

2011

GET active

For a Healthier, Happier Dartford



NHS

West Kent

change
4life
Get well • Move more • Live longer

DARTFORD
BOROUGH COUNCIL

Get a healthy start to the year and Get Active in Dartford

Get Active aims to help make achieving your everyday dose of physical activity as easy and fun as possible through a variety of activities.

We have an activity to suit you whatever your age or ability, Get Active sessions are either free or low cost too! It only takes 30 minutes a day for adults to be fitter, healthier and happier and you can even break this down into 10 minute slots.

 means this activity and venue is accessible for wheelchair users.

Get Active in your Community

Going to the gym isn't for everyone, that's why Get Active is offering sessions in local community venues to make being active as easy and accessible as possible to local residents. All classes are suitable for beginners.

Aerobics

These fun and friendly classes aim to help you become active for life. If you want to improve your fitness, lose weight, or tone your body these classes are for you.



- Mondays, 7.00pm-8.00pm
Living Well Healthy Living Centre,
St Edmunds Road, Dartford
Price: £1.50
- Tuesdays, 7.00pm-8.00pm
Church Road Hall, Church Road,
Swanscombe
Price: £1.50

Supple Strength

This relaxing but challenging class blends yoga, pilates, strength and flexibility training to improve co-ordination, balance and overall flexibility.

- Mondays, 6.00pm-6.45pm
Living Well Healthy Living Centre,
St Edmunds Road, Dartford
Price: £1.50
- Thursdays, 7.00pm-7.45pm
Living Well Healthy Living Centre,
St Edmunds Road, Dartford
Price: £1.50

Yoga

Yoga will help your flexibility whilst calming the mind and relaxing the body through simple postures, breathing exercises and relaxation



techniques. This class is run through the HOPE group which is for anyone who feels isolated, wants to make friends or those who just want to be healthy.

- Thursdays, 10.30am-11.30am
Dartford Adult Education Centre,
Summerhill Drive, Dartford
Price: £1

Dartford Children's Centres' Women's Health Group

These FREE Exercise to Music classes are open to all women with a child under the age of 5 years old and who are registered to a Children's Centre, if you are not registered please contact your local centre for more information. These classes are available during term time only. To book a place please ring the centre in advance – crèche available



Mondays

- 9.30am-10.30am & 10.30am-11.30am
Oakfield Children's Centre,
Oakfield Lane, Dartford
- 9.30am-10.30am & 10.30am-11.30am
Darenth Children's Centre,
Green St Green Rd, Darenth

Tuesdays

- 9.30am-10.30am & 10.30am-11.30am
Temple Hill Children's Centre,
St Edmunds Road, Dartford

Wednesdays

- 9.30am-10.30am & 10.30am-11.30am
Maypole Children's Centre,
Franklin Road, Dartford

Keep-Fit in Stone

A number of activities take place throughout the week at The Community Hall, Hayes Road, Stone. They aim to help you get fit and active.

Please contact the relevant instructor or Stone Parish Council on 01322 224246 for more details.

- **Dance-a-cise**
This class comprises of keep fit, body stretching and toning, £5 per session.
Tuesdays, 7.00pm-8.00pm
Contact Janette Gregory on 07765 556418 or visit www.dance-a-cise.co.uk

- **Sequence Dancing**
This dance group is a fantastic way to have fun and keep fit at the same time. £2.50 annual subscription, plus £1.50 for each session attended (refreshments included).

Wednesdays, 2.00pm-4.00pm
Contact Vic Woolley on 01322 382612

Kent Adult Education, Dartford

Do you want to find a new interest, meet new, like-minded people and keep fit at the same time? With one of Dartford Adult Education's health, sport and leisure classes you can. Learn to relax and de-stress with Tai Chi, increase your flexibility with Yoga, have fun and Zumba® and Salsa, or simply walk to improve your fitness.



Dartford Adult Education Centre offers a wide range of opportunities to be more active with the well known course format as well as new schemes such as taster sessions, Pay As You Go classes, and the Health Referral Scheme.

For more details about the wide range of activities available you can pop into the centre in Summerhill Road, visit www.kentadulthoodeducation.co.uk or call 0845 606 5606.



Get Active Outside

Getting out and about in fresh air is a great way to get more active, this section highlights some of the great projects going on in the borough that will help you to achieve this.

Green Gym

The popular outdoor green gym equipment based in Central Park is a FREE and accessible way to get more active in a natural environment. The



eight pieces of equipment which includes a cross-trainer, air-skier, and seated leg press will give you an all over workout which will improve your fitness, strength, flexibility and balance. The equipment is designed to cater for all ages and abilities and some items are in pairs so you can socialise and have fun with a friend while exercising.

Naturally Active

Naturally Active encourages people to use their local green spaces and countryside for healthy activities. The project offers you the opportunity to get out and about, and get fit whilst having fun taking part in activities such as enviro-gym, health walks, and sport activities and games, and best of all its all FREE!

Every Monday Naturally Active lead a walk through the local countryside, If you would

like to come along please meet at the Living Well Healthy Living Centre (St Edmunds Road) at 10.00am. Booking is essential, please contact Simon Platt or Jenny Messer on 01322 294727 to confirm



your place and for further information about any of the other activities on offer.

Greenhithe Community Market Garden

The Greenhithe Community Market Garden aims to create a garden, growing a range of high quality vegetables, herbs and flowers without



the use of chemical fertilisers, pesticides or herbicide for the residents of Greenhithe at affordable prices. Volunteers are always welcome at the Market Garden and you can carry out a number of activities, including beekeeping, which will allow the project to grow and expand.

To volunteer at the market garden you can become a 'friend' of the project which is an annual subscription of £5 (concessions £2.50).

Stone Community Garden

The Stone Community Garden Project at Alamein Garden allows local residents and volunteers to come along to do some gardening in a friendly group, plus have a free cup of tea and a chat as well.

If you would like to get involved, contact Stone Parish Council for more details on 01322 224246 or just pop along to Alamein Garden on Tuesdays, 9.00am-12.00am.

Dartford Community Allotment

Healthy Living Centre Dartford holds the tenancy for six plots in Cedar Road, Dartford. Working with local community groups and residents, the development of a thriving community allotment is well underway.

If you would like to support HLC Dartford's plot, growing fruit and vegetables to help with its healthy living projects, please contact Sharon Phillips on 01322 311265 or e-mail info@hlcdartford.co.uk

Temple Hill Trust's Woodland Rangers

The Enchanted Woodland based in Temple Hill is a local project developed by the Temple Hill Trust to develop an open leisure space for the public to



enjoy a quiet and natural environment among the urban surroundings. Volunteer Woodland Rangers care, develop and maintain the woodland by carrying out

tasks such as clearing areas, planting bulbs, creating and maintaining pathways, laying woodchip and other general woodland duties. All activities are supervised by the Senior Ranger.

Woodland Ranger activities take place on a Monday, Wednesday, and Friday 10.00am-3.00pm and you can spare as much or as little time as you want. If you would like to become more active by helping in the woodland please visit the Temple Hill Trust website for more details www.templehilltrust.org.uk

Get Active for Health

Being active is well-known as being good for us; the activities in this section are designed to specifically help you improve and/or maintain your health.

Health Walks

Health walks are short, sociable walks that last around 30-45 minutes. They aim to help people get the most out of walking for their physical and mental



health; and they also provide a great opportunity to meet new people.

The walks are lead by friendly and supportive qualified leaders, with one at the front, and one at the back, so you can walk at your own pace and there is no pressure to keep up with the people at the front – making them particularly beneficial to anyone who is getting little or no exercise, recovering or suffering from an illness or lacking in confidence.

- Thursdays, 11.30am
Starting and finishing at the War Memorial outside Central Park, Dartford Town Centre.

Falls Prevention Sessions

This sociable and fun class is based on simple, progressive exercises especially adapted for older people (age 60+). The combination of sitting and standing exercises will help to keep you mobile, flexible, strong, improve balance and help you to avoid falls, which in turn will help to retain your independence. Please contact Sarah Lawrence on 01474 747339 to book.

- Thursdays, 2.00pm-3.00pm
The Limes Day Centre,
Brent Lane, Dartford
Price: FREE

Health Matters Lifestyle Programme

Health Matters is a 12-week programme at Acacia Fitness and gives you the specialised support and encouragement that you may need to become more active. The programme is run by a fully qualified phase IV cardiac and GP referral instructor, and offers people with medical conditions the chance to exercise in a safe and controlled way.

All referrals onto the Health Matters Referral programme will benefit from reduced membership fees. To find out if you qualify please contact Naomi Coupland on 01322 343490.

Self Help Physiotherapy Group

The Multiple Sclerosis Bexley and Dartford Branch are currently running a Self Help Physiotherapy Group at Acacia, Dartford. It is open to all with any type of long term condition. A personal trainer attends the sessions, but it is a self help group and group members are encouraged to work to their various strengths and abilities.

Healthy weight

Do you want to improve your lifestyle? Reach and maintain a healthy weight?

Healthy Living Centre Dartford has

a number of new schemes starting over the next couple of months to help you on your way! To find out more, or to sign up to any of the programmes below, contact the Healthy Living Centre Dartford on 01322 311265 or e-mail info@hlcdartford.co.uk



Why Weight

Why Weight is a 12 week adult weight management course run by qualified professionals. It focuses on helping people to understand the relationship between food, exercise and weight control. 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 each session there is the chance to take part in a 30 minute gentle exercise class specifically for Why Weight Plan members only.



If you would like to attend or for more information please call Jenny on 01322 408908.

- Wednesdays, 10.30am-12.30pm (with refreshments afterwards)
Acacia Fitness, High Street, Dartford
Price: FREE

Slimming World on Referral

This weight loss referral service is a 12-week programme where participants can attend their chosen local Slimming World group free of charge.* Participants will also be encouraged to take part in weekly exercise sessions.

**Referrals are unable to be accepted for participants who have been a paying member of Slimming World within the last three months.*

Don't Sit Get Fit - Dynamo Club

Dynamo Club is a free 12-week programme for children and their families based on the Change4Life principles.



Families can learn how to make healthier food choices, how to build activity into their day and how they can have fun together in a positive and healthy way. As part of the programme, participants are also offered six weeks tuition from the Community Chef, learning how to make healthy affordable meals as a family. After each of the 12 week programmes, participants will receive ongoing personal support from the Healthy Living team.

Get Active: Local Leisure Providers

Acacia Fitness

Acacia, High Street, Dartford, Kent DA1 1DJ
Tel: 01322 343490 Web: www.fitness.acacia-dartford.co.uk

Facilities include:

- 50+ station gym
- Multipurpose sports hall
- Football pitches
- Squash courts
- Fitness studio classes
- Tennis courts
- Badminton courts



Becket Sports Centre

Shepherds Lane, Dartford, Kent DA1 2JB
Tel: 01322 280646 Web: www.becketsportscentre.co.uk

Facilities include:

- 27 station gym
- Multipurpose sports hall
- Table tennis
- Martial Arts
- Fitness studio classes
- Badminton courts
- Basketball/Netball court

Fairfield Pool Leisure Centre

Lowfield Street, Dartford, Kent DA1 1JB
Tel: 01322 224400 Web: www.leisurecentre.com

Facilities include:

- 25m swimming pool
- 50 station gym
- Health suite
- Crèche
- Teaching pool
- Fitness studio classes
- Squash courts
- Soft play facility



Swanscombe Leisure Centre

The Swanscombe Centre, Craylands Lane, Swanscombe, Kent DA10 0LP
Tel: 01322 386362 Web: www.gcll.co.uk

Facilities include:

- 40 station gym
- Multipurpose sports hall
- Badminton courts
- Exercise classes
- Fitness/Dance studio
- Outdoor sports pitch
- Five-a side football



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