

2012

GET active

For a Healthier, Happier Dartford



NHS
West Kent

change
4life
Get well • Move more • Live longer

DARTFORD
BOROUGH COUNCIL

Get healthy 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 and Get Active sessions are either free or low cost too! It only takes 150 minutes a week for adults to be fitter, healthier and happier – one way to achieve this is to break it down into 30 minutes a day, five times a week. You can even break the 150 minutes down into smaller more manageable 10 minute slots to achieve the recommended amount of physical activity too!

 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. Please contact Anna on 01322 343067 for more details.



- Mondays, 7pm-8pm
Healthy Living Centre Dartford,
St Edmunds Road, Dartford
Price: £1.50
- Tuesdays, 7pm-8pm
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. Please contact Anna on 01322 343067 for more details.

- Mondays, 6pm-6.45pm
Healthy Living Centre Dartford,
St Edmunds Road, Dartford
Price: £1.50
- Thursdays, 7pm-7.45pm
Healthy Living Centre Dartford,
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 a women only group for anyone who feels isolated, wants to make friends or who just want to be healthy. Contact Sandeep for more details on 07903 136917.

- Thursdays, 10.30am-11.30am
Peppercorns Hall, Orchard Street,
Dartford
Price: £1.50

Legs, Bums and Tums

This class focuses on three key areas of your body to tone and sculpt them. Contact Pauline for more details on 07779 137390.

- Wednesdays, 7.30pm-8.30pm
Oakfield Primary School, Oakfield Lane, Dartford
Price: £3.50

Stroller Roller

Want to get active and lose some baby weight but worried about childcare?

Then this fitness class is for you, it's open to all with a baby and buggy and lasts about an hour (baby must be 12 weeks and older). Lead by a qualified exercise instructor this is a great class for mums. Class costs £3.



Classes will be starting again from the spring and will run weekly throughout the summer and autumn. They will take place in Central Park, Dartford. Contact Pauline for more details on 07779 137390.

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 Dartford 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 (booking essential).

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

- 12.30pm-1.30pm, Temple Hill Children's Centre, St Edmunds Road, Dartford

Thursdays

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

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 with Zumba® and Line Dancing 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 our brand new exclusive Club60 online membership scheme for people aged 60 and over – offering benefits such as discounts off future purchases and £12 worth of FREE Pay As You Go vouchers. For more information and to join go to www.kentadulteducation.co.uk/club60

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

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.

- **Zumba Fitness®**
Zumba is a Latin-inspired, easy to

follow, calorie-burning, fun dance fitness class. Contact Jess on 07746 082182 for more details and to find out about other classes in the borough.

- Wednesdays, 8pm
Price: £4
- Thursdays, 6.30pm
Price: £4
- Saturdays, 11.10am
Price: £4

• **Sequence Dancing**

This dance group is a fantastic way to have fun and keep fit at the same time. £2.50 annual subscription, plus £2.00 for each session attended (refreshments included). Contact Vic on 01322 382612

- Wednesdays, 2pm-4pm

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.

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).



Dartford Community Allotment

Healthy Living Centre Dartford is working with local community groups and residents to develop a thriving community allotment in Cedar Road, Dartford.

If you would like to support HLC Dartford's plot, growing fruit and vegetables to support it's healthy living projects, please contact Sharon 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.

The Trust has teamed up with Hadlow College to provide training and hands-on experience in the Woodland for new and existing Rangers alike. We meet every Wednesday between 10.00am and 2.00pm supporting and maintaining the Woodland with activities such as litter picking, woodchip laying, path clearance, protecting

our historic yews and completing the working cycle of our meadow enhancement programme.

Please check our website for more details around our Ranger Programme and the other activities that the Trust is involved in, 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 led 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. All walks are FREE.

- Mondays, 10am
Starting at the Healthy Living Centre Dartford, St Edmunds Road, Dartford. Please note route of walk can vary so contact Anna on 01322 343067 for further details
- Tuesdays (fortnightly), 10.30am
Starting and finishing at the main reception area of Darent Valley Hospital
- Thursdays, 11.30am
Starting and finishing at the War Memorial outside Central Park, Dartford

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 Anna on 01322 343067.

- Thursdays, 11am-12noon
Age Concern Meadowside,
Meadowside Road, 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 on 01322 343490.

Self Help Physiotherapy Group

Open to all with any type of long term condition, the Multiple Sclerosis Bexley and Dartford Branch is currently running a Self Help Physiotherapy Group at Acacia, Dartford. A personal trainer attends the sessions, but 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

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.

Heart Town

It's a shocking fact that heart and circulatory disease is the UK's biggest killer. Every day, 340 people have a heart attack. That's people in your community. Your next door neighbours. Your friends. Your family. Now we can all do something about it.



Being physically active is one of the best things you can do to keep your heart healthy in the long term. Therefore, Get Active – for a Healthier Happier Dartford proudly supports the British Heart Foundation's Heart Town Initiative.

The Council have teamed up with the British Heart Foundation (BHF) and together are fighting back with the exciting new scheme "Heart Towns". Heart Town involves the whole community coming together to support life-saving, pioneering work. This can include; participating in local projects which support the Heart Town ethos, accessing BHF's wide range of resources and programmes to support a healthy heart, raising awareness by adding a Zebrafish to the Hope Tank Aquarium, or by raising vital funds via a 'One Day' fundraising event.

To find out about how you can be involved with Heart Towns locally visit www.dartford.gov.uk/healthyliving/hearttown.

Change4Life Passport

Healthy Passport Club is open to all and has one aim; to help you lead a healthy lifestyle – and it's free!

The Healthy Passport Club offers support and encouragement to help overcome that feeling of being unable to lead a healthier lifestyle due to a lack of time or a belief that being healthy is expensive. It is a free, fun and interactive way for anyone wanting to improve their health.

Membership offers a plan of activities available in your own local community including all included in Get Active – for a Healthier Happier Dartford. With each completed activity, you gain points in the passport as you head on your journey towards healthy goals. You can join for the benefit of your own health, for your family or others you care about, such as a team of friends or work colleagues.

To get your passport you just need to complete an application form and then you can track your healthy efforts. Rewards such as free swims and discount vouchers are available as you reach various exotic locations of achievement on the way. Club members are supported and encouraged, no matter how small or big their steps to better health may be.

To apply for a passport, call 0800 0850850, or email team@healthyclub.co.uk. Alternatively you can sign up online: www.healthyclub.nhs.uk



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
- Fitness studio classes
- Multipurpose sports hall
- Tennis courts
- Football pitches
- Badminton courts
- Squash courts

Becket Sports Centre

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

Facilities include:

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

Fairfield Pool Leisure Centre

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

Facilities include:

- 25m swimming pool
- Teaching pool
- 50 station gym
- Fitness studio classes
- Health suite
- Squash courts
- Crèche
- 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
- Fitness/Dance studio
- Multipurpose sports hall
- Outdoor sports pitch
- Badminton courts
- Five-a side football
- Exercise classes

ਪੰਜਾਬੀ Punjabi	தமிழ் Tamil	Polski Polish	česky Czech	简体中文 Mandarin	Français French
01322 343610	01322 343611	01322 343612	01322 343613	01322 343614	01322 343615

If you or anybody you know requires this or any other council information in another language, please contact us and we will do our best to provide this for you. Braille, audio tape and large print versions of this document are available upon request.

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Calls are welcome via typetalk



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