

GET active

For a Healthier, Happier Dartford



NHS

West Kent

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.

Ranging from Bowls to Bhangra dancing we have an activity to suit you whatever your age or ability. 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.

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
- **New! Great classes for beginners!**
Wednesday, 11.00am-11.45am
The Tree Community Centre,
Cedar Road, Dartford
Price: £1.50
- **New! Great classes for beginners!**
Wednesdays, 7.00pm-8.00pm
Church Road Hall,
Church Road, Swanscombe
Price: £1.50

Bhangra-cise

Want to try something different? Bhangra-cise is a dance class that will get you moving and having fun. 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. To book a place please ring Anna Card on 01322 343067 in advance – crèche available.



- **New! Starting 4 February**
Thursdays, 11.15am-12.15pm
Peppercorns Hall,
Orchard Street, Dartford
Price: £1

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, 10.00am-11.00am
Peppercorns Hall,
Orchard Street, Dartford
Price: £1

Dartford Children's Centre's 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
- Mondays, 9.30am-10.30am & 10.30am-11.30am
Darenth Children's Centre,
Green St Green Road, Darenth
- Mondays, 1.00pm-2.00pm
Knockhall Children's Centre,
Abbey Road, Greenhithe

- 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

Dartford Judo Club – Energize and Revitalize

Dartford Judo Club isn't just about Judo – there are also these exercise classes for you to enjoy. All classes are £5.



For more information or to book call 01322 222071. Dartford Judo Club, Cotton Lane, Dartford, Kent DA2 6PD

- **Aero Tone:** An invigorating workout combining high and low impact exercises – designed to burn fat, improve fitness and strengthen and tone the whole body
Mondays, 7.00pm-8.00pm
- **Hatha yoga **: A gentle introduction to yoga for the beginner, hatha yoga is the complete session of health and fitness for the mind, body, and spirit.
Wednesdays, 7.00pm-8.00pm
- **Over 55's Club:** This class is especially for those of you that are 55 years or older. A fun yet invigorating workout designed to prolong your independence as well as improve your health and well-being.
Fridays, 11.00am-12.00pm



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 become



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.

To make exercising on the green gym even easier specially designed training plans can be downloaded from the Get Active section of the Dartford Borough Council website.

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 it's 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 in St Edmunds Road at 10.30am. Booking is essential, please contact Simon Platt or Jenny Messer on 01322 290787 to confirm your place and for further information about any of the other activities on offer.

**Naturally Active can deliver sessions with wheel-chair based groups but unfortunately they are unable to provide transport. Contact for more details.*

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 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 Gardens 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-12.00pm.

Dartford Community Allotment

The Living Well Healthy Living Centre has taken on the tenancy for six unused plots in Cedar Road, Dartford. The plan is to transform the land and develop a community allotment, open to any Dartford based community group and residents of Dartford to use and enjoy.

Anybody interested in helping to develop this project please contact Sharon Phillips on 01322 311265 or 07876 493645.

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 Head Ranger.

Woodland Ranger activities take place on a Monday, Wednesday, and Friday 10.00am-3.00pm and you can give as much or as little time as you want you. 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

The Dartford Health Walk Scheme is new for 2010.

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.

- **New! 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. 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.

Get Active & Give it a Go!

Get Active & Give it a Go! is all about giving you the opportunity to try different sports and activities you may have never tried before or just haven't played for years, through short courses or one off taster session. No experience is needed and the focus is on having fun, learning or developing your skills and meeting other like minded people so you can Get Active and feel great!

The focus for the first part of this year is for people who are onwards and upwards (aged 45+).

Indoor Bowls &

Are you a complete beginner? Or just haven't played for years? This four week taster course will be perfect for you, it will give you chance to have a roll-up on the rink and master the art of indoor bowls. Plus enjoy a free cup of tea or coffee too!



- Wednesdays 3, 10, 17 and 24 February at Stone Lodge Bowls Club, Cotton Lane, Stone, 12.00pm-2.00pm

£2 per session. Booking is essential please contact Anna Card on 01322 343067.

Nordic Walking

Come along and try the fastest growing activity in the world with a qualified instructor. Nordic walking is an extension to ordinary walking that allows the whole body to be used. Whatever your age or fitness levels Nordic Walking is a suitable and extremely enjoyable activity.



- 1 March at Darenth Country Park, 11.30am-12.30pm
- 8 March at Swanscombe Heritage Park, 11.30pm-12.30pm

- 15 March at Darenth Country Park, 1.30pm-2.30pm
- 29 March at Swanscombe Heritage Park, 1.30pm-2.30pm

£2 per session. Booking is essential please contact Anna Card on 01322 343067.

Archery &

Want to learn the art and skill of archery? Join us with the Bowmen of Darenteford Archery Club to



take part in a three-week beginner's course. No experience is necessary to join this friendly and professional course.

- Sundays, 14, 21 and 28 February at Hesketh Park Sports Club, Pilgrims Way, Dartford, 10.00am-2.00pm

Price: £30 for a three week course.

Booking is essential please contact Shaun on 07711 711992 or email secretary@darenteford.org

Chair-based exercise &

Do you find exercising difficult? Chair-based exercises are specifically designed to help people with mobility problems to keep active.



Easy movements with breaks for stretching and relaxation make these classes ideal for the following:

- people with arthritis or osteoporosis
- people who have had back, knee or hip surgery
- people who have very low levels of fitness.

Come along to the following FREE taster sessions across the borough in March to try this fun and social activity.

- Tuesday 2 March at The Tree Community Centre, Cedar Road, Dartford, 10.30am-11.30am
- Tuesday 16 March at Church Road Hall, Church Road, Swanscombe, 10.30am-11.30am
- Tuesday 23 March at the Living Well Healthy Living Centre, St Edmunds Road, Dartford, 10.30am-11.30am

Get Active: Local Leisure Providers

Acacia Fitness

Acacia Hall, High Street, Dartford, Kent DA1 1DJ
 Tel: 01322 343490 Web: www.acaciahall.co.uk/sports_centre

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
- 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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