a 'cuppa' and a chat to meet new people.



### Mature Movers New Ash Green

- Every Monday at 2.30pm  
New Ash Green Village Hall, Centre Road  
DA3 8HH

Free low-impact exercise for over 60s. Move along to a range of music, meet new people and have fun! Seated or standing.

### Woodlands Group – Wild About New Ash Green

- Every third Saturday of the month from 10am to 1pm  
The Orchard, DA3 8JB

Are you interested in helping to support the natural habitats in New Ash Green, promoting conservation and enhancing the green spaces? Tasks include pruning apple trees, clearing scrub, building dead hedges and enhancing the environment.

**For more information, please email [wildaboutnag@gmail.com](mailto:wildaboutnag@gmail.com) or visit [www.wildaboutnag.com](http://www.wildaboutnag.com)**

### NAG Arts Community

- First Sunday of every month from 2pm to 4.30pm  
New Ash Green Youth and Community Centre,  
North Square, New Ash Green DA3 8JY

Are you interested in visual arts? Or are you a practicing artist, painter, potter, sculptor or photographer? Come along to the lively, interactive meetings which are open to all, members and non-members. £3 members, £5 non-members.

**For more information, please email [nagartscomm@gmail.com](mailto:nagartscomm@gmail.com) or visit [www.newashgreenartscommunity.com](http://www.newashgreenartscommunity.com)**

### New Ash Green Community Hub

- Every First Tuesday of the Month from 10am to 12pm  
New Ash Green Village Hall, Centre Road  
DA3 8HH

Come along to meet up over tea and cake. All are welcome to join. There is no need to pre-book, just simply turn up!

**For more information, please call Jackie West on 07811 271259 or email [jackie.west@kent.gov.uk](mailto:jackie.west@kent.gov.uk)**

### Carers and Memory Café

- Every Second Tuesday of the Month from 10am to 12pm  
New Ash Green Village Hall, Centre Road  
DA3 8HH

Come along for free refreshments, information and support.

**For more information please call Jackie West on 07811 271259 or email [jackie.west@kent.gov.uk](mailto:jackie.west@kent.gov.uk)**

### Simply Singing

- Every Fourth Tuesday of the Month from 10am to 12pm  
New Ash Green Village Hall, Centre Road  
DA3 8HH

A community initiative for those who enjoy singing for pleasure.

**For more information please call Jackie West on 07811 271259 or email [jackie.west@kent.gov.uk](mailto:jackie.west@kent.gov.uk)**

## Edenbridge and Westerham area activities

### Edenbridge Memorial Health Centre Wellbeing Team

We welcome people over the age of 65 years, people with long term conditions, dementia or people who may need support to better care for themselves and their wellbeing.

A therapeutic programme of care and activities is offered. This includes topical discussions, daily national newspapers, quizzes and games, craft and gardening. Clients benefit from social interaction, while the centre offers some respite for carers and relatives. A pet therapy dog will attend weekly to meet and greet you.

The wellbeing centre team will carry out regular minor observations and health checks, including blood pressure and can support you to find out more about other health and social care providers.

To be eligible to attend you must be registered at a local GP surgery.

**For more information or to take part please call the Wellbeing Centre on 01233 563002 or visit Edenbridge Memorial Health Centre, Four Elms Road, Edenbridge TN8 6FY**



### Edenbridge Games Club

- Every Monday from 10am to 12pm  
Rickards Hall, Edenbridge

Come along and play your favourite games while making friends and having a cuppa!

This friendly group meets to play different games such as cards, Chess or Connect4. Others come along to quietly complete challenges and puzzles. Refreshments are provided.

**For further details, call Edenbridge Town Council on 01732 865368.**



### **Bridges Café, Edenbridge**

Bridges Café High St, Edenbridge TN8 5AJ, serves delicious coffee and cakes as well as holding fun, social events:

- First Tuesday of the month from 12pm to 1.30pm  
Folk music session

Listen to live music alongside tea and coffee.

- Third Tuesday evening of the month from 7.30pm to 9.30pm – In Stitches

Enjoy an evening of socialising and chat with knitting and crochet - £4 per session

- Every Friday from 2pm to 4pm – Place of Welcome

Open to everyone, visit with friends and meet new friends.

**For more information, please call Bridges on 01732 868186 or email [mary@bridgescentre.org](mailto:mary@bridgescentre.org)**

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### **The Eden Centre**

The Eden Centre, Four Elms Rd, Edenbridge TN8 6BY, provides access to the library, church, Citizen's Advice Bureau, Age UK and The Eden Living Room Café as well as computers, printing and photocopying. They also have many classes you can attend. Book your place by contacting the relevant person:

- Every Monday from 2pm to 3pm - Over 60s exercise class

Contact Christine on **01732 862999**

- Every Tuesday from 9.45am to 11am and Thursdays 9.15am to 10.15am  
Yoga for over 50's with Jane Young

- Tuesdays 1.30pm to 2.30pm - Chair Yoga with Mel

Contact Mel **07977 187170**.

**For more information, please call The Eden Centre on 03000 414010 or email [theedencentre@kent.gov.uk](mailto:theedencentre@kent.gov.uk)**

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### **Eden Songsters**

- Every Wednesday from 2pm to 3.30pm  
The Eden Centre, Four Elms Rd, Edenbridge TN8 6BY

Do you enjoy singing? If so, why not join this friendly singing group and sing for fun. Open to all, no auditions and no need to read music.

**For more information please email Jacky Hintze [jacky.hintze@outlook.com](mailto:jacky.hintze@outlook.com)**

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### **EdenARA**

- Second Friday of each month at 2pm - The Eden Centre, Four Elms Rd, Edenbridge TN8 6BY

Are you retired or semi-retired and looking for things to do? Why not join your local Active Retirement Club, EdenARA.

**For more information please call Marion on 01424 843402.**

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### **Coffee Corner**

- Every Second Friday from 10.30am to 12pm  
Leigh Scout Hut, Kiln Lane, Leigh, Tonbridge TN11 8RT

Come along for some friendly conversation, coffee and cake.

### **Fordcombe Table Tennis Club**

- Every Monday from 8pm to 9.30pm (October to March)  
Fordcombe Village Hall, The Green TN3 0RY

Have you played table tennis before and are interested in a social evening with good all-round exercise? All equipment provided, just bring yourself!

**For more information, please email [elainejbarnett@gmail.com](mailto:elainejbarnett@gmail.com)**

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### **Westerham Bookmarks Reading Group**

- Second Wednesday of the month at 7.30pm - Westerham Library, London Road, Westerham TN16 1BD

**For more information, please call 01959 562326.**

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### **Coffeetime**

- Every Tuesday from 10am to 12pm  
John Fryth Room, St Mary the Virgin, The Green, Westerham, Kent TN16 1AS

A drop-in club for everyone with coffee and refreshments. No need to book, just turn up!

Bridge at Crockham Hill (BACH)

- Every Monday (except bank holidays) from 7.30pm to 10.30pm  
Crockham Hill Village Hall, Church Lane, Crockham Hill, Edenbridge TN8 6RP

An ideal opportunity to play bridge in a friendly environment.

**For more information please contact Wynne Gifford on 01883 712105 or email [wynnegifford@uwclub.net](mailto:wynnegifford@uwclub.net)**

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### **Theatre Club**

The Westerham Theatre Club is open to all at a cost of £5 per annum, members receive alerts of outings and benefit from group prices if available. Outings are to a mix of dramatic and related arts, ranging from musicals through ballet and Shakespeare.

**For more information please contact Membership Secretary on 01959 563763 or email [aliciahanson49@yahoo.com](mailto:aliciahanson49@yahoo.com) or visit [www.westerhamtheatreclub.weebly.com](http://www.westerhamtheatreclub.weebly.com)**

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### The Tuesday Club

- Every Tuesday at 2pm  
Westerham Hall, Quebec Ave, TN16 1BJ

Come along to play bingo, enjoy a cup of tea and meet new friends. New Members are welcome.

**Please contact Bob Ralph 01959 563448 or Dot Gammage 01959 562364 or come down to the Hall on a Tuesday afternoon.**

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### Westerham Fine Arts Society

- First Wednesday of every month at 7.30pm -  
Westerham Hall, Quebec Ave, TN16 1BJ

Listen to lectures and attend events covering all aspects of art and architecture, from ceramics, glass, silver, furniture, tapestry and historic houses. Guests are welcome at £5.

**Please contact Marrill Gibson by emailing [westerhamfineartsociety@gmail.com](mailto:westerhamfineartsociety@gmail.com)**

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### Coffee Morning

- Every Third Thursday from 10am to 12pm  
Brasted St Martin, Church Road, Brasted,  
Westerham TN16 1HZ

All are welcome to enjoy coffee, cake and a chat with donations going to charity.



### Sevenoaks area activities

#### Afternoon Tea Dance

- Every Wednesday from 2.30pm to 4.30pm  
Bat and Ball Centre, Cramptons Road, Sevenoaks  
TN14 5DN

**Tickets cost £4 and includes tea and cake. Please contact Andrew Watts on 01732 462538.**

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#### Senior Coffee Mornings – 50 Plus Club

- The last Thursday of the month from 10.30am to 12 noon  
Meet at The Bullfinch (Riverhead)

Catch up on the news in the area and make new friends. Free tea, coffee and cake provided by The Bullfinch.

**For more information and to attend please email Shirley Stewart at [shirleyannstewart@aol.com](mailto:shirleyannstewart@aol.com)**

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#### Board on Sundays

- Second Sunday of the month from 2pm to 4pm  
Riverhead Village Hall

Cards, games, bingo and make new friends over a free cup of tea.

**For more information and to attend please email Shirley Stewart at [shirleyannstewart@aol.com](mailto:shirleyannstewart@aol.com)**

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#### Free low-impact exercise for over 60s

- Every Tuesday at 2pm  
Riverhead Village Hall

Move along to a range of music, meet new people and have fun with Mature Movers and Every Step Counts! Seated or standing.

**For more information and to attend please email [everystepcounts17@gmail.com](mailto:everystepcounts17@gmail.com)**

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### Otford BRIDGE Club

- Every Friday at 7pm  
Otford Village Memorial Hall, High Street,  
Otford TN14 5PQ.

An ideal opportunity to play bridge in a friendly environment.

**For more information please contact Club Secretary Chris Gray on 01732 667345 or email [chrisgray007@hotmail.co.uk](mailto:chrisgray007@hotmail.co.uk)**

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### Embroidery Club Otford

- Last Saturday of the month at 10am - Otford  
Village Memorial Hall, High Street, Otford  
TN14 5PQ

If you have an interest in Textiles, why not come along to the Club? Bring along your own project to work on and listen to speakers and demonstrations.

**For more information please contact Jacky Gulczynski on 07983 581669.**

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### Otford Folk Dance Club

- Every Thursday from 7.30pm to 9.30pm -  
Walthamstow Hall Junior School, Bradbourne  
Park Road, Sevenoaks TN13 3LD.

A welcoming, friendly folk dance club for everyone. From complete beginners to experienced.

**For more information, please call 01959 524688.**

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### Sevenoaks Flower Club

- Every second Tuesday at 1.45pm - Otford Village Memorial Hall, 28A High Street, Otford.

If you have a love of flowers, garden plants or floral design, join the friendly Sevenoaks Flower Club!

**For more information please call Lesley Iannidardo on 01732 849629 or visit [www.sevenoaksflowerclub.co.uk](http://www.sevenoaksflowerclub.co.uk)**

### Forget-me-not cafes

Forget-Me-Not Cafes across the Sevenoaks District are free to attend.

### Sevenoaks at Knole

In collaboration with National Trust Knole

- First Friday of the month from 10.30am to 12pm  
The Hayloft, National Trust Knole, Sevenoaks TN13 1HU

### Bat & Ball Station

In collaboration with Sevenoaks Town Council

- Last Wednesday of the month from 10.30am to 12pm  
Bat and Ball Train Station, Bat & Ball Road, Sevenoaks TN14 5AP

### Westerham

In collaboration with Westerham Town Council

- Third Friday of the month from 11am to 12.30pm  
The Congregational Church, Fullers Hill, Westerham, TN16 1AB

### Edenbridge

In collaboration with Home Instead Tunbridge Wells

- Last Friday of the month from 10.30am to 12pm  
The Eden Centre, Four Elms Road, Edenbridge TN8 6BY

### Otford

In collaboration with Otford Parish Council

- Last Thursday of the month from 11am to 12.30pm  
Otford Village Memorial

### Forget-me-not'es - Singing Group

In collaboration with Rockdale Senior Living

- Third Thursday of the month from 2.30pm to 4pm  
Beatrice Wilson Common Room, Rockdale, Rockdale Road, Sevenoaks TN13 1JT



### Better Together

The Better Together Online Community Hub was created in partnership with the Council and Voluntary Sector to help connect and build our local communities. Our hub is a place for grassroots organisations, community leaders and local volunteers to be celebrated, and their stories shared.

Through the online platform, you can discover what's happening in your local area, book on to activities and use our directory to search local voluntary services and support.

We have a dedicated area on our website for residents who wish to share their skills or get involved with unique volunteer opportunities across the Sevenoaks District. Our helpful range of resources also include access to free training opportunities, support to encourage a healthier lifestyle and a community toolkit to help develop your community event or project idea into reality.

Our community toolkit offers step-by-step guidance for anyone who wishes to create an event or local community group. Whether it be ongoing or one-off activity; by signing and becoming a member, you are able to promote and share your event with the Sevenoaks Community.

**To find out more please visit [www.bettertogethercommunity.org.uk](http://www.bettertogethercommunity.org.uk) or for further information please reach out to [contact@bettertogethercommunity.org.uk](mailto:contact@bettertogethercommunity.org.uk)**



### Women's Institute (WI)

The WI is the largest women's organisation in the UK and a trusted place for all women of all generations, to share experiences and learn from each other.

A WI membership offers the opportunity to meet women in your local area in-person and virtually, to make friends and make a difference in your community.

There are lots of WI's across the Sevenoaks District.

**For more information and to find your local branch, please visit [www.thewi.org.uk/wis-a-z](http://www.thewi.org.uk/wis-a-z)**

## U3A

Learn, stay active and have fun with u3a!

u3a is a UK-wide movement of locally-run groups that provide opportunities for people in their 'third age' – those no longer in full time employment.

Members explore new ideas, acquire new skills and enjoy activities in a friendly, social environment.

With a motto of 'learn, laugh, live', they are a brilliant way to get involved, make new friends and learn something new!

There are five u3as in the Sevenoaks District and the groups include current affairs discussions, coffee mornings, fly-fishing, language lessons, science classes, snooker games and much more!

**For more information, contact your local branch:**

### **Sevenoaks**

[www.sevenoaksu3a.org.uk](http://www.sevenoaksu3a.org.uk)

### **Knole, Sevenoaks**

[www.knoleu3a.org.uk](http://www.knoleu3a.org.uk)

### **Westerham**

[www.westerhamu3a.org](http://www.westerhamu3a.org)

### **Edenbridge**

[www.edenbridgeu3a.co.uk](http://www.edenbridgeu3a.co.uk)

### **Swanley**

[www.u3asites.org.uk/Swanley](http://www.u3asites.org.uk/Swanley)





# Find out more about Silver Sunday

w [www.sevenoaks.gov.uk/silversunday](http://www.sevenoaks.gov.uk/silversunday)

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e [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk)

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t 01732 227000

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Sevenoaks District Council, Argyle Road,  
Sevenoaks, Kent TN13 1HG

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Visit our Sevenoaks offices:  
Monday to Thursday, 8.45am to 5pm  
Friday 8.45am to 4.45pm

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 sdc\_newsdesk

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This publication is available in large  
print and can be explained in other  
languages by calling 01732 227000.

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