

Social activities

Amended April 2024

This local information pack covers:

- information and advice about social activities
- coffee mornings, afternoon tea, lunch clubs and day centres
- befriending
- Christmas activities
- tea parties
- u3a (educational, creative and leisure activities for older people)
- **a list of social activities available in each village or town. In bigger villages and towns, it lists social activities aimed specifically at older people before those aimed more generally at everyone**

Details are subject to change, please check with the organisation concerned. If you cannot find what you are looking for please contact us as we may be able to help further. Amendments and additions are also welcome.

We publish other local information packs covering:

- Care agencies and support for carers
- Care homes
- Health and wellbeing
- Help at home
- Housing
- Legal advice and power of attorney
- Memory loss and dementia
- Money matters
- Transport, travel and leisure

Age UK Sevenoaks & Tonbridge is a registered charity no. 1088213
01732 454108 www.ageuksevenoaksandtonbridge.org.uk

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Information and advice about social activities

Age UK Sevenoaks & Tonbridge

01732 454108 office@ageuksevenoaksandtonbridge.org.uk

www.ageuksevenoaksandtonbridge.org.uk We provide information about social activities. There are many ways of getting more social contact to avoid isolation or loneliness. Here are some examples:

- Day centres providing lunch and organising optional activities
- Lunch clubs to just get a hot meal and have a chat
- Drop in sessions such as coffee mornings and strength & mobility classes
- U3A. These are a network of local educational, creative and leisure activities for older people. No qualifications are required or awarded so it's not like a conventional college. There are local branches in Edenbridge, Kings Hill, Sevenoaks, Swanley, Tonbridge and Westerham
- Community sheds with access to woodwork and gardening facilities. There is one in Sevenoaks (Bat & Ball)
- Volunteering for charities
- Joining clubs, societies or other local groups

Details of these activities and many others appear later on in this information pack. There are also other ways of getting social contact, for example:

- Getting a pet
- Going to bingo

Age UK produce publications on finding local clubs and activities 0800 169 6565. Local libraries may also be able to help

Independent Age

6 Avonmore Rd, London W14 8RL 0800 319 6789, 020 7605 4200 advice@independentage.org

www.independentage.org Free telephone and email service offering advice on social activities. (A similar service is also offered by Age UK)

Lifebook

This enables you to record all sorts of useful details which will not only help you to be more organised but could also be invaluable to a family member or a friend if they need to locate important information about you in an emergency. You simply follow the step-by-step instructions to fill in the various sections with your details, contacts and locations of important documents. The life contacts section deals with recording details of clubs or anything else you belong to. The LifeBook is available in both a booklet and computer versions. More information from Age UK 0800 678 1602 www.ageuk.org.uk/lifebook

Community Navigators

Community Navigators may be able to provide information about social activities in Sevenoaks.

Contact INVOLVE 0300 081 0005 communitynavigation@involvekent.org.uk If you live in the Swanley area contact IMAGO 0300 011 1965 navigation@imago.community

Drop in sessions

You can just drop in. There may be a small charge. Tea and coffee are available. Games, crosswords and puzzles are sometimes available too. If they take place in a church everyone is welcome regardless of faith. Drop-in sessions specifically for people with dementia are listed separately in our Memory Loss & Dementia information pack

- **Aylesford mobility, strength & balance class.** Wednesdays 10.30am-12pm. Community Centre, Forstal Rd. £4. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk

- **Borough Green Places of Welcome coffee morning.** Fridays 10am-1pm. Church of the Good Shepherd 01732 882447 vicar.cogs@gmail.com
- **Brasted coffee morning.** 3rd Thu of each month 10am-12pm. St Martin's Church
- **Chiddingstone Causeway mobility, strength & balance class.** Causeway Hall. Fortnightly Mondays 10.45am-12.15pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Cowden mobility, strength & balance class.** Village hall. Fortnightly Thursdays 10am-12pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Crockenhill**
 - **Community Café.** All Souls Church, 81 Eynsford Rd. Fridays 10am-12pm. Contact Brian 07930 410193
 - **Mobility, strength & balance class.** All Souls Church Hall, 81 Eynsford Rd. Fortnightly Tuesdays 10.30am-12pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **East Peckham**
 - **CAMEO (Come & Meet Each Other) coffee morning.** Thursdays 10.30am-12pm
 - **Carer's Café.** Open to everyone including carers, the people they are caring for and former carers. 2nd & 4th Friday of each month 1.30-3pm at Curran Hall, Pound Rd. Also 1st Tuesday of each month 10.30am-12pm at Parish Council Offices, Pippin Rd. Contact Sandra Edmonds, Community Warden 07969 584183
 - **Fancy a Cuppa coffee morning.** Tuesdays at Curran Hall, Pound Rd. Contact Sandra Edmonds, Community Warden 07969 584183
- **Edenbridge**
 - **Dandelion Cafe.** Creative workshops for older people. Bridges Centre, High St. 1st Wednesday of every month 2-4pm. £7 including tea. Contact Kate 07508 395543 or Sarah 07766 098584 dandelioncafe@hotmail.com hello@bridgescentre.org www.dandelionproject.co.uk www.bridgescentre.org
 - **Forget-me-Not café.** Eden Centre. For anyone regardless of whether they have memory issues 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
 - **Games social club.** Mondays 10am-12pm. Rickards Hall, High St. Edenbridge Town Council 01732 865368
 - **Mobility, strength & balance classes**
 - Eden Centre, Four Elms Rd. Fortnightly Thursdays 10.30am-12pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
 - Bridges Centre, 40 High St. Last Fri of each month 2-3pm. Free. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
 - **Places of Welcome activities.** Fridays 2-4pm
- **Farningham Friday Cafe.** Shand Hall behind Farningham Church. Every Friday 10am-12pm farninghamcfc@outlook.com
- **Four Elms coffee morning (& housing surgery).** Village hall. Wednesdays 10am-12pm. West Kent Housing 01732 749420
- **Golden Green**
 - **Coffee morning.** Village hall. Tuesdays 10am. Contact Alec Pelmore 01732 850739
 - **Mobility, strength & balance class.** Mondays 10.30am-12pm. Village hall, Three Elms Lane. £4. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk

- **Hextable mobility, strength & balance class.** Howard Venue. Fortnightly Wednesdays 1.30-3pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Hildenborough**
 - **Coffee & chat.** Library 01732 838729
 - **Forget-me-Not cafe** (for everyone including people with memory loss). St John's Church Centre, Foxbush. 2nd Wednesday of every month 11am-12.30pm 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Hodsoll Street pop-up café & information hub.** Hodsoll Street & Ridley village hall. 3rd Thursday of the month. Transport available. Contact Frank 01732 823175. Organised by FORK (Friends of Rural Kent Coffee & Information Project)
- **Kemsing**
 - **Open Door.** St Edith's Hall. Mondays 9.45am-11.30am. Contact Jenny Williamson, 16 Park Hill Rd, Otford TN14 5QH 01959 522532 hmandjmwilliamson@hotmail.com
 - **Coffee morning.** Library. Tuesdays 10.30-11.30am
- **New Ash Green**
 - **Carers/Memory Cafe.** 2nd Tue of month 10am-12pm. Village hall
 - **Community Hub coffee morning.** 1st Tue of month 10am-12pm. Village hall
- **Offham Time to Talk café.** Spadework Garden Centre. 1st Mon of the month 2.30-4.30pm. Contact Mick Smithson 01732 870002
- **Otford**
 - **Coffee morning.** St Bartholomew's church centre. Sundays 11.15am after church service
 - **Coffee morning.** Memorial Hall, High St. Saturday mornings
 - **Forget-me-Not café.** For anyone regardless of whether they have memory issues. 4th Thursday each month 11am-12.30pm Memorial Hall, High St 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Plaxtol afternoon tea.** Plaxtol Church 3rd Thursday of every month
- **Ryarsh mobility, strength & balance class.** Tuesdays 10am-12pm. Village hall. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Saint Mary's Platt café.** Wednesdays 10am-12pm. Garden Room, St Mary's Church. 01732 882447
- **Sevenoaks.**
 - **Coffee club.** Weald Heights care home, Bouchier Close. 4th Saturday of the month 2-4pm. Contact Amelia Moore 01732 809380 amelia.moore2@careuk.com www.careuk.com
 - **Coffee morning.** Vine Evangelical Church, Hitchen Hatch Lane. Tuesdays 10am-12pm 01732 469833 office@vec.org.uk www.vec.org.uk
 - **Coffee morning.** Meet Sevenoaks Wildlife Reserve, Bradbourne Vale Rd (every 3 months on Wednesdays 10am). Contact Kent Wildlife Trust 01622 662012. kirsty.lee@kentwildlife.org.uk or vicky.aitkenhead@kentwildlife.org.uk www.kentwildlifetrust.org.uk
 - **Forget-me-Not café** (for everyone including people with memory loss). Knole House. 1st Friday of every month 10.30am-12pm (in The Hayloft) 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Sevenoaks (Bat & Ball)**

- **Forget-me-Not café** (for everyone including people with memory loss). Bat & Ball Station. 2nd Wednesday of every month 10am-12pm 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Sevenoaks (Chipstead)**
 - **Coffee morning.** Bricklayers Arms pub. 1st Tuesday of every month 10-11.30am
- **Sevenoaks (Dunton Green)**
 - **Coffee morning.** Village hall. 3rd Thursday of each month 10.30am
 - **Community café.** Pavilion. Tuesdays 9-11am 01732 462966 www.duntongreenpc.org.uk
 - **Mobility, strength & balance class.** Pavilion, London Rd. 2nd Wednesday of the month 1.30-3.30pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Sevenoaks (Riverhead)**
 - **Coffee morning** (for people with Parkinson's). Bullfinch pub, London Rd. 1st Tuesday of every month 10.30am-12noon. Contact Jackie Hart 01732 360512
 - **Seniors coffee morning.** Bullfinch pub. Last Thursday morning of the month. Contact Riverhead Parish Council 01732 461278 clerk@riverheadparishcouncil.org.uk shirley.riverhead@aol.com www.riverheadpc.kentparishes.gov.uk
- **Sevenoaks (Seal)**
 - **Tea Set** (afternoon tea & discussion group). Library, High St. 3rd Friday of each month at 2.30pm. Contact Denise Larkin 03000 413131
 - **Talking Village.** Birch's café, High St. Mon 1.45-3pm
 - **Talking Village.** Church hall. Fri 10am-12pm
- **Shoreham WI community coffee morning.** Monthly. Contact Mandy Vickers 01959 525591
- **Stansted coffee morning.** Stansted Church. Thursdays
- **Swanley**
 - **Monday Club.** Clocktower Pavilion, Civic Centre, St Mary's Rd BR8 7BU. Mon 10.30am-12.30pm. Tea & coffee. Run by The Cottage Community (formerly Age Concern Darent Valley) 01474 879473 info@thecottagecommunity.org.uk www.racdv.org.uk
 - **Thursday Club.** Clocktower Pavilion, Civic Centre, St Mary's Rd BR8 7BU. Thu 1-3pm. Tea & coffee. Run by The Cottage Community (formerly Age Concern Darent Valley) 01474 879473 info@thecottagecommunity.org.uk www.racdv.org.uk
- **Tonbridge**
 - **Age UK Coffee & Company.** Town Lock Day Centre, Lockside off Lyons Crescent. Tuesdays 10am-12pm. £2 01732 366100. office@ageuksevenoaksandtonbridge.org.uk www.ageuksevenoaksandtonbridge.org.uk
 - **Baptist Church, Darenth Avenue**
 - **Open house coffee morning.** Wed & Fri 10am-12pm. Contact Jon Knight 01732 352824 jon.knight@tonbridgebaptist.church
 - **Prime time/Derwent Life arts & cultural group.** Tuesdays 1.30-3.30pm. £2 donation per meeting including coffee & biscuits. Contact Maxine Hallett 01732 352824 maxine.hallett@tonbridgebaptist.church
 - **Christchurch United Reformed Church, High St**
 - **Café.** Mon-Wed 10am-1pm, Thu-Fri 10am-2pm, Sat 10am-12pm 01732 770334. www.christchurchtonbridge.com

- **It's Thursday coffee morning.** Thursdays 10-11.30am 01732 770334
www.christchurchtonbridge.com
 - **HI-Kent Social Group for Hard of Hearing People** 01622 691151
v.kirk@hikent.org.uk
- **Methodist Church**, Higham Lane
 - **Coffee & cakes.** Wednesdays 10am-12pm
 - **Memory café** (for everyone including people with memory loss). 3rd Saturday of every month 10-11.30am. Contact Chris Parker 01732 360328
- **Rose & Crown Hotel**, High St
 - **Parkinson's UK coffee morning.** 4th Thursday of every month 10.30am-12pm. Contact Jackie Hart 01732 360512
 - **Tonbridge u3a Group coffee mornings.** 3rd Fri of month 10.30am
www.tonbridgeu3a.uk
- **St Andrew.** Hadlow Rd. Mon, Wed, Thu & Fri 10am-1pm. 01732 770962
www.tonbridgeparishchurch.org.uk
- **St Peter & St Paul.** Church Lane.
 - **Coffee morning.** Mon, Wed & Fri 10am-12pm 01732 770962.
www.tonbridgeparishchurch.org.uk
- **St Philip's coffee afternoon.** Salisbury Rd. Open House Sat 10am-12pm 01732 770962 www.tonbridgeparishchurch.org.uk
- **St Saviour's coffee morning.** Dry Hill Park Rd. Mondays 10.30-11.30am 01732 770962 www.tonbridgeparishchurch.org.uk
- **St Stephen's.** Waterloo Rd.
 - **Refresh café.** Tue & Thu 10am-1pm, Fri 9am-12pm, Sat 10am-12pm 01732 771977 www.ststephenstonbridge.org
 - **Sunday Afternoon Tea for Seniors.** Monthly 2.30-4.30pm. Free. Contact Isabel 01732 379901 isabel.plimmer@ststephens.org.uk
www.ststephenstonbridge.org
- **Tonbridge Vets coffee mornings** (for all retired men including veterans). 2a Danvers Rd (behind Adult Education Centre). Mon & Fri 10.30am-12.30pm. £10 (+£1 admission). Contact Mike Bishop 01732 351020 mike.bishop276@talktalk.net
- **Upz & Downz.** Community-run café. Longmead Stadium TN10 3JF. Daily 9.15am-4pm. www.upzanddownz.com
- **Wellbeing Centre Solace café** (for people at risk of a mental health crisis). 3 St Mary's Rd. Thursdays & Saturdays 5-9pm. West Kent MIND 01732 356630/744950, 07436 102171 solacecafe@westkentmind.org.uk www.westkentmind.org.uk
- **Weald**
 - **Café on the Green.** Tue 10am-12pm. Weald Memorial Hall. Contact Nikki Goozee 07939 053420 wellness@stgeorgesweald.co.uk
 - **CAMEO (Come And Meet Each Other) coffee mornings** (for retired people). St George's church. 2nd Monday of each month 2.30pm. Contact Judith Howard 01732 458285 or Shirley Hayes 01732 463554
- **Westerham**
 - **Coffee time.** St Mary's church, Westerham Green. Tuesdays 10am-12pm. Contact Margaret Webb 01959 563127 www.westerhamparishchurch.org.uk
 - **Forget-me-Not café** (for everyone including people with memory loss). Congregational Church Hall, Fullers Hill. 3rd Friday of every month 11am-12.30pm. 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com
www.forgetmenotcafe.org.uk
- **Wouldham Rural Kent pop-up café.** Monthly in summer

- **Wrotham St George's Church coffee morning.** Tuesdays 10.30am-12.30pm

Lunch clubs

Run by volunteers from local churches etc. Provide a hot meal and intended for people in their immediate area. They may be suitable if you have early dementia but not advanced dementia.

- **Bessels Green Lunch Club.** Every Wednesday 12.30pm. Contact Andy Potter 01732 454921, 07779 562801 andy.potter@bgbc.co.uk
- **Dunton Green Lunch Club.** Meets 1st Wednesday of the month in Dunton Green Pavilion. 11.45am-2pm. £4. Contact Judith Verlinden 07836 525938 judith.verlinden@gmail.com or Pat Turner 07776 468503 patlinda48@gmail.com
- **East Peckham CAMEO (Come & Meet Each Other) Lunch Club.** Thursdays monthly.
- **Fordcombe Lunch Club.** Meets 2nd Thursday of the month in Village Hall. Contact Mrs Kate Hargreave, Dairy House, Coresley Rd, Groombridge TN3 9PH 01892 861047
- **Hadlow Friends Together** lunch for people who are bereaved or lonely. St Mary's church. 2nd Monday of each month 12.45-2.30pm (in the Upper Room). Contact Lindsay 01732 360328 www.friendstogetherbs.org
- **Hartley Lunch Club.** Wellfield Community Lounge, Wellfield. Last Wednesday of the month 12.30pm. Contact Jackie West, Community Warden 07811 271259 jackie.west@kent.gov.uk or Veronica McGannon 01474 709023
- **Kemsing Lunch Club.** Meets at St Edith's Hall on Wednesdays (except August & Christmas). Contact Jackie Chisholm, Clement House, High St TN15 6LZ 01732 763991, 07788 756836
- **Otford Lunch Club.** Meets Thursdays 11.45am-1.30pm in Memorial Hall. Contact Margaret Nicholson 01959 524147 or Diana Adams 01959 523187
- **Riverhead (Littlecourt Lunch Club).** Meets Tuesdays 12-1.30pm in Christchurch United Reformed Church on corner of London Rd and Kippington Rd. Contact Deirdre Montanaro 01732 455435, 07545 161226 or Pam Rankin 01732 460209
- **Swanley area.** Try the Cottage Community 01474 879473 or Age UK North West Kent 01474 564898
- **Tonbridge**
 - **Baptist Church Lunch Club**, Darenth Avenue. Tuesdays 12.15-1.30pm. £5. Occasional entertainment & outings. Contact Maxine Hallett 01732 352824 maxine.hallett@tonbridgebaptist.church
 - **Humphrey Bean Wetherspoons pub Friends Together lunch** (support network for people who are bereaved or lonely). 94 High St. 3rd Friday of each month 12pm. Contact Mary 01732 504295 www.friendstogetherbs.org
 - **Methodist Church**, Higham Lane
 - **Community Lunch.** Wednesdays 12pm. Donations welcome 01732 354338 www.tonbridgemethodistchurch.org
 - **Friends Together lunch** (support network for people who are bereaved or lonely). 3rd Friday of each month 12.30-2pm. Contact Lindsay 01732 360328 www.friendstogetherbs.org
- **Westerham Lunch Clubs**
 - Meets last Friday of the month (except August and December) 11am-1.30pm in Westerham Hall, Quebec Avenue TN16 1BG. £5. Organised by Age UK. Contact Linda Betts 01959 561302, 07956 430768

- Meets 2nd Friday of the month 11am-2pm in Westerham Hall, Quebec Avenue TN16 1BG. £5. Organised by Westerham Town Council . Contact Ann Dumbleton 01959 562147 anndumbleton@btinternet.com

There is also a lunch club in Cudham 01959 532662. Other lunch clubs and craft groups for older people are run by local churches or the RVS (Royal Voluntary Service) 0845 600 5885 kentmedwayhub@royalvoluntaryservice.org.uk

Day centres

Some day centres provide general day care (lunch and activities) and some provide specialist dementia day care including wellbeing support. They offer a range of optional activities depending on people's interests and you can go once a week or sometimes more often. Lunch, tea and coffee are included. There may also be entertainment by local performers and occasional outings. Minibus transport can sometimes be arranged providing the person is comfortable with that but you may need to check if wheelchair users need to be able to transfer. You would usually need to be visited to make sure it is suitable for you. You can also try it out for 2-3 weeks to see if it's your cup of tea. Day centres also offer subsidised personal services to older people. Day centres make a daily charge; it may be more for dementia activities. There may be a discount if transport is not required or if going several times a week. Day care for people with dementia is listed in the Memory Loss & Dementia information pack

- **Bearsted** near Maidstone. Goodman Centre. Weekdays. Bathing, footcare and medication supervision also available. £52 per day. Contact Louise MacPherson, Age UK Maidstone 01622 753618
- **Chatham**. Capstone Park. Weekdays 10am-3pm. No transport. £57 per day 01634 406058
- **Fawkham**. Cottage Day Centre. 100 Brands Hatch Park, Scratchers Lane DA3 8PU. Mon-Fri. Transport & lunch provided. Activities include IT learning facilities, chair-based exercise classes, arts & crafts, knitting, bingo, singalongs, board games, talks etc. Large wet room for hire. Wheelchair users must be able to transfer for transport. Run by The Cottage Community (formerly Age Concern Darent Valley) 01322 668106 mandy@thecottagecommunity.org.uk www.racdv.org.uk
- **Pembury**. Hazeldene House, Romford Rd. No transport available. £50 per day. Contact Age UK Tunbridge Wells 01892 522591, 826593
- **Sevenoaks**. Hollybush Day Centre, Hollybush Court, Hollybush Close off Hollybush Lane, TN13 3UX. Run by Age UK 01732 741558. Activities may include bingo, interactive TV games, quizzes and reminiscence, sing-a-long. Indoor games may include bowls, dog racing, guess who's in the bag, horse racing, quoits, talk cards and themed activities. Services include chiropody, hairdressing, hearing aid aftercare clinic and reflexology. General day care Tuesdays and Thursdays. £20 per day. Clients escorted on transport for additional £10 per day
- **Swanley**. Try Age UK North West Kent 01474 564898
- **Tonbridge**. Derwent Day Centre, Darenth Avenue TN10 3HZ. Wednesdays and Thursdays 10am-3.15pm. £20 per session including lunch, crafts, quizzes, exercise, singing, outings and other activities. Visits from chiropodist. Run by the Baptist Church. Contact Sally 01732 352824
- **Tovil** near Maidstone. Garden of England, St Stephen's Square ME15 6RE. Monday, Tuesdays, Wednesdays and Fridays. £39 per day (£25 for half day) plus £8 for transport. Contact Jessica Cooke 01622 674733

Some care homes may also take people for day care; it is always worth asking. A list of care homes is available from us.

Befriending

Not having someone to talk to regularly can be lonely and isolating, particularly if you are used to sharing your home and time with others or prefer more one-to-one contact. We match older people with a friendly volunteer who shares similar interests and hobbies. You can share your experiences, talk through ideas, have a conversation or just a friendly chat with a trained volunteer who will listen to you. It may be suitable for people who are:

- living alone
- lonely
- recently bereaved
- living away from family and friends
- feel socially isolated
- recently discharged from hospital
- caring for someone at home
- isolated due to disability or illness

Age UK

- Edenbridge, Sevenoaks, Tonbridge and Westerham areas. We offer a free community befriending service with weekly visits from a volunteer. This service is mainly for housebound people over 65 who live alone and have very few or no visitors. For more information 01732 454108 befriending@ageuksevenoaksandtonbridge.org.uk
- Swanley area. Try Age UK North West Kent 01474 564898

Our national office also offers a free telephone befriending service for people over 60:

- You will usually receive a weekly call of about half-an-hour or several short calls at a time that is convenient for you.
- While we're waiting to find a suitable volunteer, we will ring you regularly to make sure you are OK
- We protect everyone's safety by automatically connecting older people with their telephone friend which means no personal telephone numbers need to be exchanged
- If you are interested ring Age UK on 01732 454108 and ask us to make a referral to the Telephone Friendship Service for you.

Age UK Medway offers Good Day Calls in Kent:

- You will receive a morning call of about 15 minutes at a regular time. We will make sure you are well and have a friendly chat to start the day
- It costs £50 for 4-7 calls per week or £35 for 1-3 calls per week
- If we are unable to get through after 2 further attempts we will phone a named contact to check everything is OK. If we are still unable to make contact we will call other services as appropriate.
- We are there to provide reassurance for you and to stop families worrying
- If you are interested ring Age UK Medway on 01634 578085 and ask for Good Day Calls

Churches Together in Sevenoaks & District

- Free visits from volunteers who are members of local churches
- Visits for 1-2 hours every 1-2 weeks for at least 8 weeks
- Covers Kemsing, Otford and Sevenoaks including Bessels Green, Chipstead, Dunton Green, Riverhead and Seal
- Please note that volunteers are motivated and inspired by their faith but will in no way expect you to share it or be in any way interested in it
- 01732 361307, 018823 712576

Community Navigators. Community Navigators may be able to provide telephone befriending. Contact INVOLVE 0300 081 0005 communitynavigation@involvekent.org.uk If you live in the Swanley area contact IMAGO 0300 011 1965 navigation@imago.community

Imago. Telephone befriending 07786 317228.

Independent Age. 6 Avonmore Rd, London W14 8RL 0800 319 6789, 020 7605 4200 advice@independentage.org www.independentage.org "If you're feeling Lonely" explains how to get help if you're feeling down. You can get it from Independent Age, 6 Avonmore Rd, London W14 8RL 0800 319 6789, 020 7605 4200 advice@independentage.org www.independentage.org They may also be able to provide telephone befrienders for people who are lonely, isolated or living alone

INVOLVE. Safe & Well telephone befriending 0300 081 0005 safeandwell@involvekent.org.uk

Kent Association for the Blind. 01622 691357 jo.wilkinson@kab.org.uk

Larkfield Community Group Buddy Scheme. Covers Larkfield, Snodland, East Malling, West Malling, Ditton and Aylesford 07563 196479 jackiehirsch56@yahoo.co.uk
www.larkfieldcommunitygroup.wordpress.com

Macmillan Cancer Support. Contact Jen Lane or Philip Moore, 170 Tonbridge Rd, Wateringbury ME18 5NS 0345 095 6701 enquiries.macmillan@crossroadskent.org

RAF Association. 0800 018 2361 volunteers@rafa.org.uk www.rafa.org.uk Volunteer befrienders to visit RAF veterans and their families

Re-engage (formerly Contact the Elderly). Telephone befriending. 6-8 week waiting list. 0800 716543 info@reengage.org.uk www.reengage.org.uk

- Call Companions. For anyone over 75. Not suitable for people with dementia
- Rainbow Call Companions. For LGBT+ people over 75. Not suitable for people with dementia. Age UK also publish an information guide for LGBT+ people which you can get by phoning Age UK on 01732 454108

Silver Line. Free confidential helpline providing information and advice to older people and telephone befriending 0800 470 8090 www.thesilverline.org.uk

West Kent MIND. 01732 744950 hello@westkentmind.org.uk www.westkentmind.org.uk
Befriending for people with mental health problems who would like to increase their social contact, confidence and wellbeing. You can meet your befriender each week for around 1.5 hours at a venue in the community such as a coffee shop or gym. Or go for a walk and chat together for 6-18 months. These meetings will take place between the hours of 9am-5pm Monday to Friday.

Christmas activities

- **Christmas pensioners' buffet.** In early December at the Westerham Club 01959 562092
- **Christmas Day Lunch.** For people who are on their own on Christmas Day. Details are usually available from mid-October. Contact either St Stephen's Church in Tonbridge 01732 771977, 07901 633841 or Tonbridge Baptist Church 01732 352824.
- **Seniors Christmas Party.** In mid-December at Hillview School, Tonbridge. Transport may be available. Contact Marnie Lines 01732 352793 linesm@hillview.kent.sch.uk
- **Community Christmas.** Re-engage provide a free online directory of festive events taking place which are open to older people spending Christmas alone. You can check to see if there are any local events. 0800 716543 info@reengage.org.uk www.reengage.org.uk

- We are not aware of any Christmas activities in Sevenoaks but it may be possible for Sevenoaks residents to attend activities in Westerham or Tonbridge if they can make their own way there.

Tea parties

- **Senior Citizens Singles Party.** This is a party in February for senior citizens in Tonbridge who live alone. For details contact Tonbridge Lions Club 01732 358218, 0845 833 9819 info@tonbridgelions.co.uk www.tonbridgelions.co.uk
- **Re-engage tea parties.** For people over 75 who live alone and have little contact with family or friends. One Sunday each month volunteer drivers will take you to and from the party and the host will give you tea, cake and sandwiches either in their own home or sometimes in other community spaces. It's free and covers the immediate Sevenoaks area in other words north as far as Knockholt, east as far as Borough Green, south as far as Hildenborough and west as far as Westerham. People with mild dementia are welcome if accompanied by their carer or support worker. You can ask Age UK to refer you. 0800 716543 info@reengage.org.uk www.reengage.org.uk

Memory loss

Memory cafes are listed in our Memory Loss & Dementia information pack

U3A

These are a network of local educational, creative and leisure activities for older people. No qualifications are required or awarded so it's not like a conventional college. The sort of activities they offer may include ambling, art, art exhibitions, ballet, books, bowling, bridge, buses, canasta, card making, cards, chess, choirs, church building tours, circle dancing, coastal walks, computers, cooking, country dancing, countryside, creative writing, croquet, current affairs, cycling, dancing, discovering China, drawing, economics, embroidery, engineering, English novels, exhibitions, family history, filming, finance, French conversation, galleries, gardening, geology, German conversation, golf, heritage, history, human behaviour, industrial heritage, iPads, jazz, kayaking, knitting, literature, local history, London walks, mah jong, meditation, museums, music, novels, opera, painting, patchwork, philosophy, photography, play reading, poetry, qi gong, quilting, reading, recorder playing, reiki, rummikub, science, scrabble, sequence dancing, short mat bowls, singing, singles, Spanish conversation, strolling, table tennis, tai chi, ten pin bowling, ukulele, video filming, walking, wine tasting, world affairs, writing

- Edenbridge u3a. Contact M Ward 01732 700185 or E Barling 01732 866186 www.u3a.org.uk
- Kings Hill enquiries@kingshillu3a.org.uk www.kingshillu3a.org.uk
- Sevenoaks - 2 groups
 - Knole u3a. Contact Suzi Morgan 01883 818929
 - Sevenoaks u3a. Contact Beryl Mansell 01959 525010 www.sevenoaksu3a.org.uk
- Tonbridge 01732 241359 membership.u3aton@gmail.com www.tonbridgeu3a.uk
- Westerham u3a. 01959 565409, 562274 westerhamu3a@hotmail.co.uk

Companions

See our Care Agencies information pack

Other local social activities

Addington

Try contacting Addington Parish Council 07900 693572

Ash-cum-Ridley

See Hodsoll Street. Also try contacting Ash-cum-Ridley Parish Council 01474 702760, 707164

Aylesford

• Aylesford dementia cafés

- **Heart of Kent Hospice.** Magnolia Place, Preston Hall ME20 7PU. 1st Sat of the month 10.30am-12.30pm. Contact Tracy Jackson 01622 792200 enquiries@hokh.co.uk
www.hokh.org
- **St Peter & St Paul's Church.** Brassey Centre hall, Station Rd ME20 7QR. 1st Wednesday of the month 2.30-4pm. Contact Jane Roberts 07462 682980
admin@aylesford-church.org.uk www.aylesford-church.org.uk
- **Aylesford veterans' pop-in.** Unit 1a, Royal British Legion Village, Hall Rd ME20 7NL. Mondays and Thursdays 10am-4pm 0808 802 8080 www.rbl.org.uk
- **Aylesford Priory wellbeing walk.** Aylesford Priory. Monthly Tues 10.30am-12pm. Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 03000 422997
- **Cobtree Manor wellbeing walk.** Cobtree Manor country park near Aylesford. Monthly Weds 10.30am-12pm. Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 03000 422997
- **Kent Woodturners.** Meet 1st Tue of month 6.30-9pm and 3rd Sat of month 10am-3.30pm at The Friars kentwoodturners@btinternet.com www.kentwoodturners.com
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com
- **Mid-Kent Embroidery & Textile Group.** Community Centre 2nd Sat every month 10.30am-4pm. Contact Catherine 01277 354704 catherine.shirley@btinternet.com
- **Mobility, strength & balance class.** Wednesdays 10.30am-12pm. Community Centre, Forstal Rd. £4. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Royal British Legion.** Meet every 2 months on a Monday 6pm in Capel Morris Centre at Royal British Legion Village. Contact Tammy Howard tammy.howard@rbli.co.uk
- **Stretch & Move.** Capel Morris community hall, Royal British Legion Village. Tuesdays 11.30am-12.15pm

Also try contacting Aylesford Parish Council 01622 717084

Badgers Mount

See also Halstead and Knockholt

- **Badgers Mount WI** 01892 823813 www.west-kent.thewi.org.uk
- **Badgers Mount yoga classes.** Meet Memorial Hall Wednesday 9.30-11am. Contact Kathy Taylor (iyenga yoga) 01959 532339 or Pam Keeper (hatha yoga) 01732 458930
- **Badgers Sett ladies social group.** Meet Memorial Hall last Thursday in each month Contact Zena Belton 01959 534566 socialevents.bmra@gmail.com

Also try contacting Badgers Mount Parish Council 07452 886977

Barnes Street

Try contacting Hadlow Parish Council 01732 851878

Bat & Ball

See Sevenoaks (Bat & Ball). Also try contacting Sevenoaks Town Council 01732 459953.

Beltring

Try contacting East Peckham Parish Council 01622 871309

Bessels Green

See Sevenoaks (Bessels Green). Also try contacting Chevening Parish Council 07981 759255.

Birling

Try contacting Birling Parish Council clerk@birlingparishcouncil.gov.uk

Bitchet Green

See also Seal

- **Bitchet Farm Riding School.** Contact Mrs Thompson, Bitchet Green TN15 0NA 01732 762196

Also try contacting Seal Parish Council 01732 833360

Blue Bell Hill

Try contacting Aylesford Parish Council 01622 717084

Borough Green

- **Borough Green Bowls Club.** Contact Ray Fuller 01732 884621
www.boroughgreenbowls.co.uk
- **Places of Welcome coffee morning.** Fridays 10am-1pm. Church of the Good Shepherd.
01732 882447 vicar.cogs@gmail.com

Also try contacting Borough Green Parish Council bgpc@lineone.net

Bough Beech

See also Chiddingstone

- **Bough Beech Sailing Club.** Winkhurst Green Rd TN8 7AN comms@boughbeechsc.org.uk

Also try contacting Chiddingstone Parish Council 01892 740753

Branbridges

Try contacting East Peckham Parish Council 01622 871309

Brasted

See also Sundridge

- **Bat & Trap games.** Summer Tuesday evenings at the Stanhope Arms pub. Contact Roger Rogowski 01959 561345 roger.rogowski@hotmail.com
- **Brasted Bellringers.** Meet Brasted Church Fridays 8pm. Contact Catherine Lewis 01959 563767, 07778 033400 cmlewis339@gmail.com brastedringingco.org.uk
- **Brasted Boxing Club.** Meet at Thames Water Station, Coles Lane at 6.30pm on Tuesday & Thursday, 11am Sunday
- **Brasted Chart & Toys Hill Cricket Club.** Contact Chris Bailey 01959 562676
- **Brasted Church Choir.** St Martin's Church. Contact Gloria Toplis 07751 173800
gloria.toplis@outlook.com
- **Brasted Coffee Morning.** 3rd Thu of each month 10am-12pm. St Martin's Church
- **Brasted Invicta Cricket Club.** Contact Mr A Payne, 22 Fielding Drive, Larkfield ME20 6TY 01732 841585
- **Brasted, Ide Hill & Sundridge Gardening Society.** Contact Julia Ricci 07818 236566
juliaricci@rocketmail.com
- **Brasted Society.** Contact Bill Chopping 01732 461531 bill.chopping@gmail.com or Karina Jackson karina.jackson10@gmail.com
- **Dancing for over-55s.** Village Hall, High St. Mondays 1-2pm. £24 for 12 weeks. Contact Sevenoaks District Council 01732 227000 communities@sevenoaks.gov.uk
- **Darent River Preservation Society (DRIPS).** Contact Alan Williams
alanwilliams4077@btinternet.com

- **St Martin's Heritage Trust.** Contact Terry Hope 01959 563007 or Roger Rogowski 01959 561345 enquiries@smartinshbrastedheritagetrust.org.uk roger.rogowski@hotmail.com www.stmartinshbrastedheritagetrust.org.uk
- **Sundridge & Brasted Social Club.** 132 Main Rd, Sundridge TN14 6ET 01959 562807 sabsc132@yahoo.com

Also try contacting Brasted Parish Council 01732 455374

Burham

Try contacting Burham Parish Council 01634 685936

Charcott

Try contacting Leigh Parish Council 01892 740753 or see Chiddingstone

Chevening

See Sevenoaks (Chipstead)

Chiddingstone

- **Bore Place.** Bore Place Rd TN8 7AR 01732 463255 hello@boreplace.org www.boreplace.org Organised activities include guided nature walks, art workshops and family events.
- **Chiddingstone Causeway mobility, strength & balance class.** Meets Mondays fortnightly 10.45am-12.15pm in Causeway Hall. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Chiddingstone Over-60s.** Meets at Chiddingstone Causeway Hall in winter and various venues in summer on 3rd Tuesday of each month 2.30-4.30pm. Contact Mrs Fleming 01892 870224
- **Every Step Counts health walk.** Meet Castle Inn Tuesdays 11am everystepcounts17@gmail.com

Also try contacting Chiddingstone Parish Council 01892 740753

Chipstead

See Sevenoaks (Chipstead). Also try contacting Chevening Parish Council 07981 759255

Cowden

- **Cowden & Holtye Club.** Meets at Village Hall or private homes.
- **Cowden & Hartfield Royal British Legion.** Contact James Castle 01892 770 592
- **Cowden mobility, strength & balance class.** Meets Thursdays fortnightly 10am-12pm in village hall. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk

Also try contacting Cowden Parish Council 01342 322568

Crockenhill

- **Community Café.** All Souls Church, 81 Eynsford Rd. Fridays 10am-12pm. Contact Brian 07930 410193 allsoulsrockenhill@gmail.com
- **Crockenara (Crockenhill Active Retirement Association).** Trips, talks & pub lunches. 2nd Mon of each month. Village hall 07957 117660
- **Crockenhill Football Club.** Contact Steve Cullen 07702 886966 www.crockenhillfc.co.uk
- **Crockenhill WI** 01892 823813 www.west-kent.thewi.org.uk
- **Farningham & Eynsford Local History Society.** Contact Dr Susan Pittman 01322 669923. www.felhs.org.uk
- **Farningham Guitar Club.** 1st Thu in month. 7.30-10pm. Village hall. Contact Mr N Sivyer 01322 666566 enquiries@farninghamguitarclub.co.uk

- **Line dancing.** Wed 2-4pm village hall 07958 399290 laurasway@yahoo.com
- **Mobility, strength & balance class.** All Souls Church Hall, 81 Eynsford Rd. Fortnightly Tuesdays 10.30am-12pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Petanque.** Chequers pub, Cray Rd 01322 614674
- **Pop-up café & information hub** 01303 813790 coffeeproject@ruralkent.org.uk
- **Pub quiz.** Monday evenings. Chequers pub 01322 662132
- **Radio Society (Darenth Valley).** 2nd & 4th Wed of the month 8-10pm village hall. Contact Mr Wyeth 01322 663804 info@darenthvalleyrs.org.uk
- **Royal British Legion Swanley, Hextable & Crockenhill.** Contact H Chapman 01322 662548 kath.harry@ntlworld.com
- **So Let's Go Running.** Meet Wed 7.20pm outside village hall www.groups.runtogether.co.uk
- **Walking into friendship & fitness (Eynsford & Crockenhill Rights of Way Group)** . Meet Eynsford Riverside 9.30am Mondays. Also summer Thursday evenings. Contact Mike Riches 01322 667654 richesma@aol.com www.canderamblers.org.uk
- **Walking Football for over-50s.** Recreation Ground, Green Court Rd. Sundays 2pm 01322 614674

Also try contacting Crockenhill Parish Council 01322 614674

Crockham Hill

- **BACH (Bridge at Crockham Hill).** Meet village hall Mondays 7.15-10.30pm. Contact Wynne Gifford 01883 712105 wynnegifford@uwclub.net www.bridgewebs.com/crockhamhill
- **British Cactus & Succulent Society (Edenbridge Branch).** Village Hall. 4th Tuesday monthly except December (3rd Tue) at 7.30 pm www.bcass.org.uk

Also try contacting Westerham Town Council 01959 562147

Ditton

- **Brain Training dementia group.** Community Centre. Mon-Fri 9am-3pm
- **DAMARA (Ditton & Malling Active Retirement Association).** Community Centre. 2nd Wed pm of the month
- **Ditton Bowls Club.** Recreation Ground, Kiln Barn Lane ME20 6QR. Contact Shirley Andrews 01622 718359 shirley.andrews1@icloud.com
- **Internet café.** Youth Centre. Tue & Thu am
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com
- **Short mat bowls.** Community Centre. Mon & Fri pm

Also try contacting Ditton Parish Council 01732 844749

Dunton Green

See Sevenoaks (Dunton Green). Also try contacting Dunton Green Parish Council 01732 462966

East Malling

- **East Malling memory café.** East Malling Centre, Chapmans Way. 2nd Thu of the month 2-4pm. Contact Liz Simpson 07463 222733
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com
- **Malling Stamp Club.** 01474 325507 kentphilately@aol.com
- **Malling Trefoil Guild.** 020 7834 6242 trefoilguild@girlguiding.org.uk
- **Mothers' Union.** dprochester1@gmail.com

Also try contacting East Malling & Larkfield Parish Council 01732 844546

East Peckham

- **CAMEO (Come & Meet Each Other) coffee morning & lunch club.** Coffee morning Thursdays 10.30am-12pm. Lunch club monthly
- **Carer's Café.** Open to everyone including carers, the people they are caring for and former carers. 2nd & 4th Friday of each month 1.30-3pm at Curran Hall, Pound Rd. Also 1st Tuesday of each month 10.30am-12pm at Parish Council Offices, Pippin Rd. Contact Sandra Edmonds, Community Warden 07969 584183
- **Evergreens Group.** Talks, outings, games & bingo. 1st & 3rd Tuesday of each month. Village hall, Bush Rd
- **Fancy a Cuppa coffee morning.** Tuesdays at Curran Hall, Pound Rd. Contact Sandra Edmonds, Community Warden 07969 584183

Also try contacting East Peckham Parish Council 01622 871309

Eccles

Try contacting Aylesford Parish Council 01622 717084

Edenbridge - social activities for older people

- **Bingo Club.** Meets Wednesdays 8pm at Royal British Legion, Croft Hall, 13 High St TN8 5AB. Contact Sue Chandler 01732 868178
- **Bridges Pop-in Centre.** 40 High St TN8 5AJ 01732 868186 hello@bridgescentre.org
www.bridgescentre.org
 - **Dandelion Cafe.** Creative workshops for older people. Bridges Centre, High St. 1st Wednesday of every month 2-4pm. £7 including tea. Contact Kate 07508 395543 or Sarah 07766 098584 dandelioncafe@hotmail.com hello@bridgescentre.org
www.dandelionproject.co.uk www.bridgescentre.org
 - **Folk music.** 1st Tue of month. 12-2pm
 - **In Stitches knitting & crochet group.** 1st & 3rd Tues of month 7.30-9.30pm. Contact Sue 07984 618732
 - **Mobility, strength & balance class.** Last Fri of each month 2-3pm. Free. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
 - **Places of Welcome activities.** Fridays 2-4pm
- **Dementia-friendly dance sessions.** Eden Centre, Four Elms Rd. Tuesdays 1.30-3pm. £36 for 12 weeks. Carers free. Contact Sevenoaks District Council 01732 227000
communities@sevenoaks.gov.uk
- **Edenara (Edenbridge Active Retirement Association).** Contact Mrs J Asquith 01732 865177 jlasquith@talktalk.net
- **Edenbridge Men's Probus.** 3rd Thursday of the month. Rickard's Hall. Contact Colin Thurston 01732 864186
- **Edenbridge u3a.** Educational, creative and leisure activities for older people. No qualifications required or awarded. Contact M Ward 01732 700185 or E Barling 01732 866186
www.u3a.org.uk www.edenbridgeu3a.co.uk
- **Edenbridge Women's Probus.** 3rd Wednesday of the month. Rickard's Hall. Contact Gwen Chappell 01732 863517
- **Forget-me-Not café.** Eden Centre. For anyone regardless of whether they have memory issues. Last Friday of month 10.30am-12pm 07946 534476, 07580 601182
forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Games social club.** Mondays 10am-12pm. Rickards Hall, High St. Edenbridge Town Council 01732 865368
- **Health walks**

- Steps to Wellbeing walks. 2-3 miles lasting at least 45 minutes. Contact Sevenoaks District Council Healthy Living Team 01732 227000 healthy.living@sevenoaks.gov.uk www.sevenoaks.gov.uk/walking
- West Kent MIND 01732 744950
- **Mobility, strength & balance classes**
 - Eden Centre, Four Elms Rd. Fortnightly Thursdays 10.30am-12pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
 - Bridges Centre, 40 High St. Last Fri of each month 2-3pm. Free. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Move it to Music exercise & chat.** £3. Mondays 2-3pm. Eden Centre, Four Elms Rd. Contact Sandra 07862 768293
- **Rotary Club of Edenbridge & Westerham.** Meet Rugby Club Tues 6.45pm
- **Rotary International (Edenbridge Group).** Meet Mondays 6pm at HFT, Philippines Close, Hever Rd TN8 5GN

Also try contacting Edenbridge Town Council 01732 865368

Edenbridge - other social activities

- **Alcoholics Anonymous.** Contact Gill Lewis glewis511@btinternet.com
- **Astrology (Edenbridge).** Contact Mr Peter Crowsley, Crowsleys, Mill Hill TN8 5DQ
- **Bridges Creative Cafe.** Creative workshops for everyone. Bridges Centre, High St. 2nd Wednesday of every month 2-4pm. £6 including tea. Contact Kate 07508 395543 kate@katehasted.co.uk hello@bridgescentre.org www.bridgescentre.org
- **British Cactus & Succulent Society (Edenbridge Branch).** Crockham Hill Village Hall 4th Tuesday monthly except December (3rd Tue) at 7.30 pm www.bcass.org.uk
- **British Wheel of Yoga.** Includes yoga for healthy backs and gentle chair-based yoga. Contact Mrs L Newstead 01732 864465 linanewstead@talktalk.net www.thewisebody.co.uk
- **Eden Christian Trust.** Contact Anthony Shipwright, youth worker 07738 232296 ect.youthworker@gmail.com
- **Eden Divers.** Meet at The Old Eden pub www.eden-divers.com
- **Eden Quilters.** Eden Centre. Contact Joyce Staplehurst 01732 700559
- **Eden Songsters.** Community singing for fun and wellbeing. Open to all and cater for people with physical or mental health needs and/or carers. Wednesdays 2-3.30pm Eden Centre. 07708 237415 jacky.hintze@outlook.com
- **Eden Valley Artists.** Contact Cathy Bird weekendarting@gmail.com www.edenvalleyartists.com
- **Eden Valley Country Music Club.** Contact Glyn Hicks 01892 870653 or Les Putnam 01342 850780
- **Eden Valley Museum Trust.** 01732 868102 curator@evmt.org.uk www.evmt.org.uk
- **Edenbridge Allotment Gardens Association.** Forge Croft. Contact Peter Dix 01732 865287
- **Edenbridge & District Astronomers.** Contact Tony Roberts 07956 959281 tony_a_roberts@yahoo.co.uk or Jenny McGuire jenmcguire@gmail.com
- **Edenbridge & District Historical Society.** Contact Brenda Hillman 01732 862025 or Chrissy Stevens 01732 865634 curator@evmt.org.uk
- **Edenbridge & District Rifle Club.** Contact Trevor Budgen tbudg1@gmail.com www.edenbridgerifleclub.org.uk
- **Edenbridge & District Twinning Association.** Contact Jean Cust 01342 850249 secretary@edta.org.uk www.edta.org.uk
- **Edenbridge & Westerham Citizens' Advice (volunteers).** Eden Centre, Four Elms Rd TN8 6BY 0808 278 7962 enquiries@edenbridgecab.cabnet.org.uk
- **Edenbridge Angling Society.** Contact Alan Shepherd 01732 700547 info@ebas.org.uk www.ebas.org.uk

- **Edenbridge Bonfire Society.** Contact Bill Cummings 07799 088642
info@edenbridgebonfire.co.uk www.edenbridgebonfire.co.uk
- **Edenbridge Chess Club.** Meet Fridays 8-11pm at Royal British Legion. Contact Ian Falkner 01732 864762
- **Edenbridge Children's Centre.** Volunteering with activities for parents and under-8s 03000 420995 edenbridgechildrenscentre@kent.gov.uk www.kent.gov.uk
- **Edenbridge Cricket Club.** Contact Chris Martin 07891 954089 www.edenbridge.play-cricket.com
- **Edenbridge Friendz.** For people with learning disabilities. Contact Pauline Collins 01732 864291 info@kentfrienz.org.uk
- **Edenbridge Fuchsia & Pelargonium Society.** Contact Lorraine Harrington 01732 700209 lorraineharrington1@hotmail.co.uk
- **Edenbridge Handbell Ringers.** Contact Mrs L Dabrowska, 48 Ridge Way TN8 6AR
- **Edenbridge Hockey Club.** Contact Julie Partridge 01732 505616 or 07503 673210
www.edenbridgehockeyclub.co.uk
- **Edenbridge Library Reading Group.** Meets Library, Eden Centre, Four Elms Rd TN8 6BY on 2nd Tuesday of the month 2.30pm 01622 221121 edenbridgelibrary@kent.gov.uk Other reading groups can also be contacted via the library –Bowern Book Club, Thatch Barn Book Club and Edenbridge Evening Women’s Institute
- **Edenbridge Men’s Club.** 67 High St, TN8 5AL. Open 10am-2.30pm 7-11pm 01732 863495
- **Edenbridge Music & Arts Trust.** Contact Mary Elliot 01732 862418
mary.emat@btopenworld.com
- **Edenbridge Players.** 01732 867450 edenbridgeplayers@gmail.com
www.edenbridgeplayers.co.uk
- **Edenbridge Quilters.** Meet 3rd Fri of each month 1.30-4.30pm. Eden Centre 01959 577359
paddyandbarry@yahoo.co.uk
- **Edenbridge Rugby Club.** Contact John Gildersleeve 07976 688847
www.edenbridgerugby.co.uk
- **Edenbridge Stamp & Postcard Club.** Contact Derek Hamilton-Smith 01732 862561
- **Edenbridge Strollers.** Contact Mr Ian Falkner 01732 864762
- **Edenbridge Town Band.** Contact Lucy Gibb 01732 354432 or 07766 391766
edenbridgetownband@gmail.com www.edenbridgetownband.co.uk
- **Edenbridge United Football Club.** Contact Keith Gallier 01732 866001 or 07860 255913
- **Edenbridge Voluntary Transport Service.** Edenbridge & District War Memorial Hospital, Mill Hill TN8 5DA 01732 865353 admin@evts.org.uk
- **Edenbridge WI (Afternoon).** 01892 823813 www.west-kent.thewi.org.uk
- **Edenbridge WI (Evening).** 01892 823813 www.west-kent.thewi.org.uk
- **Fair Trade Group.** Contact Gill Musgrove 01732 865138 edenbridgefairtrade@gmail.com
www.edenbridgetown.com/fair_trade
- **Forge Musical Theatre.** Contact Karen Lynch 01732 864471 or Tracie 07968 021639
www.forgesingers.moonfruit.com
- **FSK Karate.** Contact Paul Simmons 01273 702662 www.fsk-karate.info
- **Handbell ringing.** Meet at church Thursdays 10am-12pm. Contact Lynne Dabrowska 01732 862844
- **Hatha Yoga.** Contact Mrs N Hannah 01732 865523
- **HFT (formerly Self Unlimited).** Support for people with learning disabilities & Oak Tree Bistro. Phillipines Close, Hever Rd TN8 5GN 01732 782700 www.selfunlimited.co.uk
- **JKS Karate.** Contact Danny Trainor 07817 753945 jks-edenbridge@hotmail.co.uk
www.jkskent.webeden.co.uk
- **League of Friends of Edenbridge Hospital.** Contact Jo Naismith 01732 860148
info@ehlof.org.uk www.ehlof.org.uk

- **Marlings Morris Dancing.** Meets Scout Hut Mondays 8-10pm. Contact Gill Bilisland 07722 017404 www.marlingsmorris.co.uk
- **Marlpit Hill Allotments.** Swan Lane. Contact Edenbridge Town Council 01732 865368 kathy@edenbridgetowncouncil.gov.uk
- **Marlpit Hill Snooker Club.** Hillcrest Rd. Contact Robert Curtis 07802 611 610
- **Nomads Football Club.** Contact Darren Pocock 07843 445651 darrenpocock@hotmail.co.uk www.edenbridgetown.com/local/clubs/index.shtml
- **Painting for Pleasure.** St Paulinus Hall. Meet 1st & 3rd Friday of the month 2-4pm. Contact Tina Hickey 01732 867280
- **Piranhas Swimming Club.** epsccchairman@gmail.com www.edenbridge-piranhas.co.uk
- **Pop-in Club.** Meets Thursdays 2-4pm Fircroft Tenants' & Residents' Association, Farmstead Drive TN8 6DX
- **Talk Time.** Chance to chat. Library Wednesdays 10.30am 01622 221121
- **Terpsichore chamber choir.** St Andrew's Convent, Eden Hall, Stick Hill TN8 5NN 01892 653965
- **Visitor Information Point.** Edenbridge Town Council, 72a High St TN8 5AR 01732 865368 www.edenvalleykent.org
- **Volunteering in Edenbridge.** Contact Imago volunteering@imago.community www.imago.community

Eynsford

- **Every Step Counts health walk.** Meet Riverside Team Room Mondays 11am. everystepcounts17@gmail.com
- **Eynsford & Farningham dementia café.** 2nd Fri of every month. Village hall. 10am-12pm. Contact Ferne Haxby 07980 820216 ferne.haxby@yahoo.com
- **Eynsford Gardeners' Club.** eynsford_gc@yahoo.co.uk www.egclub.co.uk
- **Farningham & Eynsford Local History Society.** Contact Dr Susan Pittman 01322 669923
- **Parkrun 5km.** Lullingstone Country Park. Saturday mornings www.parkrun.org.uk
- **Tuesday Club.** Village hall. Tuesdays 2-4pm
- **Walking into friendship & fitness (Eynsford & Crockenhill Rights of Way Group)** . Meet Eynsford Riverside 9.30am Mondays. Also summer Thursday evenings. Contact Mike Riches 01322 667654 richesma@aol.com www.canderamblers.org.uk

Also try contacting Eynsford Parish Council 01322 865320

Fairseat

Try contacting Stansted Parish Council 01732 668374

Farningham

- **Eynsford & Farningham dementia café.** 2nd Fri of every month. Village hall, Eynsford. 10am-12pm. Contact Ferne Haxby 07980 820216 ferne.haxby@yahoo.com
- **Farningham & Eynsford Local History Society.** Contact Dr Susan Pittman 01322 669923
- **Farningham Friday Cafe.** Shand Hall behind Farningham Church. Every Friday 10am-12pm. farninghamcfc@outlook.com
- **Farningham Guitar Club.** 1st Thu in month. 7.30-10pm. Village hall. Contact Mr N Sivyer 01322 666566 enquiries@farninghamguitarclub.co.uk
- **Friends of Farningham (village tidying).** Fortnightly. Contact Cllr Carol Salmon carolsalmon46@gmail.com clerk@farninghamparishcouncil.org
- **Hatha Yoga.** Village hall. Tuesday mornings
- **Line Dancing.** Village hall. Tuesday evenings
- **Tea Dances.** Village hall. Mondays 1.30-4.30pm

- **Walking into friendship & fitness (Eynsford & Crockenhill Rights of Way Group)** . Meet Eynsford Riverside 9.30am Mondays. Also summer Thursday evenings. Contact Mike Riches 01322 667654 richesma@aol.com www.canderamblers.org.uk
- **Yoga & pilates.** Village hall. Wednesday afternoons
Also try contacting Farningham Parish Council 01322 866066

Fawkham

- **Cottage Community.** 100 Brands Hatch Park, Scratchers Lane DA3 8PU. Mon-Fri. Transport & lunch provided. Activities include IT learning facilities, chair-based exercise classes, arts & crafts, knitting, bingo, singalongs, board games, talks etc. Wheelchair users must be able to transfer for transport 01322 668106 mandy@thecottagecommunity.org.uk www.racdv.org.uk
 - **Hartley & District Horticultural Society.** 2nd Wed of the month 8pm. Fawkham & Hartley Church Centre, Ash Rd, Hartley suezoghob@hotmail.com www.hartleyhortsoc.org.uk
- Also try contacting Fawkham Parish Council www.fawkhampc.kentparishes.gov.uk

Fordcombe

- **Fordcombe Lunch Club.** Meets 2nd Thursday of the month in Village Hall. Contact Mrs Kate Hargreave, Dairy House, Coresley Rd, Groombridge TN3 9PH 01892 861047
- **Fordcombe Over-60s Club.** Meets at Village Hall on 1st Friday of the month at 3pm. Contact Mrs June Roff, The Green TN3 0RY 01892 860559
- **Fordcombe Royal British Legion.** Meet village hall. Contact Mike Arnold m.arnold502@btinternet.com

Also try contacting Penshurst Parish Council 01732 457541

Four Elms

- **Coffee morning & housing surgery.** Wednesdays 10am-12pm. Village Hall. West Kent Housing 01732 749420
- **Old Tyme Dance Club.** Meets Village Hall Thursdays 7.45-9.45pm. Contact Mrs J Cutler 01732 700288

Also try contacting Hever Parish Council 01732 865547

Godden Green

Try contacting Seal Parish Council 01732 833360

Golden Green

- **Golden Green Association coffee mornings.** Meet Tuesdays 10am Village Hall. Contact Alec Pelmore 01732 850739
- **Golden Green WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Line Dance.** Village Hall. Tues 10.30-11.45am. £7. Contact Wendy 07833 079213 wendylangley2910@gmail.com
- **Mobility, strength & balance class.** Mondays 10.30am-12pm. Village hall, Three Elms Lane. £4. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Pilates classes.** Wednesday evenings Old School Hall and Monday mornings at Village Hall. Contact Zoe George 07950 494335 zoetgeorge@gmail.com www.zoegeorgepilates.com

Also try contacting Hadlow Parish Council 01732 851878

Hadlow - social activities for older people

- **Friends Together bereavement support network.** Support network for people who are bereaved, lonely or have loved ones in long-term care. Free; do not provide counselling. Contact Steph 07774 891314 info@friendstogetherbs.org www.friendstogetherbs.org 2nd Monday of each month 11am-12.30pm at Old School Hall, School Lane TN11 0EH

- **Good Neighbours Hospital Car Scheme.** Contact Gill Norman 01732 850128
 - **Hadlow Bowls Club.** Meet at School Lane. Contact Reg Ives 01732 848224
rlives@talktalk.net
 - **Hadlow Seniors Pop-in Club.** Meet Thursdays 10am Old School Hall. Contact Pat Large 01732 850516 or Jill Brown 01732 851403 or Carol Markwick 01732 850413
 - **Short Mat Bowls.** Contact Dave Isted 01732 852138
- Also try contacting Hadlow Parish Council 01732 851878

Hadlow - other social activities

- **Allotment Holders Association.** Contact Peter Cox 01732 851793
- **Calligraphy class.** Meet at Old School Hall Mondays 12-3pm. Contact G. Roland Smith 01732 850850
- **Cinnamon Trust.** Dog walkers. 01736 758706 volunteer@cinnamon.org.uk
- **Cricket Club.** Contact Adrian Blacklee 01732 354639
- **Growers Group.** Meet at allotments Saturdays 9.30am. Contact Alison 07850 809615
- **H24 Fit Club.** Exercise classes at Hadlow Youth Centre, Williams Field, Marshall Gardens. Contact Barney 07429 448062 www.b24fit.co.uk
- **Hadlow Amateur Dramatics.** Meet Mondays 8pm Village Hall hadsonline@gmail.com
www.hadsonline.co.uk
- **Hadlow Book Group.** Contact Library 01732 851794
- **Hadlow Carbon Community.** Meet Two Brewers pub 1st Monday of every month 7.30pm. Contact Hildegard Pax 01732 852054
- **Hadlow Flower Club.** Meet monthly at Old School Hall. Contact Shirley 01732 367173 or Mary 01732 851212
- **Hadlow Gardeners Society.** Meet 3rd Mon of the month 8pm Old School Hall. Contact Jenny Bubb 01732 365873. £2
- **Hadlow Historical Society.** Meet Mondays or Tuesdays 8pm. St Mary's Church, Church St TN11 0DB. Contact Anne Hughes 01732 850214
- **Hadlow Orchestra.** Meet Saturday evening once a month in St Mary's Church. Contact Anne 01732 850048 gghamlet@hotmail.co.uk or Derek Wisdom 01732 850372.
- **Hadlow Running Group.** Meet Williams Field by Village Hall. Mondays & Wednesdays 7:30pm www.hadlowrunners.com
- **Hadlow Sewing & Knitting Group.** Meet Old School Hall monthly on a Tuesday 2pm. Contact Ruby Burt 01732 359398
- **Hadlow Tower Restoration.** Contact Caroline Elcombe caroline.elcombe@virgin.net
www.hadlowtower.com
- **Hadlow United Football Club.** Meet Sunday mornings Williams Field. Contact Daniel Webb 07703 830852
- **Hadlow WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Kent Tree & Pond Wardens.** Contact David Care davidcarey.maltings@gmail.com or Donna Popplewell donna.popplewell@gmail.com
- **Kent Smallholders.** Contact Hadlow College, Ashes Lane
- **Ladies Badminton Club.** Contact Sally Wynne 01732 850544
- **Reading Group.** Meet at the Library 01732 851794
- **Road Representatives.** Contact Doreen Etheridge 01732 850747
- **Russett Players.** 01622 870199 russettplayers@gmail.com
www.therussettplayers.weebly.com
- **Table Tennis.** Meet Wednesdays, 7-9pm Village Hall, William's Field. Contact Carol Hyams 01732 851654.
- **Tonbridge & Malling Ramblers.** Walks in Hadlow area 01732 851310
www.tonbridgeandmalligramblers.org.uk

- **Tonbridge Hornets Football.** Play in Hadlow. Contact Dan 07880 704285
- **Tonbridge Lions Club.** Meet at Hadlow Manor Hotel, Maidstone Rd, Goose Green TN11 0JH 01732 358218, 0845 833 9819 info@tonbridgelions.co.uk www.tonbridgelions.co.uk
- **Yoga Club.** Meet St Mary's upper room Fridays 9.30- 11am. Contact Paula Holden 07752 078876 paulaholden@4wellbeing.co.uk www.4wellbeing.co.uk

Halstead

See also Badgers Mount and Knockholt

- **Halstead Bridge Club.** Meet St Margaret's Church Fridays 2-4pm. Contact Peter Slevin 01689 853596
- **Halstead Cricket Club.** Meet Saturday & Sunday. Contact Richard Hughes 07802 758227
- **Halstead Horticultural Society.** Meet monthly in village hall. Contact Barry Blundell 01959 533074
- **Halstead Men's Fellowship.** Meet bi-monthly 2nd Tuesday of month 8pm St Margaret's Church. Contact Martin Couchman 01959 532253 martin_couchman@hotmail.com
- **Halstead Netball Club.** Contact Kylie Smith 01959 534151
- **Halstead Players.** Contact Ronnie Barnard 01959 533330
- **Halstead Reading Group.** Meet monthly Tuesday 9.30-11am. Contact Jean Peel 01959 533180
- **Halstead Senior Club.** Meets Mondays 2pm at village hall. Contact Jackie Johnson 01959 575432
- **Halstead Table Tennis Club.** Meet village hall Tuesdays. Contact Norman Chard normanhard@gmail.com
- **Halstead United Football Club.** Contact Kevin Brett 07760 157568
- **Halstead WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Kent Heights Flower Club.** Meet village hall Thursday 7.30/8pm. Contact Jean Peel 01959 533180
- **KFA Moves keep fit group.** Meet Wednesday 7.45-9pm 07790 323198

Also try contacting Halstead Parish Council 01959 532206

Hartley

- **Hartley & District Horticultural Society.** 2nd Wed of the month 8pm. Fawkham & Hartley Church Centre, Ash Rd suezoghob@hotmail.com www.hartleyhortsoc.org.uk
- **Hartley Country Club (bowls).** Culvey Close DA3 8BS 01474 703709 john.tucker3@sky.com
- **Keep fit.** Wellfield Community Lounge, Wellfield. Fridays 10am-12pm. Contact Jackie West, Community Warden 07811 271259 jackie.west@kent.gov.uk or Veronica McGannon 01474 709023

Also try contacting Hartley Parish Council 01474 709441

Hawley

Try contacting Horton Kirby & South Darenth Parish Council 01322 865193

Hever

- **Hever Rose & Horticultural Society.** 01342 851307

Also try contacting Hever Parish Council 01732 865547

Hextable

- **Howard Venue.** 01322 618618 office@thehowardvenue.co.uk www.thehowardvenue.co.uk
Music, dance, fitness and art classes including ones for people with mobility problems

- **Mobility, strength & balance class.** Howard Venue. Fortnightly Wednesdays 1.30-3pm. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Royal British Legion** Swanley, Hextable & Crockenhill. Secretary H. Chapman 01322 662548
Also try contacting Hextable Parish Council 01322 668530

Hildenborough

See also Tonbridge

- **Art Group practical sessions.** Every Tue 1-3pm. Tonbridge Theatre & Arts Club, Oast Theatre, London Rd TN10 3AN
- **Association of Men of Kent & Kentish Men** (for anyone interested in Kent). Tonbridge & Tunbridge Wells branch meets at Hilden Manor pub 11am 1st Thursday of month. Contact Bernard Thompson 01732 832396 amkkm.ttw@btinternet.com
- **Forget-me-Not café.** St John's Church Centre, Foxbush TN11 9HT. 2nd Wednesday of every month 11am-12.30pm 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com
www.forgetmenotcafe.org.uk
- **Hildenborough coffee & chat.** Contact Library 01732 838729
- **Hildenborough health walk.** Meet Mondays 10am Recreation Ground. Duration 60-90 minutes. Healthy Living Team 01732 876347 healthy.living@tmbc.gov.uk
- **Hildenborough tai chi.** Meet at Village Hall, Riding Lane on Mondays & Thursdays 9.30-11.30am. Contact Rachel 01732 811212
- **Hildenborough WI (Afternoon).** Meets 1st Wednesday of the month 2.30pm. St Johns Church Hall. Contact Mrs Joan Long 01732 832442
- **Hildenborough WI (Evening).** Meets 2nd Tuesday of the month 7.45pm. St Johns Church Hall. Contact Mrs Lorna Stanley 01732 833415
- **Moving with Music.** Oast Theatre, Tonbridge Rd. Wednesdays 2-3pm. £5 including tea/coffee. Contact Jason Lower 07587 537308, 01892 500673 jason@trinitytheatre.net
encore@trinitytheatre.net www.trinitytheatre.net
- **Senior Sing.** Oast Theatre, Tonbridge Rd. Wednesdays 3.30-4.30pm. £5 including tea/coffee. Contact Jason Lower 07587 537308, 01892 500673 jason@trinitytheatre.net
encore@trinitytheatre.net www.trinitytheatre.net

Also try contacting Hildenborough Parish Council 01732 832367

Hodsoll Street

See also Ash-cum-Ridley

- **Hodsoll Street pop-up café & information hub.** Village hall. 3rd Thursday of the month. Transport available. Contact Frank 01732 823175 frank.cottee@gmail.com Organised by FORK (Friends of Rural Kent Coffee & Information Project)

Also try contacting Ash-cum-Ridley Parish Council 01474 702760, 707164

Holtye

See Cowden. Also try contacting Cowden Parish Council 01342 322568

Horton Kirby

- **Horton Kirby Bowls Club.** Horton Rd, South Darenth DA4 7AX 07891 048951
martin.friedlander.mf@gmail.com
- **Mothers' Union.** dprochester1@gmail.com

Also try contacting Horton Kirby & South Darenth Parish Council 01322 865193

Ide Hill

- **Brasted, Ide Hill & Sundridge Gardening Society.** Contact Julia Ricci 07818 236566
juliaricci@rocketmail.com

- **Ide Hill Senior Club.** Meets at Village Hall on 1st Tuesday of the month at 2.30pm. Contact Sally Aston 01732 750207
 - **Ide Hill Society.** Meet monthly in village hall. Contact Henry Gandon 01732 750341 johnngandon@hotmail.com
- Also try contacting Sundridge & Ide Hill Parish Council 07495 962372

Ightham

- **Ightham & District Gardeners Club.** Meets village hall, Sevenoaks Rd. 4th Tuesday of each month 7.30-9pm. Contact Dee Samways 07799 002129
- Also try contacting Ightham Parish Council 01732 886402

Kemsing - social activities for older people

See also Otford

- **Every Step Counts health walk.** Meet Village Hall car park Fridays 10.30am. everystepcounts17@gmail.com
- **Kemsing Coffee Morning.** Meet Library Tuesdays 10.30-11.30am
- **Kemsing Evergreen WRVS Club.** Meet at St Edith's Hall on 1st & 3rd Fridays of the month at 2pm
- **Kemsing Indoor Short Mat Bowling Club.** Meets at Sir Mark Collet Pavilion on Tuesdays 2-5pm. Contact Mrs R Hitchings, 17 Montford Rd, Kemsing 01959 523635
- **Kemsing Lunch Club.** Meets at St Edith's Hall on Wednesdays (except August & Christmas). Contact Jackie Chisholm, Clement House, High St TN15 6LZ 01732 763991, 07788 756836
- **Kemsing Open Door coffee morning.** Meets Mondays 9.45am-11.30am. Contact Jenny Williamson, 16 Park Hill Rd, Otford TN14 5QH 01959 522532 hmandjmwilliamson@hotmail.com
- **Kemsing over-50s keep fit class.** Wed mornings. Meet at Sir Mark Collet Pavilion. Contact Vicky Bishop 01732 762865
- **Kemsing Royal British Legion.** Meet Bell Inn 1st Monday of the month 12.30pm. Contact Gillian McIntyre 01732 762785

Also try contacting Kemsing Parish Council 01732 762841

Kemsing - other social activities

See also Otford

- **Kemsing bridge class.** Tue mornings. Meet at Sir Mark Collet Pavilion. Contact Vicky Bishop 01732 762865
- **Kemsing Craft Group.** Contact Library for details
- **Kemsing Cricket Club.** Meet at Sir Mark Collet Pavilion. Contact Roger Shaddock 07912 534729 kemsingcc@gmail.com www.kemsing.play-cricket.com
- **Kemsing Heritage Centre Association.** Contact Erica Cole 01732 761772 www.kemsingheritagecentre.org.uk
- **Kemsing Lawn Tennis Club.** Heaverham Rd. Contact Ian Head 07841 292418 ian@smiles.me.uk
- **Kemsing Music Society.** Contact Mrs R Watson, 19 Dynes Rd 01732 762153
- **Kemsing Players.** Contact Sue Davnall 01732 760299 suehdavnall@gmail.com
- **Kemsing Reading Groups.** WI Book Group meet at the library. In addition there is a "5 miles from Kemsing" Book Group. Both can be contacted via the library. kemsinglibrary@kent.gov.uk
- **Kemsing Singers.** Contact Jonathan Riley, 10 Crownfields, Sevenoaks TN13 1EF 01732 457969 grandpajo7@gmail.com www.kemsingsingers.com
- **Kemsing Squash Club.** Meet at Sir Mark Collet Pavilion. Contact Vicky Bishop 01732 762865
- **Kemsing United Football Club.** Meet at Sir Mark Collet Pavilion 01732 762865

- **Kemsing Wildflower Group.** Contact Brian Doe, Cotmans Ash, Cotmans Ash Lane
- **Kemsing Wildlife Group.** Contact Mr R Bannister, Poppies Cottage, 3 St Edith's Rd TN15 6AT 01732 465752
- **Kemsing WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Mothers' Union.** dprochester1@gmail.com
- **Otford & Kemsing Dance Studio.** Meet at Otford Memorial Hall. thedancestudio.uk@gmail.com
- **Otford & Seal Trefoil Guild.** Guiding for adults. Library, Dippers Close 020 7834 6242 trefoilguild@girlguiding.org.uk
- **Pilgrim Walkers.** Contact Mr D M Bellingham, 6 Knavewood Rd 01959 522213
- **Pilgrims Badminton Club.** Meet at St Edith's Hall Tuesdays. Contact Brian Callaghan briancallaghan52@hotmail.com
- **St Edith's Working Men's Club.** High St TN15 6NA 01732 762755

Kings Hill

- **Kings Hill u3a.** Educational, creative and leisure activities for older people. No qualifications required or awarded enquiries@kingshillu3a.org.uk www.kingshillu3a.org.uk
- Also try contacting Kings Hill Parish Council 01732 870382

Knockholt

See also Badgers Mount and Halstead

- **Keep fit class.** Village Centre Friday morning. Contact Ivonne Kaina 07776 264140
- **Knockholt Art Club.** Meet Village Centre 3rd Thursday of month 8pm. Contact David Taylor 01959 533105
- **Knockholt Bowling Club.** Contact Marilyn Sayer 01959 571644 info@knockholtbowlingclub.co.uk www.knockholtbowlingclub.co.uk
- **Knockholt Evergreen WRVS Club.** Meets at St Katharine's Church on alternate Thursdays at 1.45 pm (except August). Contact Wendy O'Donnell (Chair), Hill Crest, Old London Rd 01959 533301
- **Knockholt Horticultural Society.** Contact Judith Pitman 01959 534300 judith.pitman@live.co.uk www.knockholthorticulturalsociety.co.uk
- **Knockholt Royal British Legion.** Contact Wendy O'Donnell, Hill Crest, Old London Rd 01959 533301
- **Pilates class.** Village Centre Thursday morning. Contact Ivonne Kaina 07776 264140
- **Tennis Club.** Contact Alison Ballantine 07940 576782.

Also try contacting Knockholt Parish Council 07860 537760

Larkfield

- **Dementia-friendly swimming session.** Swimming Pool. Thursdays 12-1pm. £3.10, carers free. You may need to have an experienced swimmer with you 07715 652846 suzy.abbott@tmactive.co.uk
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com
- **Music movement class.** Leisure Centre 01622 719345 natalie.williams@tmactive.co.uk

Also try contacting East Malling & Larkfield Parish Council 01732 844546

Leigh

- **Leigh Historical Society.** Meet at Village Hall. Joyce Field joy.field@btinternet.com
- **Leigh Royal British Legion.** Meet British Legion Club, High St. Contact Mr Doggett 01732 835619
- **Pop-up café & information hub.** Village green (summer) 01303 813790 coffeeproject@ruralkent.org.uk

Also try contacting Leigh Parish Council 01892 740753

Leybourne

- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com

Also try contacting Leybourne Parish Council 01732 873722

Lullingstone

Try contacting Eynsford Parish Council 01322 865320 or Shoreham Parish Council 07912 611048

Markbeech

Try contacting Hever Parish Council 01732 865547

Marsh Green

Try contacting Edenbridge Town Council 01732 865368

Mereworth

Try contacting Mereworth Parish Council 01732 846192

Moorden

Try contacting Leigh Parish Council 01892 740753

New Ash Green

- **Carers/Memory Cafe.** 2nd Tue of month 10am-12pm. Village hall
- **Community Hub coffee morning.** 1st Tue of month 10am-12pm. Village hall
- **Simply Singing.** 4th Tue of month 10am-12pm. Village hall
- **Tai Chi & Qi Gong.** Classes for over-50s. Contact James Drewe 020 8883 3308, 07836 710281. Village Hall, Centre Rd on Fridays 9-10am

Also try contacting Ash-cum-Ridley Parish Council 01474 702760, 707164

Offham

- **Time to Talk café.** Spadework Garden Centre. 1st Mon of the month 2.30-4.30pm. Contact Mick Smithson 01732 870002

Also try contacting Offham Parish Council 01732 521303

Oxford - social activities for older people

See also Kemsing

- **Oxford coffee morning.** Meet Saturday mornings in Memorial Hall, High St
- **Oxford health walks**
 - Shorter walk. Meet village car park Wednesdays 10am everystepcounts17@gmail.com
 - Longer walk. Steps to Wellbeing. 2-3 miles lasting at least 45 minutes. Meet village car park. 1st & 3rd Mon of month 10am. Contact Sevenoaks District Council Healthy Living Team 01732 227000 healthy.living@sevenoaks.gov.uk www.sevenoaks.gov.uk/walking
- **Oxford Lunch Club.** Meets Thursdays 11.45am-1.30pm in Memorial Hall, High St. Contact Margaret Nicholson 01959 524147 or Diana Adams 01959 523187
- **Oxford memory cafés**
 - Forget-me-Not café. For anyone regardless of whether they have memory issues. 4th Thursday each month 11am-12.30pm Memorial Hall, High St 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
 - Vitality Home Health, The Crown, Oxford Pond. 1st Monday of each month 10am-12pm. Contact Debbie 01732 755582, 07522 962952 debbie@vitalityhomehealth.co.uk

- **Serendipity gentle exercise class.** Meet Thursdays 9.30 to 10.30am at Methodist Church Hall, High St. £3. Contact Cass Osborne 01959 522727 thefitnessworkshop@hotmail.com
Also try contacting Otford Parish Council 01959 524808

Otford - other social activities

See also Kemsing

- **Darent River Preservation Society (DRIPS).** Contact Alan Williams alanwilliams4077@btinternet.com
- **Dog First Aid.** Meet at Memorial Hall chris.mattin@dog-first-aid.com
- **Exercise & Movement.** Meet at Memorial Hall. Tue 9.30-10.45am 07773 597852 sandrarooberts1611@gmail.com
- **Historical Commercial Vehicle Society.** Meet at Memorial Hall. r280davies@btinternet.com
- **Hope Quilters.** Contact Mrs S Critcher 01732 462653
- **Kent Dahlia Society.** Contact Shirley Winters 01732 847560 kentdahlia@hotmail.co.uk
- **Nineteen Forties Society.** Contact Ian Bayley 01732 452505, 453468 www.1940.co.uk
- **North West Kent Family History Society.** Meet at Memorial Hall. barbaraanne41@hotmail.co.uk
- **Orpington Astronomical Society.** Meet at Memorial Hall dh016954@gmail.com
- **Otford & District Historical Society.** Meet monthly in Memorial Hall. Contact Alan Williams odhs@otford.net www.otford.co.uk/historicalsociety
- **Otford & District Wine Club.** Meet at Memorial Hall, High St. Contact Olive Cherry cherries@sky.com
- **Otford & Kemsing Dance Studio.** Meet at Memorial Hall. thedancestudio.uk@gmail.com
- **Otford & Seal Trefoil Guild.** Guiding for adults. Kemsing Library, Dippers Close 020 7834 6242 trefoilguild@girlguiding.org.uk
- **Otford Allotments Association.** Contact Jane Rogers jane.rogers@yahoo.co.uk
- **Otford Bridge Club.** Contact Chris Gray 01732 667345, 07767 873263 chrisgray007@hotmail.co.uk or Jim Garlinge 01732 667695 ajgarlinge@aol.com
- **Otford Cricket Club (Cricket Colts).** Contact M & A Stevens 01959 523881, 07740 619549 or Mr S Ballard 01732 762463
- **Otford Embroiderers Guild.** Contact Mrs S Grafton 01732 452117
- **Otford Fete Committee.** Contact Mrs P Chatterjee 01959 523559
- **Otford Folk Dance Club.** Meet at Walthamstow Hall Junior School, Bradbourne Park Rd, Sevenoaks. Thursdays 8-10pm. Contact Lyn 01959 524688
- **Otford Heritage Centre volunteering.** Parish Office 9am-12.30pm weekdays, 2.30-4.30pm weekends. Contact Carol Griffiths 01959 523140
- **Otford Indoor Short Mat Bowling.** Memorial Hall. Sundays 2-5pm. Contact Marion 01474 852351 or Hugh 01474 708050
- **Otford Lawn Tennis Club.** paul@otfordtennis.org.uk
- **Otford Petanque Club.** Contact Mrs M Chandler 01959 523620
- **Otford Society.** Contact Rod Shelton 01959 523371 otfordsociety@otford.net www.otford.info/otfordsociety
- **Otford Sports Association.** Contact Kay Drake 01959 522727 drake_kay@hotmail.com
- **Otford Swing Dance.** Contact Mr J Duck 020 8488 7256
- **Otford Table Tennis Club.** Contact Tony York 01959 565409
- **Otford Twinning Committee.** Contact Jane Lawrey 01959 522360
- **Otford United Football Club.** Contact Rob White 07970 701151 secretary@otfordunitedfc.com
- **Otford Oast WI.** Meet 3rd Thursday of each month 9.30 am at Memorial Hall. Contact Julie Stevens 01732 450618 otfordoastwi@mail.com

- **Otford Yarn Crafters.** Knitting, crochet, spinning and weaving group. 2nd Tue 10-11am Pondview Café, High St & 4th Tue 6-8pm Woodman pub, High St. Contact Karen Hilson 07918 367198 otford.yarncrafters@royalvoluntaryservice.org.uk
www.royalvoluntaryservice.org.uk
- **Pilgrim Walkers.** Contact Mr D M Bellingham, 6 Knavewood Rd, Kemsing 01959 522213
- **RSPB.** Meet at Memorial Hall j.nobbs3@gmail.com
- **Sevenoaks Entertainers cabaret.** Methodist Hall, High St 01732 760619
- **Sevenoaks District Philatelic Society.** Meets Memorial Hall, High St 1st Wed of most months 01892 529154
- **Sevenoaks Flower Club.** Meet at Memorial Hall. Contact Patricia Ellis 01689 834042
- **Sevenoaks Shakespeare Society.** Meet at Memorial Hall.
mailsevenoaksshakespeare@gmail.com www.sevenoaksshakespeare.org
- **Shoreham & Otford Cricket Club.** alex.hofmann@fisglobal.com
- **Talk Time.** Mondays 11.30am-12.30pm. Contact Library 03000 413131
otfordlibrary@kent.gov.uk
- **West Kent Judo/Aikido.** Contact Mr D Osborne 01959 522011

Penshurst

- **Parkrun 5km.** Kingdom, Smarts Hill. Saturday mornings www.parkrun.org.uk
Also try contacting Penshurst Parish Council 01732 457541

Platt

See St Mary's Platt

Plaxtol

- **Afternoon Tea.** Plaxtol Church 3rd Thursday of every month
Also try contacting Plaxtol Parish Council 01732 810600

Polhill

Try contacting Badgers Mount Parish Council 07452 886977

Powder Mills

Try contacting Leigh Parish Council 01892 740753

Ridley

See Ash-cum-Ridley and Hodsoll Street. Also try contacting Ash-cum-Ridley Parish Council 01474 702760, 707164

Riverhead

See Sevenoaks (Riverhead). Also try contacting Riverhead Parish Council 01732 461278

Ryarsh

- **Afternoon Tea.** Fridays monthly 2-3.30pm. Contact Barbara Weatherill 07884 160717
- **Arts Society Malling.** Talks and visits. Meet 4th Thursday of every month 11am in Ryarsh village hall info@theartssocietymalling.org.uk www.theartssocietymalling.org.uk
- **Mobility, strength & balance class.** Tuesdays 10am-12pm. Village hall. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Women's Fellowship.** Monthly. Contact Barbara Weatherill 07884 160717
Also try contacting Ryarsh Parish Council 01732 521303

Seal

See Sevenoaks (Seal). Also try contacting Seal Parish Council 01732 833360

Sevenoaks - social activities for older people

Activities within the town are listed first followed by activities in Bat & Ball, Bessels Green, Chipstead, Dunton Green, Riverhead and Seal

- **Chitter chatter café.** Knole Park, Brewhouse café every 2nd Wednesday of the month 10am – 12.00. Contact Janneke Korbee Tel. 01732 467165
- **Coffee club.** Weald Heights care home, Bouchier Close. Meets 1st Thursday of the month 11am. Contact Amelia Moore 01732 747700 amelia.moore2@careuk.com www.careuk.com
- **Coffee morning.** Vine Evangelical Church, Hitchen Hatch Lane. Tuesdays 10am-12pm. 01732 469833 office@vec.org.uk www.vec.org.uk
- **Coffee morning.** Meet Sevenoaks Wildlife Reserve, Bradbourne Vale Rd (every 3 months on Wednesdays 10am). Contact Kent Wildlife Trust 01622 662012 kirsty.lee@kentwildlife.org.uk or vicky.aitkenhead@kentwildlife.org.uk www.kentwildlifetrust.org.uk
- **Craft Club.** Fortnightly Thursdays 2pm. Christchurch United Reformed Church, Littlecourt Rd (corner of London Rd and Kippington Rd). Contact Roger Johnson 01732 453215 secretary@christchurchsevenoaks.org.uk
- **Dementia-friendly cinema screenings.** Last Sat of the month 10am. Weald Heights care home, Bouchier Close TN13 1PD 01732 809736 amelia.moore2@careuk.com www.careuk.com
- **Film Club.** Every 6-8 weeks on Saturdays 4.30pm. Christchurch United Reformed Church, Littlecourt Rd (corner of London Rd and Kippington Rd). Contact Roger Johnson 01732 453215 secretary@christchurchsevenoaks.org.uk
- **Forget-me-Not memory café.** The Hayloft, Knole House TN13 1HU. Activities include music, arts and crafts. 1st Friday of every month 10.30am-12pm. For anyone regardless of whether they have memory issues 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Forget-me-Notes sing-a-long with a cuppa group.** For anyone who enjoys a good sing-a-long including people with dementia and their carers. 3rd Thursday afternoon each month at Beatrice Wilson Flats Common Room, Rockdale Rd 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com
- **Gentle exercise for over-55s.** Vine Baptist Church. Park Lane. Thursdays 2-3pm. £6 per class. Contact Teresa 07506 801151 exercise65@yahoo.com
- **Health walks.**
 - West Kent MIND 01732 744950
 - Knole Park Walking Group. 1-hour walks Wed 2pm from Hollybush Indoor Bowls Centre car park. Sevenoaks District Council 01732 227000 healthy.living@sevenoaks.gov.uk www.sevenoaks.gov.uk/walking
- **Hollybush Day Centre.** Hollybush Court, Hollybush Close off Hollybush Lane TN13 3UX. Contact Amanda Baker 01732 741558 sallyrobinson@ageuksevenoaksandtonbridge.org.uk
 - **COGS club.** £25. Every Tuesday 10am-2pm
 - **Daybreak Care Day (dementia day care).** Clients with dementia can enjoy a variety of activities including musical entertainment, arts & crafts and reminiscing sessions, as well as a 2-course hot lunch with refreshments throughout the day. Every Monday, Wednesday and Friday 9.30am-2.30pm. £45. (plus £10 for transport)
 - **Daybreak Carers' Support Group.** For family members/carers of our Daybreak clients to meet and chat with each other and staff. In a separate area to the day centre. 1st Wednesday and 3rd Monday of the month 10-11.30am

- **Dementia cafe.** For people living with memory loss and their partners or carers. Come along and enjoy a cup of tea or coffee, cake and biscuits, have a chat and maybe make new friends. Free. 1st & 3rd Thursday every month 2.30-4.30pm
- **General day care.** Activities may include bingo, interactive TV games, quizzes and reminiscence. Indoor games may include bowls, dog racing, guess who's in the bag, horse racing, quoits, talk cards and themed activities. Services may include chiropody, hairdressing, hearing aid clinic and reflexology. £20. Transport £10. Tuesdays and Thursdays 10am till 3pm
- **Young onset peer support & carers' support group.** A group exclusively for people of any age who have young onset dementia and those supporting someone living with it. Free. 2nd & 4th Tuesday of the month 2.30-4.30pm
- **Littlecourt Lunch Club.** Meets Tuesdays 12-1.30pm in Christchurch United Reformed Church on corner of London Rd and Kippington Rd. Contact Deirdre Montanaro 01732 455435, 07545 161226 or Pam Rankin 01732 460209
- **Macular Society** support group for people with macular degeneration (sight loss). Meets 4th Thu of the month 10.30am-12pm. Stag Theatre cafe, London Rd. Contact Stella Black 07494 467980 stella.black@macularsociety.org www.macularsociety.org
- **One to One computer lessons.** £10 per hour. At Hollybush Court day centre or home visits may be available for £25. 01732 454108 office@ageuksevenoaksandtonbridge.org.uk
- **Parkinsons UK (Sevenoaks branch).** Indoor Bowls Centre, Hollybush Lane. Contact Jackie Hart 01732 360512 jacquelinehart217@gmail.com
 - **Exercise class.** Meet Thursdays 10.30am-12pm
 - **Indoor bowls.** Meet 1st & 3rd Wed of month 9.45am-12pm
 - **Support group.** Meet 2nd Wed of month 2-4pm
- **Rockdale Housing Association Ltd (helping out)** 01732 458762
- **Rotary Club.** Contact David Craik 01732 453680 davidcraik1@gmail.com
- **Sevenoaks 41 Club (ex-Round Table).** Meet 3rd Mon of month St Julians Club near Sevenoaks 0121 456 4402
- **Sevenoaks Blind Social Club.** Contact Jo Wilkinson 01622 691357, 07469 154570 jo.wilkinson@kab.org.uk www.kab.org.uk
- **Sevenoaks District Seniors Action Forum.** An independent organisation monitoring and distributing information of interest to people over 50 and campaigning for older people 01322 664754 comms@sdsaf.org.uk www.sdsaf.org.uk
- **Sevenoaks Royal British Legion.** Meet Stag Community Arts Centre, London Rd 1st Tuesday of the month 8pm. Contact Mrs Bunyan 01689 822898
- **Sevenoaks School Thursday Club (for over-65s).** Meets at Sennocke Boarding House, Sevenoaks School, Tonbridge Rd on Thursdays 2.20–4.10pm. Contact Gillian Williams 01732 455133 admin@sevenoaksschool.org
- **Sevenoaks u3a.** Educational, creative and leisure activities for older people. Talks, theatre and travel outings. No qualifications required or awarded. There are 2 branches in Sevenoaks:
 - Knole u3a. Contact Suzi Morgan 01883 818929 www.knoleu3a.org.uk
 - Sevenoaks u3a. Contact Beryl Mansell 01959 525010 www.sevenoaksu3a.org.uk
- **Tai Chi & Qi Gong.** Classes for over-50s. Meets at St. Luke's Church Hall, Eardley Rd on Thursdays 2.45pm and Fridays 12.05pm. Also at Vine Baptist Church, Park Lane on Thursdays 6.35pm, 7.35pm and 8.35pm. Contact James Drewe 07836 710281 taijiandqigong@gmail.com www.taiji.co.uk
- **Vine bandstand.** Vine Gardens, Dartford Rd. Free concerts on summer Sundays 3-5pm Also try contacting Sevenoaks Town Council 01732 459953

Sevenoaks - other social activities

Activities within the town are listed first followed by activities in Bat & Ball, Bessels Green, Chipstead, Dunton Green, Riverhead and Seal

- **Adult Education Classes (KCC).** Contact Adult Education Centre, Hatton House, Bradbourne Rd TN13 3QN 0845 606 5606
- **Amnesty International (Sevenoaks).** Contact Friends Meeting House, Hollybush Lane 01732 761905
- **Aquila Care Trust (Sevenoaks & Tonbridge Group).** Contact Central Office, All Saints Church Halls, Chapel Green, Crowborough, East Sussex
- **Arts Society Knole.** Contact Yvonne Stewart, 5 Coldarbor Rd TN13 2PP 01732 457852 knole@theartssociety.org
- **Beechmont Saturday Club.** For adults with learning disabilities. Meets at Mencap Hall, Hitchen Hatch Lane on 1st Saturday of month 10am to 4pm. Contact Margaret Digweed 1732 453848
- **Cancer Research Campaign (Sevenoaks group).** Contact via Information Line 0300 123 1865 supporter.services@cancer.org.uk
- **Cantate Choir.** Contact Angela Rudd 01732 460506 info@cantate-choir.info
- **Catenians Catholic Men's Group (Sevenoaks).** Contact via Head Office 024 7622 4533 membership@thecatenians.com
- **Christian Aid (Sevenoaks).** Contact Emma Kevan 020 7523 2378 hello@christian-aid.org
- **Compassionate Friends Bereaved Parents' Peer Support Charity.** 0345 123 2304 helpline@tcf.org.uk
- **Corona Worldwide (Sevenoaks & Tunbridge Wells Group).** Contact Mrs E Timms, 1 Thicketts TN13 3SZ 01732 455895 coronakent@coronaworldwide.com
- **Campaign to Protect Rural England (Sevenoaks District Committee).** Contact Nigel Britten, Mill Cottage, Shoreham Rd, Shoreham TN14 7RP 01959 523765 info@cprekent.org.uk
- **Cycling UK Sevenoaks section.** Easy-paced Saturday rides 25-35 miles. Contact Carol Lin 01732 464931, 07905 070659 carol.lin@talktalk.net
- **Dance Expressions.** Classes at Walthamstow Hall School, Hollybush Lane 01732 835304 carol@dance-expressions.co.uk www.dance-expressions.co.uk
- **Darent River Preservation Society (DRIPS).** Contact The Old Stables, Lullingstone Park, Eynsford DA4 0JA darentdrips1985@gmail.com
- **Darent Valley & Sevenoaks Friends of the Earth.** Contact Lisa Simmonds 01732 450378
- **Diabetes UK Tunbridge Wells & Sevenoaks Group.** Contact Judith Strutt, 12 Chaffinch Way, Paddock Wood TN12 6XL 01892 837185
- **D'Vine Singers.** Community singing with a focus on mental wellbeing. Open to all and cater for people with physical or mental health needs and their carers. Meet Fridays 12-1.30pm at Vine Baptist Church 07708 237415 jacky.hintze@outlook.com
- **Embroiderers' Guild.** Meet last Saturday of month except August & December for morning and afternoon sessions. Contact Pat Curtis 01959 523391
- **Federation of Small Businesses (Sevenoaks & Bromley Branch).** Contact Graham Taylor, Colinwood House, 5 Northwood Rd, Tonbridge TN10 3HH
- **French coffee club (conversation practice).** Meet 1st Thursday of month 11.30am-12.30pm at Stag Theatre café, London Rd. Contact Fiona 01732 669516
- **French Conversation Group.** Contact Nathalie 07926 151315. Meet at Lodge Café, Hollybush Recreation Ground, Hollybush Lane on Thursdays at 1.30pm
- **Friends of Pestalozzi Village.** Help young people from disadvantaged communities. Contact J Worsdall, 1 Egdean Walk, Dartford Rd TN13 3UQ 01732 455786
- **Friends of Pontoise.** Contact Evy Drew 01732 453739, 07462 010969 or Michael Pembrey 07305 019696 friendsofpontoise@gmail.com www.friendsofpontoise.com
- **Gideons International (Sevenoaks).** Contact Mr M Richardson, 29a Mount Harry Rd TN13 3JL 01732 453839

- **Green Street Blues (Ladies' Barber Shop Group).** Contact Alison Zazyłowski 01732 764291
- **Hollybush Badminton Club.** Walthamstow Hall School new sports hall, Hollybush Lane TN13 3UL. Mondays 7.30-10.30pm. Contact Matt Beacom mattbeacom@gmail.com or Andrew Burrows 07881764471 annaandandrewb@gmail.com
www.hollybushbadmintonsevenoaks.co.uk
- **Hospice in the Weald (Sevenoaks Link volunteers).** Contact Janet Bavin 01732 761104 or Penny Hargreaves, 49 Woodfields, Chipstead TN13 2RB 01732 453251 or Hospice in the Weald, Maidstone Rd, Pembury TN2 4TA 01892 820500
- **Inner Wheel Club of Sevenoaks.** Contact Margaret Audsley, Cornerways, 1 Mount Harry Rd TN13 3JH 01732 454799
- **Kent Archaeological Society.** outreach@kentarchaeology.org
- **Kent Bee Keepers Association (Sevenoaks & Tunbridge Wells Branch).** Contact Liz Birchenough membership@sevenoaksbeekeepers.org.uk www.sevenoaksbeekeepers.org.uk
- **Kent Disabled Angling Association.** Contact Denise or Richard 07979 574192, 07810 621223
- **Kent International Club women's group.** kicsevenoaks@gmail.com
www.kentinternationalclub.com
- **Kippington Bridge Club.** Thu afternoon & Fri evening. Contact Janet Davies 07790 266921 daviesjan27@hotmail.com
- **Knit & Natter.** Tuesday 10am-12pm at Library sevenoakslibrary@kent.gov.uk
- **Knole House (volunteers).** Contact Karen Shannon, Volunteer Co-ordinator 01732 462100
- **Knole Park & Sevenoaks Squash Club.** Seal Hollow Rd TN13 0HJ 01732 452709/452467
www.knoleparksquash.com
- **Knole Park Golf Club.** Seal Hollow Rd TN13 0HJ 01732 452150
secretary@knoleparkgolfclub.co.uk
- **Leukaemia Research Fund (Sevenoaks Branch).** Contact Maureen Wilson-Wright, 7 Middlings Rise TN13 2NS 01732 457594
- **Liberal Democrats (Sevenoaks).** Contact Pam Walshe 01732 454769 or Tony Clayton 01732 451087
- **Lydian Orchestra & Lydian Training Orchestra.** Contact Robert Turrell, Bradbourne Farm House TN13 3DH 01732 455641 or Mrs M Stobie, 31 Chipstead Park, Chipstead TN13 2SL 01732 456524
- **Mencap (Sevenoaks).** Contact Athene Fenn athenefenn@hotmail.com. Also run Friday Club
- **Meridian Cycling Club.** Weds & Sats www.meridiancyclingclub.co.uk
- **Mid-Kent National Trust Volunteers.** Contact Ian Meakin, c/o 1 Kendal Drive, Tonbridge TN9 1LZ 07980 957085
- **Mothers' Union.** dprochester1@gmail.com
- **National Council of Women of Great Britain (Sevenoaks).** Contact Mrs M Fagg, Chase Cottage, Linden Chase TN13 3JT 01732 458658
- **National Schizophrenia Fellowship (Sevenoaks).** Contact Carole Wright 01732 452143
- **National Women's Register (Sevenoaks Branch).** Social group for women. Contact Jenny Burton, 6 Fox Bush, Hildenborough TN11 9HT 01732 834022
- **Otford Folk Dance Club.** Meet at Walthamstow Hall Junior School, Bradbourne Park Rd. Thursdays 8-10pm. Contact Lyn 01959 524688
- **Otford Netball Club.** Walthamstow Hall Senior School, Hollybush Lane TN13 3UL 01732 454227
- **Post Office Chain Gang cycling club.** Meet Sun 8am, Wed 9.30am. Contact Jean-Pierre Darque 07880 828880 jpdarque@btinternet.com
- **Seal Hollow Badminton Club.** Contact David 01732 460318 or Judy 01732 458464
- **Second Wind Concert Band.** Contact Colin Wheeler 07762 301463
wheelereng@btinternet.com

- **Sevenoaks Allotment Holders' Association.** Quakers Hall Lane. Contact Rindy Bakker 01732 464772
- **Sevenoaks & District Dog Training Society.** Contact Kaye Scott 01959 575129
- **Sevenoaks & District Football League.** Contact Kevin Turner, 25 Darent Mead, Sutton-at-Hone DA4 9EH 01322 864927
- **Sevenoaks & District Motor Club.** Contact Andy Elcomb, PO Box 4, Sevenoaks TN15 6SY andyelcomb@yahoo.com www.sevenoaksmotorclub.com
- **Sevenoaks & District Wednesday Cricket Club.** Contact Mr R D Leavens, 8 St Botolph's Avenue TN13 3AL 01732 458085
- **Sevenoaks & Holmesdale Trefoil Guild.** Methodist Church, The Drive 020 7834 6242 trefoilguild@girlguiding.org.uk
- **Sevenoaks & Swanley Citizens' Advice (volunteers).** Contact Volunteer Co-ordinator 0808 278 7810 www.citizensadvice.org.uk
- **Sevenoaks & Swanley Online Reading Group.** sue.ricketts@kent.gov.uk
- **Sevenoaks & Tonbridge Conservation Volunteers.** Contact Sue Pike 01732 810944
- **Sevenoaks Art Club.** Contact Debra Barr-Smith, Dibgate Farm, Chevening Rd, Sundridge TN14 6AB 01959 569054
- **Sevenoaks Athletics Club.** Tuesdays and Thursdays www.7oaks-ac.org.uk
- **Sevenoaks Bowling Club (Outdoor).** Meets at Hollybush Close TN13 3UX. Contact Audrey Franks 01732 455574 audreyfranks@outlook.com or Mike McDonald michael.mcdonald@sky.com www.sevenoaksbowlsclub.co.uk
- **Sevenoaks Camera Club.** Mencap Hall, 21 Hitchen Hatch Lane TN13 3AY
- **Sevenoaks Chess Club.** Contact Roy Parsons 01732 451928. www.sevenoakschessclub.co.uk
- **Sevenoaks Christian Counselling Service.** Contact Maureen King, The Bridge, Littlecourt Rd TN13 2JG 01732 450118
- **Sevenoaks Clarendon Lawn Tennis Club.** Contact Mike Moir, Lower Rayleys Field, Plymouth Drive TN13 3RP 01732 453622
- **Sevenoaks Conservative Association.** 01732 452261 www.sevenoaksconservatives.org
- **Sevenoaks District Sports Council.** Contact Edward Oatley janet.oatley@virgin.net
- **Sevenoaks Entertainers.** Contact Jessica McEwen 07736 048101
- **Sevenoaks Festival.** Contact Ray Russell 01732 742213
- **Sevenoaks Flower Club.** Meet at Otford Memorial Hall. Contact Patricia Ellis 01689 834042
- **Sevenoaks Historical Society.** St Nicholas Church, High St TN13 1JA 01732 451114
- **Sevenoaks Hockey Club.** shcgeneralcommittee@gmail.com
- **Sevenoaks Indoor Bowls Club.** Contact Sally Jolly, Sevenoaks Bowls Centre, Hollybush Close TN13 3UX 01732 451889 www.sevenoaksindoorbowls.co.uk
- **Sevenoaks Kyokushinka Karate Club.** Contact Raymond Bond, 97 Old Rd, East Peckham TN12 5EW 01622 871715
- **Sevenoaks Labour Party.** Contact Megan Warne 01732 461003
- **Sevenoaks Ladies Joggers.** Meet at Hollybush Recreation Ground car park. Contact Sam Palmer 07801 254334
- **Sevenoaks Lawn Tennis Club.** Plymouth Drive TN13 3RP 01732 740476 www.sevenoakstennis.co.uk
- **Sevenoaks Library Reading Group.** Meets on the last Friday of the month at 10am. Buckhurst Lane TN13 1LQ 03000 413131 sevenoakslibrary@kent.gov.uk There are also 2 other reading groups which can be contacted via the library
- **Sevenoaks Music Club.** Contact Penny Hargreaves, 49 Woodfields, Chipstead TN13 2RB 01732 453251 www.sevenoaksmusicclub.org.uk
- **Sevenoaks Opera.** Contact T Edwards, South Wing, Lullingstone Castle, Eynsford DA4 OJA

- **Sevenoaks Outdoor Bowls Club.** Contact Mike McDonald 01732 743937 michael.mcdonald@sky.com
- **Sevenoaks Philharmonic Society.** Contact Margaret Day, 152 Swievelands Rd, Biggin Hill TN16 3QX 01959 575752
- **Sevenoaks Players.** c/o3 Lennard Rd, Dunton Green TN13 2UU 01732 462510 www.sevenoaks-players.co.uk
- **Sevenoaks Poetry Society.** Alpha Group contact Pam Walshe 01732 454769. Omega Group contact Mrs A Piercy, 82 Norman Rd, West Malling ME19 6RN
- **Sevenoaks Quakers.** Meeting House, 30 Hollybush Lane TN13 3TJ 07774 557011
- **Sevenoaks Ramblers.** Contact Jenny Charles 020 3539 6127 j-charles@sky.com contact7oaksramblers@gmail.com
- **Sevenoaks Riding Club.** Contact June Burgess 01732 464293 or Jenny Skinner, Rosebank, Mill Lane, Underriver TN15 0CD 01732 838993
- **Sevenoaks Rugby Football Club.** Contact Paul Groves 07847 853336
- **Sevenoaks Shakespeare Society.** Meet at Otford Memorial Hall. mailsevenoaksshakespeare@gmail.com www.sevenoaksshakespeare.org
- **Sevenoaks Society** (conservation and development). info@sevenoakssociety.co.uk www.sevenoakssociety.co.uk
- **Sevenoaks Swimming Club.** Contact Helen Post membersec@sevenoakssc.org
- **Sevenoaks Town Football Club.** Contact Paul Lansdale 01732 465459
- **Sevenoaks Tri Club.** Triathletes (swimming, cycling, running) www.7oakstriclub.co.uk
- **Sevenoaks Vine Cricket Club.** Vine Pavilion, Dartford Rd TN13 3UH 01732 453945 or Alan Gibson 07771 561112 www.svcc1734.org
- **Sevenoaks Volunteer Development Agency.** Volunteers to help older and isolated people in bad weather. Contact Fiona 01732 454785
- **Sevenoaks Volunteer Transport Group.** Contact Sevenoaks Hospital, Hospital Rd TN13 3PH 01732 458931
- **Sevenoaks Yoga for Health Club.** Contact Kim Wilson 01959 564417
- **Soldiers', Sailors' & Airmen's Families Association (SSAFA).** Contact Neil Crabtree 01732 461511
- **Soroptimist International of Sevenoaks.** Contact Jenny Burton 01732 463583
- **Spanish coffee club (conversation practice).** Meet last Friday of month 11.30am-12.30pm at the café in Stag Community Arts Centre, London Rd. Contact Fiona 01732 669516
- **Take Root.** Introduction to noticing nature, practical conservation, wildlife gardening, watching and monitoring. Sevenoaks Wildlife Reserve, Bradbourne Vale Rd. Every Wednesday 01622 662012 kirsty.lee@kentwildlife.org.uk or vicky.aitkenhead@kentwildlife.org.uk www.kentwildlifetrust.org.uk
- **Temenos Chamber Choir.** Contact Jane Sharp 01732 452715
- **Thursday Club.** Monthly meetings 8pm at Methodist Church, The Drive. Contact Margaret Digweed 01732 453848
- **Tonbridge & Sevenoaks Concert Band.** Contact Sylvia Sarson 01689 826586, 07976 316177
- **Tuesday Afternoon Fellowship.** Companionship, conversation, talks and activities. Weekly meetings 2.30pm at Methodist Church, The Drive. Contact Edna Clarke 01732 455122
- **Victim Support (Kent).** 0845 3899528
- **Volunteering in Sevenoaks.** Contact Sevenoaks Volunteer Centre, Knole Academy, Bradbourne Vale Rd 01732 469000 volunteering@imago.community www.imago.community
- **Wednesday Bridge Club.** Meet at Indoor Bowls Club, Hollybush Close TN13 3UX at 7pm. Contact M Milne 01732 461990
- **Weightwatchers (Sevenoaks).** Meet at Sevenoaks Leisure Centre, Suffolk Way TN13 1LW on Wednesdays at 6.30pm www.weightwatchers.com

- **West Heath Badminton Club.** Meet at Knole Academy, Bradbourne Vale Rd TN13 3LE on Mondays 8.30-10pm. Contact John Southworth 01732 700279
- **West Kent Dyslexia Association.** Contact Sally Candlin 01732 832203 www.kentwestdyslexia.org.uk
- **West Kent Housing Association.** 101 London Rd TN13 3TE 01732 749400
- **West Kent Independent Mediation Service.** c/o 16 High St, Swanley BR8 8BG 01322 615774
- **West Kent MIND.** Supports mental health and wellbeing. Community activities and groups, drop-in centre, supported housing, counselling and information for anyone with mental health issues. Wellbeing Centre, 34 St John's Rd 01732 744950 hello@westkentmind.org.uk
 - Tuesdays 2-3pm online chat group
 - Thursdays 3-4.30pm face-to-face chat group
- **West Kent (Sevenoaks) Pony Club.** Contact Mrs H Giddings, 19 Greenlands Rd, Kemsing TN15 5PG 01732 761070
- **Wilderford Badminton Club.** Contact Peter Vaughn 01732 763815
- **Yoga classes.** Meet at St Mary's Centre, Kippington Rd TN13 2LL on Thursdays 11.30am-12.45pm. Contact Celeste Cronin 07710 441092 www.yogasevenoaks.co.uk celestecronin@icloud.com

Sevenoaks (Bat & Ball)

- **Afternoon Tea Dance.** Every Wednesday 2.30-4.30pm. £3.50. Bat & Ball Centre, Cramptons Rd. Contact Andrew Watts 01732 462538
- **Bat & Ball Centre.** Contact Sevenoaks Town Council 01732 459953 to find out what other activities are currently taking place there
- **Every Step Counts health walk.** Meet Greatness Recreation Ground car park Thursdays 2pm everystepcounts17@gmail.com
- **Forget-me-Not café.** Bat & Ball Station. 2nd Wednesday of every month 10am-12pm 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Kent Shed Project.** Meets Tuesdays and Wednesdays 10am-1pm in Abacus Furniture Project, Greatness Lane. Woodmaking for men and women. Sevenoaks District Council Contact Catherine Maclean 01322 621239 catherine.maclean@kent.gov.uk
- **Knitting & Crochet Group.** 01732 457767
- **Mesothelioma & Asbestosis support group.** Bat & Ball Centre, Cramptons Rd. Monthly meetings
- **North West Kent Family History Society (Sevenoaks Branch).** Contact Secretary secretary@nwkfhs.org.uk or Membership Secretary membership@nwkfhs.org.uk www.nwkfhs.org.uk
- **Probus Club (for retired businessmen).** Meets at Bat & Ball Centre, Cramptons Rd. Contact Paul Lewis (Secretary), 29 Clark Lane, Halstead 01959 533417
- **Relate (marriage guidance and relationship counselling volunteers).** 01892 529927
- **Sennocke WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Sevenoaks Area National Trust Association (SANTA).** Meet at Bat & Ball Centre, Cramptons Rd. Contact Beryl Cook 01732 454201
- **Sevenoaks Friendship Centre (retired over-50s club).** Meets at Bat & Ball Centre, Cramptons Rd (transport can be arranged), 1st Thursday of the month at 7.30 pm. Contact Mrs J Chambers 01959 562075
- **Spring House Children's Centre.** Volunteering with activities for parents and under-8s. 03000 421137 springhousechildrenscentre@kent.gov.uk www.kent.gov.uk

- **Walking football for over-50s.** Sevenoaks Town Football Club, Greatness Recreation Ground, Seal Rd. Mondays 1.30pm. Royal Voluntary Service 07918 367198, 0300 012 0261 karen.hilson@royalvoluntaryservice.org.uk www.royalvoluntaryservice.org.uk

Sevenoaks (Bessels Green)

- **Bessels Green Lunch Club.** Every Wednesday 12.30pm. Contact Andy Potter 01732 454921, 07779 562801 andy.potter@bgbc.co.uk
 - **Dementia-friendly cinema screenings.** Rivermere care home, 64-70 Westerham Rd TN13 2PZ 01732 748400 enquiries.rivermere@averyhealthcare.co.uk www.averyhealthcare.co.uk
- Also try contacting Sevenoaks Town Council 01732 459953

Sevenoaks (Chipstead)

- **Chevening Amblers Cricket Club.** Contact Gemma Stepney, 94 Bradbourne Vale Rd, Sevenoaks TN13 3QL 07825 045153 www.cheveningamblers.hitssports.com.
- **Chipstead Allotment Association.** Contact Penny Hargeaves, 49 Woodfields TN13 2RB 01732 453251
- **Chipstead Craft Studios (pottery classes).** 01732 451730
- **Chipstead Lake painting classes.** Meet at Chipstead Sailing Club on Tuesdays & Wednesdays. Contact Eirlys Hollands 01959 523491
- **Chipstead Place Lawn Tennis Club.** www.cpltc.co.uk
- **Chipstead Sailing Club.** Chipstead Lake, Chevening Rd TN13 2SD 01732 454875 www.chipsteadsc.org.uk
- **Chipstead Scottish Dancing Group.** Meet 1st & 3rd Tue of each month 8-10pm at St Mary's Church Hall, Riverhead. Contact Margaret Lee 01732 455127 or Diana Gaymer 01959 523351.
- **Coffee morning.** Bricklayers Arms pub. 1st Tuesday of every month 10-11.30am
- **Darent River Preservation Society (DRIPS).** Contact Alan Williams alanwilliams4077@btinternet.com
- **Dementia-friendly cinema screenings.** Rivermere care home, 64-70 Westerham Rd TN13 2PZ 01732 748400 enquiries.rivermere@averyhealthcare.co.uk www.averyhealthcare.co.uk
- **Every Step Counts health walk.** Meet Bricklayers Arms pub Thursdays 10am. everystepcounts17@gmail.com
- **Paracise.** Gentle standing exercise class to improve mobility, flexibility and balance. Chevening Parish Hall, Homedean Rd TN13 2RU. Tuesdays 11-11.45am. £5. Contact Sharon 07736 641033 sharon@paracise.com www.paracise.com
- **Wealden Sailability.** Sailing for people with disabilities. Chipstead Lake, Chevening Rd TN13 2SD 01732 454875 www.chipsteadsc.org.uk

Also try contacting Chevening Parish Council 07981 759255

Sevenoaks (Dunton Green)

- **Community café.** Pavilion. Tuesdays 9-11am 01732 462966 www.duntongreenpc.org.uk
- **Easy netball.** Coach-led sessions for beginners, those who haven't played for a while or anyone wanting to play with friends or family. Wed 6.30-7.30pm Recreation Ground. £2 per session. Contact Sevenoaks District Council 01732 227000 communities@sevenoaks.gov.uk
- **Darent River Preservation Society (DRIPS).** Contact Alan Williams alanwilliams4077@btinternet.com
- **Darenth Table Tennis Club (Dunton Green).** Contact David Field, 31 Donnington Rd TN13 2JN 01732 462429
- **Dunton Green Lunch Club.** Meets 1st Wednesday of the month in Pavilion. 11.45am-2pm. £4. Contact Judith Verlinden 07836 525938 judith.verlinden@gmail.com or Pat Turner 07776 468503 patlinda48@gmail.com
- **Dunton Green Social Club.** 159 London Rd TN13 2TA 01732 462549

- **Kingsway Sequence Dancing.** Meet Donnington Hall Thursday evenings. Contact Julian King 01959 524598
- **Lions Club (Sevenoaks).** Meet Indoor Bowls Centre, Hollybush Close, Sevenoaks 4th Wed of month 7.30pm sevenoakslions@yahoo.com
- **Mobility, strength & balance class.** Meets 2nd Wednesday of each month 1.30-3.30pm in the Pavilion. £3.50. Contact Sue Larken 07867 648667 suelarken@ageuksevenoaksandtonbridge.org.uk
- **Over 55s Social Club.** Meets 3rd Sunday of month 2-4pm at Pavilion, Recreation Ground, London Rd TN13 2UR. Contact Dot Carpenter 07818 081003
- **Pilates & exercise classes.** Pavilion, Recreation Ground. Mon & Wed 9.30am
- **Pilgrim Walkers.** Contact Mr D M Bellingham, 6 KnaveWood Rd, Kemsing 01959522213
- **Relax & Chat (Over-50s Yoga).** Meets at Village Hall on Wednesdays 3-4.30pm. Contact Sevenoaks District Council Healthy Living Team 01732 227000
- **Sevenoaks Badminton Group.** Meet Donnington Hall Tuesdays 2-4pm. Contact Gill John 01883 722948, 07790 912741
- **Sevenoaks Craft Club for people with sight impairments.** Meet Thursdays fortnightly at Village Hall, London Rd. Contact Jo Wilkinson 01622 691357, 07469 154570 jo.wilkinson@kab.org.uk www.kab.org.uk
- **Spiritual Friends.** Meet Donnington Hall Sundays 7.30-10pm. Contact Mary Misserbrook 01732 838148
- **Village Coffee Morning.** Meets 3rd Thursday of each month 10.30am in Village Hall
Also try contacting Dunton Green Parish Council 01732 462966

Sevenoaks (Riverhead)

- **Chipstead Scottish Dancing Group.** Meet 1st & 3rd Tue of each month 8-10pm at St Mary's Church Hall. Contact Margaret Lee 01732 455127 or Diana Gaymer 01959 523351.
- **Coffee mornings**
 - **Coffee morning (for people with Parkinson's).** Bullfinch pub, London Rd. 1st Tuesday of every month 10.30am-12noon. Contact Jackie Hart 01732 360512
 - **Seniors coffee morning.** Bullfinch pub. Last Thursday morning of the month. Contact Riverhead Parish Council 01732 461278 clerk@riverheadparishcouncil.org.uk shirley.riverhead@aol.com www.riverheadpc.kentparishes.gov.uk
- **Every Step Counts health walk.** Meet Tesco car park Bullfinch pub exit Tuesdays 10am. everystepcounts17@gmail.com
- **German coffee club (Kaffeeklatsch conversation practice).** Meet last Thursday of month 11am-1pm at Harvester pub. Contact Fiona 01732 669516
- **Holmesdale Angling & Conservation Society.** enquiries@holmesdaleangling.co.uk www.holmesdaleangling.co.uk
- **Holmesdale Art Group.** Contact Mrs M B Russ, 7 Barnfield Rd TN13 2AY 01732 453863
- **Holmesdale Bowling Club (outdoor bowls).** Worships Hill. Contact Brenda Bennett, 4 Raphael Court, Coldharbour Lane, Hildenborough TN11 9LF 01732 835608 www.holmesdalebowls.org.uk
- **Mothers' Union.** dprochester1@gmail.com
- **Quercus Quilters.** Meet last Thu in month 7.30pm. Village Hall, Amherst Hill 01959 532803 amott.brooksgrove@btinternet.com
- **Riverhead Parkland Working Parties.** Monthly working parties to look after park. Contact Clive Himsworth 01732 452669 dmhimsworth@hotmail.co.uk or Parish Clerk, Riverhead Parish Council, Village Hall TN13 2EL 01732 461278
- **Riverhead reading groups.** Contact via Library riverheadlibrary@kent.gov.uk

- **Seated exercise classes.** Village hall. Monday 3.30pm. Free. Contact Irene Collins cllr.collins@sevenoaks.gov.uk
- **Sevenoaks Karate Club.** Meet at Village Hall. Contact Roger Sheldon 01474 700390 roger_sheldon@talktalk.net www.rogersheldon.co.uk
- **Textile Group Sevenoaks.** 01732 457767 or contact Mrs L Noble, 55 Bradbourne Park Road, Sevenoaks TN13 3LJ

Also try contacting Riverhead Parish Council 01732 461278

Sevenoaks (Seal)

- **50+ Dance for Fun Classes.** Meet Village Hall Tuesday 10.30-11.30am. Contact Luci Napleton 07748 008431 lucinapleton@gmail.com
 - **Otford & Seal Trefoil Guild.** Guiding for adults. Kemsing Library, Dippers Close, Kemsing. 020 7834 6242 trefoilguild@girlguiding.org.uk
 - **Royal British Legion (Seal Women's Section).** Contact Mrs A Butcher 01732 762408
 - **Seal Allotment Society.** Contact Frances Fish 01732 760007 or Patrick Coffey 01732 762640 sealallotmentsociety@gmail.com
 - **Seal Football Club (Seniors).** Meet Recreation Ground Saturday afternoons. Contact Michael 07801 240927
 - **Seal History Group.** Meet Monday evenings at Library 01732 760095
 - **Seal Mothers Club.** Meet in church hall 01732 455408
 - **Seal Over-60s Club.** Meets at Church Hall on 2nd Saturday of the month at 2.30pm. Contact Barbara Arnold 01732 762351, 762255
 - **Seal Reading Group book club.** Meet at Library on 1st Friday of the month at 2.30pm. Contact Denise Larkin 01732 762510 seallibrary@kent.gov.uk
 - **Seal Rifle & Pistol Club.** Contact PO Box 56, Sevenoaks TN13 3WQ
 - **Seal Short Mat Bowls Club.** Meets at Village Hall. Contact Mr Murphy 01732 761897
 - **Sewing Bees (sewing and knitting group).** Meet Library 2nd Friday of the month 2.30pm
 - **Talking Village.** Birch's café, High St. Mon 1.45-3pm & Church Hall. Fri 10am-12pm
 - **Tea Set (Afternoon tea & discussion group)** . Meets at Library, High St TN15 0AL on 3rd Friday of each month at 2.30pm. Contact Denise Larkin 03000 413131
 - **Wilderness Golf Club.** Contact Andrew Lawrence, Park Lane TN15 0JE 01732 761199
- Also try contacting Seal Parish Council 01732 833360

Sevenoaks Weald

See Weald

Shipbourne

Try contacting Shipbourne Parish Council 01732 886402

Shoreham

- **Bell Ringers.** Meet Monday 8-9.30pm at Shoreham Church. Contact Alison Collins 01959 525347
- **Choir & Church Band.** Meets Saturdays 10am in Shoreham Church. Contact: Danny 01959 522010
- **Dancing for over-55s.** Village Hall, High St. Thursdays 2-3pm. £24 for 12 weeks. Contact Sevenoaks District Council 01732 227000 communities@sevenoaks.gov.uk
- **Darent River Preservation Society (DRIPS).** Contact Alan Williams alanwilliams4077@btinternet.com

- **Dementia-friendly dance sessions.** Village Hall, High St. Thursdays 10-11.30am. £36 for 12 weeks. Carers free. Contact Sevenoaks District Council 01732 227000 communities@sevenoaks.gov.uk
- **Friends of Shoreham Aircraft Museum.** 01959 524416
- **Friends of Shoreham Church.** Contact Jasper Dale 01959 524660 jjhd@jjhd.fsnet.co.uk
- **Parkrun 5km.** Lullingstone Country Park. Saturday mornings www.parkrun.org.uk
- **ROGUES Golfing Society.** Contact: Ralph Abbott 01959 523374 or ralph.abbott@gmx.com
- **Shoreham Allotments Association.** Contact: Jeremy Tooley tooley205@gmail.com
- **Shoreham & District Historical Society.** Contact Lynda Alleeson 01959 525312 lynda@alleeson.wanadoo.co.uk
- **Shoreham & Otford Cricket Club.** alex.hofmann@fisglobal.com
- **Shoreham Horticultural & Cottage Gardeners Society.** Contact Jeff Heuston 01959 523979
- **Shoreham Over-60s Club.** Meets at Village Hall every other Wed. Contact Emma Ettore 01959 524992, 523790 emma.ettore@btinternet.com or Joan Payne 01959 522762
- **Shoreham Royal British Legion.** Meet monthly on Mondays 7.30pm. Contact Michael Robinson 01959 525772 userm1674@aol.com
- **Shoreham Singers.** Contact Valerie Turner 01959 525348 valerieturner21@btinternet.com
- **Shoreham Society.** Contact: Anne Crocker shorehamsociety@gmail.com
- **Shoreham Village Hall Management Committee.** Contact Angela Hicks 01959 522561 angelagardens@pineridge.freemove.co.uk
- **Shoreham Village Players.** Contact Angela Hicks 01959 522561 angelagardens@pineridge.freemove.co.uk
- **Shoreham WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Steps to Wellbeing health walk.** 2-3 miles lasting 90 minutes. Meet vicarage in Station Rd 2nd & 4th Tue of month 10.30am. Contact Sevenoaks District Council Healthy Living Team 01732 227000 healthy.living@sevenoaks.gov.uk www.sevenoaks.gov.uk/walking
- **Yoga for the over 50s.** Meet Wednesdays 1-2pm in Village Hall
Also try contacting Shoreham Parish Council 07912 611048

Snodland

- **Dementia café.** Christchurch Hall. 2nd & 4th Mon of the month 10am-12pm
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com
- **Snodland Short Mat Bowls Club.** Community Centre Wed, Thu & Sun 1.45-4.15pm. Contact Mick 01634 241948 mick.galloway@icloud.com
Also try contacting Snodland Parish Council 01634 240228

South Darenth

- **Horton Kirby Bowls Club.** Horton Rd DA4 7AX 07891 048951 martin.friedlander.mf@gmail.com
- **Royal British Legion.** Legion Hall, Devon Rd. Contact Linda Copper linda.copper@hotmail.co.uk

Also try contacting Horton Kirby & South Darenth Parish Council 01322 865193

St Mary's Platt

- **Café Platt.** Wednesdays 10am-12pm. Garden Room, St Mary's Church 01732 882447
Also try contacting Platt Parish Council 01732 886822

Stansted

- **Coffee morning.** Stansted Church. Thursdays
- **Stansted horticultural and homecraft society.** Contact Geoff Allgood 07443 425497

- **Vigo Singers.** Village hall, Stansted. Contact Linda King 01474 705519
www.vigosingers.org.uk

Also try contacting Stansted Parish Council 01732 668374

Sundridge

See also Brasted

- **Brasted, Ide Hill & Sundridge Gardening Society.** Contact Julia Ricci 07818 236566
juliaricci@rocketmail.com
- **Darent River Preservation Society (DRIPS).** Contact Alan Williams
alanwilliams4077@btinternet.com
- **Friends of St Mary's Church.** Contact Mr Bruce Walker, Bishops Mead TN14 6EQ 01959 561714
- **Inner Wheel Club of Westerham.** Women's supper club meet White Horse pub. 3rd Tuesday of the month (except Aug & Dec) 12.30pm. Contact Marie-Louise Gibson 01959 562468
mlgibson@hotmail.com
- **Sundridge & Brasted Social Club.** 132 Main Rd TN14 6ET 01959 562807
sabsc132@yahoo.com
- **Sundridge Bowls Club.** Meet Sundridge & Brasted Social Club. Contact Barbara Longbon 01959 562907
- **Westerham Bellringers.** Meet Sundridge Church Thursdays 8pm www.westerham-bellringers.webs.com

Also try contacting Sundridge & Ide Hill Parish Council 07495 962372

Sutton-at-Hone

Try contacting Horton Kirby & South Darenth Parish Council 01322 865193

Swanley

- **CAMEO (Come And Meet Each Other)** . 0300 011 1965 navigation@imago.community
www.imago.community
- **Catenians Catholic Men's Group (Swanley).** Contact via Head Office 024 7622 4533
membership@thecatenians.com
- **Dementia-friendly cinema screenings.** Emerson Grange care home, Rowhill Rd BR8 7FP. Contact Aileen 01322 610090 emersonpark.haa2@cinnamoncc.com www.cinnamoncc.com
- **Health walks**
 - **Steps to Wellbeing health walk.** 2-3 miles lasting at least 45 minutes. Tue 2.30pm & Wed 2pm. Contact Sevenoaks District Council Healthy Living Team 01732 227000
healthy.living@sevenoaks.gov.uk www.sevenoaks.gov.uk/walking
 - **Shorter walk.** Meet Swanley Park café Thursdays 10am.
everystepcounts17@gmail.com
- **Monday Club.** Clocktower Pavilion, Civic Centre, St Mary's Rd BR8 7BU. Mon 10.30am-12.30pm. Tea & coffee for over 55's. Contact Chrissy Hudson 07864 807670
chris@hudsonhouse.plus.com
- **Parkrun 5km.** Swanley Park. Saturday mornings www.parkrun.org.uk
- **Royal British Legion Swanley, Hextable & Crockenhill.** Secretary H. Chapman 01322 662548
- **Seated exercise classes.** Alexandra Suite Pavilion, St Mary's Rd. Wednesday 12.50pm. Free. Contact Irene Collins cldr.collins@sevenoaks.gov.uk
- **Sevenoaks & Swanley Citizens' Advice (volunteers).** Contact Volunteer Co-ordinator 0808 278 7810 www.citizensadvice.org.uk

- **Swanley Bowls Club.** Olympic Centre, Beechenlea Lane 01322 866774
ray.craddock@btinternet.com
- **Swanley & District Garden Club.** Meet 3rd Mon in month 7.30-9.30pm at White Oak Bowls Centre. Contact Jean Fry 01322 664846
- **Swanley Indoor Bowls Club.** Contact Keith Mitchell 07877 060840
www.swanleybowlsclub.co.uk
- **Swanley Trefoil Guild.** Village Hall, Crockenhill 020 7834 6242
trefoilguild@girlguiding.org.uk
- **Swanley u3a.** www.u3asites.org.uk/swanley
- **Thursday Club.** Clocktower Pavilion, Civic Centre, St Mary's Rd BR8 7BU. Thu 1-3pm. Tea & coffee. Run by The Cottage Community (formerly Age Concern Darent Valley) 01474 879473
info@thecottagecommunity.org.uk www.racdv.org.uk
- **Walking rugby.** Wednesdays 7-8pm. Recreation Ground, St Mary's Rd. Contact Swanley Rugby Club
- **White Oak Indoor Bowls Club.** Garrols Close BR8 7BF 013222 665571
whiteoakbowlsc@aol.com www.whiteoakindoorbowls.co.uk

Tonbridge - social activities for older people

See also Hildenborough

- **Active Life.** Every Fri 9-11.30am. Badminton, swimming, table tennis, gym, yoga for over-50s. Tonbridge School Sports Centre, London Rd TN10 3AD. £5.75 per session 01732 304111
www.tonbridge-school.co.uk/club www.tonbridgeschoolcentre.co.uk
- **Angel Indoor Bowls Club.** Avenue du Puy TN9 1QH 01732 771200
angeloffice@angelibc.co.uk www.angelibc.co.uk Accessible bowling every Friday 9.30-11.30am
- **Art group.** Tuesdays termtime 10am-12pm. £15 per month. Free taster session. Scout Hall, Ridgeway TN10 4RL Contact Kwan 01732 362871
- **Bandstand concerts.** Tonbridge Castle lawn. Summer Sundays 3-5pm. Free
- **Bereavement Support.** St Stephen's Church. All welcome regardless of faith. Contact Sheila Perkins 01732 379903 www.ststephenstonbridge.org
- **Bowls dementia café.** Angel Indoor Bowls Club, Avenue Du Puy. 4th Thu of the month 2.30-4.30pm. Contact Chris Thorogood bowlscafe21@gmail.com
- **Castle Bridge Club.** Duplicate bridge. £2.50. Contact David 07973 322834
- **Christmas activities**
 - **Christmas Day Lunch.** For people who are on their own on Christmas Day. Details are usually available from mid-October. Contact either St Stephen's Church 01732 771977, 07901 633841 or Baptist Church 01732 352824.
 - **Seniors Christmas Party.** In mid-December at Hillview School. Transport may be available. Contact Marnie Lines 01732 352793 linesm@hillview.kent.sch.uk
- **Coffee & tea drop-in sessions**
 - Age UK Coffee & Company, Town Lock Day Centre, Lockside, Lyons Crescent. Every Tue 10am-12pm. £2. Contact Faydra Mitchell 07846 238925
fmitchell@ageuksevenoaksandntonbridge.org.uk
 - Baptist Church, Darent Avenue. Seniors coffee. Wed & Fri 10am-12pm. Contact Maxine Hallett 01732 352824 maxine.hallett@tonbridgebaptist.church
 - Christchurch United Reformed Church café, High St. Mon-Wed 10am-1pm, Thu-Fri 10am-2pm, Sat 10am-12pm 01732 770334 www.christchurchtonbridge.com
 - Methodist Church. Wednesdays 10am-12pm

- St Andrew. Hadlow Rd. Mon, Wed, Thu & Fri 10am-1pm. 01732 770962
www.tonbridgeparishchurch.org.uk
- St Peter & St Paul, Church Lane. Mon, Wed & Fri 10am-12pm 01732 770962.
www.tonbridgeparishchurch.org.uk
- St Philip's, Salisbury Rd. Open House Sat 10am-12pm 01732 770962.
www.tonbridgeparishchurch.org.uk
- St Saviour's, Dry Hill Park Rd. Every Mon 10.30-11.30am 01732 770962.
www.tonbridgeparishchurch.org.uk
- St Stephen's Refresh Cafe, Waterloo Rd. Tue & Thu 10am-1pm, Fri 9am-12pm, Sat 10am-12pm 01732 771977 www.ststephenstonbridge.org
- **COGS club.** For people with mild to moderate memory loss wanting cognitive stimulation. The club aims to encourage members to participate in purposeful activity in order to develop or maintain active minds. £25. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. Every Monday 10am-3pm. Contact Faydra Mitchell 07846 238925
fmitchell@ageuksevenoaksandtonbridge.org.uk
- **Craft Group.** St Stephen's Church. Tuesdays 10am-12pm. Free
- **Crossroads Care Kent COGS Group.** Cognitive stimulation therapy for people with mild to moderate dementia. Wed 10am-3pm. 0345 095 6701 enquiries@crossroadskent.org
- **Dementia-friendly sports sessions (badminton, basketball with a foam ball, bocchia, cycling on a static bike, golf putting, hand weights, soft darts, short tennis, table tennis).** Angel Centre, Angel Lane TN9 1SF. 1st & 3rd Fri of each month 2-3.30pm. £4. 07715 652846, 01732 359966 suzy.abbott@tmactive.co.uk
- **Dementia & Me craft club.** For people with memory loss interested in knitting, sewing, painting etc. Free. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. 2nd Tue of the month 2-4pm. Contact Faydra Mitchell 07846 238925
fmitchell@ageuksevenoaksandtonbridge.org.uk
- **Dementia & Me gardening club.** For people with memory loss interested in gardening. Free. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. 4th Tue of the month 10am-12pm. Contact Faydra Mitchell 07846 238925 fmitchell@ageuksevenoaksandtonbridge.org.uk
- **Dementia & Me LGBTQIA+ club.** For people with memory loss identifying as lesbian, gay, bisexual, transgender, queer, intersex or asexual. Free. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. 2nd Wed of the month 2-4pm. Contact Faydra Mitchell 07846 238925 fmitchell@ageuksevenoaksandtonbridge.org.uk
- **Dementia & Me peer group.** Support group for people with memory loss. Free. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. 3rd Tue of the month 2-4pm. Contact Faydra Mitchell 07846 238925 fmitchell@ageuksevenoaksandtonbridge.org.uk
- **Dementia café.** For people living with memory loss and their partners or carers. Come along and enjoy a cup of tea or coffee, cake and biscuits, have a chat and maybe make new friends. Free. Town Lock Day Centre, Lockside, Tonbridge TN9 1EA. 1st Tue of the month 2-4pm. Contact Faydra Mitchell 07846 238925 fmitchell@ageuksevenoaksandtonbridge.org.uk
- **Dementia-friendly swimming session.** Swimming Pool TN9 1HR. Fri 12.15-1.15pm. £3.10 07715 652846 suzy.abbott@tmactive.co.uk
- **Derwent Day Centre.** Darenth Avenue TN10 3HZ. Wednesdays and Thursdays 10am-3pm. £20 per session including lunch, crafts, quizzes, exercise, singing, outings and other activities. Visits from chiropodist. Run by the Baptist Church. Contact Sally 01732 352824
- **Derwent Life.** Darenth Avenue. Fortnightly Tuesdays 1.30pm. Run by the Baptist Church. Contact Maxine Hallett 01732 352824 maxine.hallett@tonbridgebaptist.church

- **Dis/with Ability Social Club.** Thu 10.30am-4pm. Baptist church, Darenth Avenue TN10 3HZ. Activities, indoor games, speakers, musical entertainment, occasional outings for people with physical disabilities or who have had a stroke. Contact Jan 01622 871575
- **Fitness for Everyday Life.** Meets Mondays 9.45-11.15am. United Reformed Church, High St. £8. Contact Ruth 07774 254193
- **Friends Together bereavement support network.** Support network for people who are bereaved, lonely or have loved ones in long-term care. Coffee mornings and lunch clubs. Free; do not provide counselling. Contact Steph 07774 891314 info@friendstogetherbs.org
www.friendstogetherbs.org
 - Tuesdays 11am-12pm at Rose & Crown Hotel, High St
 - 3rd Tuesday of each month 7-9pm at Rose & Crown Hotel, High St
 - 3rd Friday of each month 12.30-2pm at Methodist Church, Higham Lane
- **Golden Girls dance class.** Fri 1.30-2.30pm. Christchurch hall, High St TN9 1SG. £6
- **Good Companions.** Social club meets 1st Tuesday of the month 12-2pm New Telegraph Club, Priors Rd TN9 2AS. Entertainment and free sandwich lunch. £12.50 per year. Contact Derek 01732 366475
- **Great Strides strength & balance classes.** Tuesday & Thursday mornings. Baptist Church, Darenth Avenue. Contact Maxine Hallett 01732 352824
maxine.hallett@tonbridgebaptist.church
- **Health walks.**
 - Dene Park (Monthly Thurs 10.30am-12pm). Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 03000 422997
 - Haysden Country Park (Monthly Thurs 10.30am-12pm). Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 03000 422997
 - Swimming Pool (Wednesdays 10.15am. Duration 30 minutes). Healthy Living Team 01732 876347 healthy.living@tmbc.gov.uk www.tmbc.gov.uk/healthwalks
 - Swimming Pool (Wednesdays 11am. Duration 60-90 minutes). Healthy Living Team 01732 876347 healthy.living@tmbc.gov.uk www.tmbc.gov.uk/healthwalks
- **HI-Kent Social Group for Hard of Hearing People.** Christchurch United Reformed Church, High St TN9 1SG 01622 691151 v.kirk@hikent.org.uk
- **Indoor Bowls Taster Session.** Sat 10am-12.30pm. Free. Indoor Bowling Club, Avenue du Puy TN9 1QH 01732 771200, 771262 angelmembership@angelibc.co.uk www.angelibc.co.uk
- **It's Thursday.** Tea & coffee, talks and entertainment. Meets Thursdays 10-11.30am at Christchurch United Reformed Church, High St 01732 770334 www.christchurchtonbridge.com
- **Kent Active Retirement Fellowship.** Meet 3rd Thu of month 2-4pm Methodist Church, Higham Lane. Contact Mary 01732 353843
- **Knit & Natter groups**
 - Every Mon 10am-12pm & Wed 2-4pm. Library, Avebury Avenue TN9 1TG
 - Every Wed 10am-12pm at Christchurch URC, High St 01732 770334
www.christchurchtonbridge.com
- **Ladies' Fellowship.** Meets monthly at St Stephen's Church, 37 Waterloo Rd TN9 2SW 01732 771977 enquiries@ststephenstonbridge.org www.ststephenstonbridge.org
- **Line dancing.** Contact Wendy 07833 079213 wendylangley2910@gmail.com
- **Lunch clubs**
 - **Baptist Church Lunch Club.** Darenth Avenue. Tuesdays 12.15-1.30pm. £5. Contact Maxine Hallett 01732 352824 maxine.hallett@tonbridgebaptist.church
 - **Methodist Church Community Lunch.** Wednesdays 12pm Methodist Church, Higham Lane. Donations welcome 01732 354338 www.tonbridgmethodistchurch.org

- **Man2Man Retired Men's Fellowship.** Speakers & outings. Meets 10am-12pm last Thursday of the month at Baptist Church, Darenth Avenue TN10 3HZ. £1. Contact Bob Maddison 01732 365489 maddison.bob77@gmail.com
- **Margaret Club.** Coffee club for blind and partially-sighted people. Contact Meg Munday meg.other@sylvameg.co.uk
- **Men in the Morning.** Every termtime Thu 10am-12pm at St Eanswythe's Mission Hall, Priory Rd TN9 2BL. Free social group for men. Coffee & biscuits. Contact Dave Wilson 01732 452776 www.ststephenstonbridge.org
- **Men's Fellowship.** St Stephen's Church. All welcome regardless of faith. Contact Sheila Perkins 01732 379903 www.ststephenstonbridge.org
- **Merrymakers.** Crafts. Meets Mondays 10am-12pm & Thursdays 1.30-4pm. St Peter & St Paul church, Church Lane. £1.50 per meeting. Contact Yvonne 01732 350651 www.tonbridgeparishchurch.org.uk
- **Multi-Activity session.** Angel Centre. 1st & 3rd Fri of the month 2-3.30pm 01732 359966
- **Musical Memories sing-a-long choir.** 1st & 3rd Thu of each month 10.30am-12pm. Methodist Church, Higham Lane. Contact Richard Hill 07914 812068
- **New Venture Club.** Every Tue 8pm. For unattached people over 50. Vauxhall Inn, Vauxhall Lane TN11 0NA. Contact Sandra 01732 361401 or John 01892 535186
- **One to One computer lessons.** £10 per hour. At Hollybush Court day centre in Sevenoaks or home visits may be available for £25. 01732 454108 office@ageuksevenoaksandtonbridge.org.uk
- **Paracise.** Gentle standing exercise class to improve mobility, flexibility and balance. Methodist Church, Higham Lane TN10 4JG. Fridays 10.30-11.15am. £5. Contact Sharon 07736 641033 sharon@paracise.com www.paracise.com
- **Parkinsons UK.** Coffee mornings at Rose & Crown Hotel, 125 High St on 4th Monday of every month 10.30am-12pm. Contact Jackie Hart, 26 Colin Blythe Rd TN10 4LB 01732 360512
- **Pensioners' Club.** Every Thu 2-4pm. Tea, chat, bingo, raffle & outings for over-55s. Also daily entertainment from bingo to zumba dancing. Northwood Rd TN10 3HH. Contact Viv 01732 852407 or Lilian 01732 354991
- **Philomel Singers.** No auditions. Every Wed (termtime) 2-4pm. St Peter & St Paul Church, Church Lane TN9 1HD. £30 per term. Contact Liz 07881 293962 www.philomelsingers.wixsite.com/website
- **Positive Ageing.** Social club with talks and trips to local theatres, cinemas, concerts and places of interest. Riverboat trips and occasional gentle walks. Monthly pub lunches and other events. Subsections for sewing, knitting etc. £10 per year. Transport provided. Meets 2nd Monday of the month 2.30-4.30pm at Baptist Church, Darenth Avenue. Contact Rosamunde Scott 01892 541344 scott.39@tiscali.co.uk
- **Postural Stability class.** Baptist Church
- **Riverside (Tonbridge) Bowls Club.** Racecourse Sports Ground, Avebury Avenue TN9 1TG 01892 825202 jean.goss1@outlook.com
- **Rosemary Club** Lunch club for blind and partially-sighted people. Meets every 2-3 months on the 4th Thursday of the month at cafes and other venues chosen after each lunch by those present. Contact Meg Munday meg.other@sylvameg.co.uk
- **Senior Citizens Singles Party.** This is a party in February for senior citizens who live alone. For details contact Lions Club 01732 358218, 0845 833 9819 info@tonbridgelions.co.uk www.tonbridgelions.co.uk
- **Senior Friendship Group.** Meets Thursdays (except August) 2-4pm at Methodist Church Hall, Higham Lane TN10 4JG. Small charge. Contact Jill Gray 01732 770743 www.tonbridgemethodistchurch.org

- **Seniors Film Club.** Hillview School. 2nd Monday in the month 10am (termtime only). £2. Contact Marnie 01732 352793 linesm@hillview.kent.sch.uk
- **Sunday Afternoon Teas for Seniors.** Monthly. Free. Transport available. St Stephen's Church, 37 Waterloo Rd TN9 2SW. 2.30-4.30pm. Contact Isabel 01732 379901 isabel.plimmer@ststephens.org.uk www.ststephenstonbridge.org
- **TAMS (Tonbridge and Malling Seniors Forum).** An independent group representing the views of people over-50 living in Tonbridge & Malling. Free talks about issues for older people. Free sandwiches and coffee/tea. Meet every 2 months on Fridays 12-2pm at Medway Hall, Angel Centre TN9 1SF. Contact David Metcalf 01732 353778, 876157 tams.forum@gmail.com www.tamsforum.co.uk
- **Thursday Afternoon Workshop.** Craft workshop meet Thursdays 1.30-4pm at St Peter & St Paul Church, Church Lane. Cost £1. Contact Yvonne 01732 350651 www.tonbridgeparishchurch.org.uk
- **Tonbara (Tonbridge Active Retirement Association).** Talks 2nd Mon of the month 2pm. Fisher Hall, Lyons Crescent. £1.50 per meeting or £5 per year. Contact Janet 01732 363660
- **Tonbridge 41 Club (ex-Round Table).** Meet 2nd Mon of the month 0121 456 4402
- **Tonbridge Bowling Club.** Short mat & outdoor bowls. Tonbridge Farm Sportsground, Darenth Avenue, Longmead TN10 3JF. Contact Roger Davies 01732 358528, 07952 933152 tonbridgebc@gmail.com tbc@blueyonder.co.uk www.tonbridgebowlingclub.com
- **Tonbridge Castle bandstand.** Free concerts on summer Sundays 3-5pm
- **Tonbridge Community Crafters.** Saturdays 10am-12pm. Knitting, crochet, stitching, sewing etc. www.facebook.com/groups/590614192256710
- **Tonbridge Community Singers.** Every Wed termtime 7.15-8.45pm. Delarue Hall, Shipbourne Rd TN11 9NN. Contact Carol 01732 832798 tonbridgecommunitysingers@gmail.com www.tonbridgesingers.wixsite.com
- **Tonbridge Disability Social Club.** Meets Tuesday & Thursday 10.30am-4pm. Baptist Church, Darenth Avenue TN10 3LR. Contact James Hawkes 01732 362407, 07888 762832 or Malcolm Barth 01732 773018, 07914 253474
- **Tonbridge Royal British Legion.** Meet British Legion Club, 26 Priory Rd 2nd Thursday of the month 7.30pm. Contact Mary Brace 01622 871727 or Mrs Latham 07729 552658 or Anthony Hayward anthony.hayward@hotmail.co.uk or 01732 358729
- **Tonbridge Stroke Club.** Talks, outings & tea. Meet 4th Wednesday of each month 11am-1pm at Methodist Church, Higham Lane. Contact Bob or Vivian 01732 365475 or George 01732 366494
- **Tonbridge Townswomen's Guild.** Talks, theatre trips, coach outings, Christmas lunch, scrabble, book group, quizzes etc. Meet 2nd Wednesday of the month 10am-12pm Riverside Suite, Angel Centre. Contact Vivienne Knight-Smith 01732 361751 viviks77@sky.com
- **Tonbridge u3a.** Educational, creative and leisure activities for anyone not in full-time employment. Monthly talks and coffee mornings. Theatre trips, outings and holidays. 1000 members in over 100 interest groups ranging from ambling and architecture to writing and world affairs. No qualifications required or awarded. £15 per year (£25 couples) 01732 241359 membership.u3aton@gmail.com www.tonbridgeu3a.uk
- **Tonbridge Vets (veterans club).** Social club for all retired men. Tea/coffee, billiards/snooker, darts, cards, cribbage, dominoes and other table games. 2a Danvers Rd (behind Adult Education Centre). Meets Mon & Fri 10.30am-12.30pm. £10 (+£1 admission). Contact Mike Bishop 01732 351020 mike.bishop276@talktalk.net
- **Upz & Downz.** Community-run cafe. Longmead Stadium TN10 3JF. Daily 9.15am-4pm. www.upzanddownz.com
- **Veterans Drop-in.** Riverside Room, Angel Centre. 1st Thursday of each month 3 to 6pm

- **Visually Impaired Craft Club.** Fortnightly. Weds. Evangelical Free Church, 34 Douglas Rd TN9 2TE. Contact Jo Wilkinson 01622 691357, 07469 154570 jo.wilkinson@kab.org.uk
www.kab.org.uk
- **Walking Football for over-50s**
 - Every Tue & Thu 2.30-4pm. £3.70 per session. Angel Centre, Angel Lane TN9 1SF. Contact Natalie Smith 01732 359966 natalie.smith@tmactive.co.uk
 - Every Sun 2.15-4pm. £4.20 per session. Tonbridge Town Walking Football Club, Tonbridge School Sports Centre, London Rd TN10 3AD 07850 576374
ttwtcsundays@gmail.com www.tonbridge-school.co.uk/club
www.tonbridgeschoolcentre.co.uk
- **Weald Ladies Probus.** 3rd Wed of the month. Rose & Crown Hotel 01732 384914
- **Who Let The Dads Out?** Fun and games for fathers, grandfathers and children. Meets monthly Saturdays 9.45-11.45am. St Stephen's Church, 37 Waterloo Rd TN9 2SW 01732 771977 enquiries@ststephenstonbridge.org www.ststephenstonbridge.org
- **Young onset dementia café.** A group exclusively for people of any age who have young onset dementia. Free. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. 1st Wed of the month 2-4pm. Contact Faydra Mitchell 07846 238925
fmitchell@ageuksevenoaksandtonbridge.org.uk

Tonbridge - other social activities

See also Hildenborough

- **Adult Box Fitness.** Thu 9.30-10.30am. Six-in-One Club, Northwood Rd TN10 3HH. £2
www.olympiaboxing.co.uk
- **Adult Education Centre.** Avebury Avenue TN9 1TG 03000 412222
www.kentadulteducation.co.uk
- **Angel Centre Badminton Club.** Sun 8-10pm. £6 angelcentrebc@outlook.com
- **Angel Indoor Fleamarket.** Every Fri 8am-1pm. Free vintage & antique market. Angel Centre, Angel Lane TN9 1SF. Contact Sue Carmichael 01732 456196
- **Angel Sword Club.** Angel Centre, Angel Lane TN9 1SF 01892 824408
- **Art Group practical sessions.** Every Tue 1-3pm. Tonbridge Theatre & Arts Club, Oast Theatre, London Rd TN10 3AN
- **Arts Society Tonbridge.** Talks and visits. Meet 4th Thursday of every month 2.30pm in Medway Hall, Angel Centre. Contact Susan Middleton 01622 754929
membershipsecretary@tonbridgedfas.org.uk www.tonbridgedfas.org.uk
- **Association of Men of Kent & Kentish Men** (for anyone interested in Kent). Tonbridge & Tunbridge Wells branch meets at Hilden Manor pub 11am last Thursday of month. Contact Bernard Thompson 01732 832396 amkkm.ttw@btinternet.com
- **Beginners2Runners running club.** Every Mon & Thu 7.30pm. Longmead Stadium, Darenth Avenue TN10 3JF. £5 www.beginners2runners.co.uk
- **Box Fitness.** Six-in-One Club TN10 3HH. Tuesdays & Thursdays. Contact Wayne 07525 346159
- **Cheerleading class.** Termtime Fri 5-6pm. Weald of Kent Grammar School, Tudeley Lane TN9 2JP. £6 joey@inspireallstars.com
- **Cowdrey Cricket Club.** Contact Gary Marshall 07913 409068 info@cowdreycc.co.uk
- **Cycling UK Tonbridge & Tunbridge Wells section.** Contact Rob Seall 01732 850664
r.seall@gmail.com Meet Tonbridge Riverside Sun & Thu 9.30am
- **Dunorlan Recorder Group.** Every Mon termtime 8-10pm. Methodist Church, Higham Lane TN10 4JG 07801 054756 www.srp.org.uk
- **Dancercise.** Termtime Mon & Wed 7.30-9pm. North & Central Tonbridge. Contact Lynn 01732 771352 www.thedancersizecompany.co.uk

- **Five-a-Side Football.** Sat 9am. Tonbridge Farm Sportsground, Darenth Avenue TN10 3JF www.5v5tonbridge.com
- **Girl Guiding.** Volunteers welcome www.girlguidingtonbridgedivision.org.uk
- **GKR Karate.** Wed 6.30-8pm Fisher Hall, Lyons Crescent TN9 1EY. Also Fri 7-8.30pm Tonbridge Grammar School, Deakin Lees TN9 2JR. Contact Lewin 07812 089304
- **Healing on the Streets.** Every Sat 10am-12pm. Watergate, Tonbridge Castle, High St TN9 1BG
- **Here Come The Girls running group.** Beginners welcome. Every Mon & Wed 9.30am. Meet in swimming pool cafe TN9 1HR. Free natalie.smith@tmactive.co.uk
- **Hilden Grange Badminton Club.** Mon 8-10.30pm. Weald of Kent Grammar School, Tudeley Lane TN9 2JP. Contact Janet 01732 356601
- **International Academy of Wing Chun.** Every Thu 7.30-9pm. Martial arts for self defence. Dance Studio, Hayesbrook School, Brook St TN9 2PH. £35 per month 07976 551395 www.iaw-tonbridge.com
- **Kent Green Party.** 27 Audley Avenue TN9 1XF 01732 355185, 07747 036192
- **Knit Club.** Thu 10am-12pm. Old Fire Station, Castle St TN9 1BH. Free. www.yarnsofanarchy.com
- **Knit Night.** Wed 7.30-9.30pm. Ye Olde Chequers Inn, 122 High St TN9 1AS. Free. www.yarnsofanarchy.com
- **Live music.** Every Thu 7.30-9.30pm. Pizza Express restaurant, 91 High St TN9 1DR. Free admission
- **Live music.** Every Tue 9-11pm. Punch & Judy pub, 11 St Stephen's St TN9 2AB 01732 352368
- **Maggie's Bingo.** Sundays. New Telegraph Club, 26 Priory Rd TN9 2AS 01732 358729
- **North Tonbridge Flower Arrangers.** Angel Centre, Angel Lane TN9 1SF 01732 365409
- **North Tonbridge Horticultural Society.** 01732 352707
- **Open Water Swimming.** Mon & Fri 5-7pm. Haysden Lake, Lower Haysden Lane TN11 9BE. £6 per swim www.triswim.org.uk
- **Parkrun.** Every Sat 8.45-10am. Meet Tonbridge Racecourse (behind swimming pool). Free. www.parkrun.org.uk/tonbridge
- **Physically Disabled Social Club.** Baptist Church, Darenth Avenue. Tuesdays & Thursdays 10.30am-3.30pm. Contact James Hawkes 01732 362407, Jan Fairweather 07599 851852
- **Poultwood Squash & Racketball Club.** 2nd & 4th Wed of the month. Poultwood Golf Course, Higham Lane www.poultwood.com
- **Rotary Club.** Meets Thurs at Rose & Crown Hotel 01825 840277, 07714 950388 tonbridgerotary@gmail.com harry@lillyconsults.com
- **Ryusui-Ryu Martial Arts.** Thu 7-8.30pm. Angel Centre, Angel Lane TN9 1SF 07976 444653 www.ryusui-ryu.org
- **St Stephens Church Tonbridge Walking Group.** Saturday walks. Contact Rowland or Ann Wills 01732 356437
- **SallyJaneYoga.** Meet Tue 6-7, 7.15-8.15pm www.sallyjaneyoga.co.uk
- **Sandown Park Badminton Club.** Every Wed 7.30-9.30pm. Hugh Christie Technical College, White Cottage Rd TN10 4PU. £5 + £40 per quarter 01732 505356
- **Slimming World**
 - Mon 5.30 & 7.30pm. United Reformed Church, High St TN9 1SG 01732 780163
 - Thu 9, 11am, 3.30, 5.30, 7.30pm. Tonbridge Angels FC Stadium, Darenth Avenue TN10 3JF. Contact Jennie 01732 351005
 - Fri 9, 11am. Tonbridge Angels FC Stadium, Darenth Avenue TN10 3JF. Contact Jennie 01732 351005
 - Sat 8, 10am. Judd School, Brook St TN9 2PN. Contact Lorraine 01622 729890

- **Solace café (for people at risk of a mental health crisis). Wellbeing Centre** Thursdays & Saturdays 5-9pm. Free. 3 St Mary's Rd TN9 2LD. West Kent MIND 01732 356630/744950, 07436 102171 solacecafe@westkentmind.org.uk www.westkentmind.org.uk
- **Soul Train Choir.** Tue 8pm. Contact Donna 07815 937631 info@soultrainchoir.com
- **Synergy Tae Kwon Do.** Mon, Wed & Sun eve. Angel Centre, Angel Lane TN9 1SF 01732 361578 www.synergytkd.com
- **Tennis Club Nights.** Every Wed 7.30-9pm. Tonbridge School Sports Centre, London Rd TN10 3AD. £10 01732 304111 www.tonbridge-school.co.uk/club www.tonbridgeschoolcentre.co.uk
- **Tennis Coffee Mornings.** Doubles. Every Thu 9.30-11am. Tonbridge School Sports Centre, London Rd TN10 3AD. £10 01732 304111 www.tonbridge-school.co.uk/club www.tonbridgeschoolcentre.co.uk
- **That Girl Can Swim.** Every Thu 8-10pm. £2.80-5.20. Swimming Pool TN9 1HR. www.tmactive.co.uk
- **Tonbridge & Malling Citizens' Advice (volunteers).** Castle Gateway 0808 278 7810
- **Tonbridge & Malling Ramblers.** 01732 851310 info@tonbridgeandmallingeramblers.org.uk www.tonbridgeandmallingeramblers.org.uk
- **Tonbridge Angels Ladies Football.** Every Thu 6.30-7.30pm. Hayesbrook School, Brook St TN9 2PH. £3 per session tonbridgeladiesfc@gmail.com
- **Tonbridge Bridge Club.** Duplicate bridge. Every Mon 7-10.45pm. Weald of Kent School, Tudeley Lane TN9 2JP 01732 355919, 01892 833278
- **Tonbridge Camera Club.** Every Thu 7.45pm. Main Hall, Weald of Kent Grammar School, Tudeley Lane TN9 2JP www.tonbridgecameraclub.org.uk
- **Tonbridge Canoe Club.** Every Sat morning. New Wharf Rd TN9 1DS 01732 361759 www.tonbridgecanoecub.org.uk
- **Tonbridge Debt Advice Centre.** Volunteers welcome. Monday evenings at Baptist Church, Darenth Avenue 01732 368259 www.tdac.org.uk
- **Tonbridge Flower Arrangement Club.** Angel Centre, Angel Lane TN9 1SF 01732 832491
- **Tonbridge Folk Club.** Acoustic music. Every 1st & 3rd Mon 8-11pm. £7 www.tonbridgefolkclub.org
- **Tonbridge French Circle.** 17 Yardley Park Rd TN9 1NB 01732 350648
- **Tonbridge German Shepherd Dog Training Club.** Fisher Hall, Lyons Crescent TN9 1EY 01732 351422
- **Tonbridge Historical Society.** Angel Centre, Angel Lane TN9 1SF 01732 838698
- **Tonbridge Line Commuters.** 13 Streamside TN10 3PU
- **Tonbridge Lions Club.** Raise money for local projects and organise activities such as a party for senior single citizens 01732 358218, 0845 833 9819 info@tonbridgelions.co.uk www.tonbridgelions.co.uk
- **Tonbridge Model Railway Club.** Every Thu 7.30-10pm. Scout Hut, Lambert's Yard TN9 2LE 01959 523840
- **Tonbridge North Recorders.** Recorder playing. Termtime Mon 8-10pm. Contact Jane 07738 703319 or Esther evmclaren@gmail.com
- **Tonbridge Performing Arts (TPA) classes.** Termtime Thu-Sat. Angel Centre, Angel Lane TN9 1SF carol.doyle20@ntlworld.com
- **Tonbridge Philharmonic Society.** Perform at concerts in Tonbridge School, St Stephen's Church and West Kent College. Rehearsals in Tonbridge School Recital Room on Monday evenings (orchestra) and Wednesday evenings (choir). Contact Alison Aries 01732 833750 orchchair@tonphil.org.uk (orchestra) or Carol Wake 01732 358458 chchair@tonphil.org.uk (choir) www.tonphil.org.uk/joinus
- **Tonbridge Rock Choir.** Every Thu termtime 6.30-8, 8.15-9.45pm. Juddians Rugby Club, The Slade TN9 1HR. £25 per month 01252 714276 www.rockchoir.com

- **Tonbridge Swimming Club.** chairman@tonbridgeswimmingclub.co.uk
www.tonbridgeswimmingclub.co.uk
- **Tonbridge Tennis Club.** Every Fri 7.30-9.30pm & Sun 9.30am-12pm. Hugh Christie Technical College, White Cottage Rd TN10 4PU 01732 359040 www.tonbridgetennisclub.co.uk
- **Tonbridge Town Sailing Club.** Meets at Haysden Lake March to October Saturday afternoons and Sundays contact.ttsc@gmail.com www.tonbridgesailing.org
- **Tonbridge Wargames Club.** Every 2nd & 4th Mon 7.30pm. Scout Hut, Lambert's Yard TN9 2LE. Contact Dave 01732 886637
- **Tonbridge WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Town Market & Boot Fair.** Every Sat morning. Station car park, Vale Rd TN9 1QH
- **University of Kent short courses.** Tonbridge Centre, Avebury Avenue TN9 1TG 01732 352316 tonbridgeadmin@kent.ac.uk www.kent.ac.uk/tonbridge
- **Volleyball Taster & Training Sessions.** Thu 8-10pm. Angel Centre, Angel Lane TN9 1SF
- **Volunteering in Tonbridge.** Contact Imago volunteering@imago.community
www.imago.community
- **Weight Watchers.** Tue 12.45pm. Angel Centre, Angel Lane TN9 1SF 08457 123000
- **West Kent Radio.** studio@westkentradio.co.uk
- **Young onset dementia café.** For younger people with memory loss. Town Lock Day Centre, Lockside, Lyons Crescent TN9 1EA. 1st Wed of the month 2-4pm. Contact Faydra Mitchell 07846 238925 fmitchell@ageuksevenoaksandtonbridge.org.uk

Toys Hill

- **Brasted Chart & Toys Hill Cricket Club.** Contact Chris Bailey 01959 562676
Also try contacting Brasted Parish Council 01732 455374

Trottscliffe

Try contacting Trottscliffe Parish Council 07900 693572

Underriver

- **Seal Petanque Club (Underriver).** Meet White Rock Inn summer Tuesdays 7.15pm. Contact Howard Sandom 01732 452651, 07860711295
- **Sevenoaks Riding Club.** Redlands Field, St Julians TN15 0RX 01732 461462, 07990 696283
- **Sunday Club.** Meet 3rd Sunday of each month 10.30am in Village Hall. Contact Xanthe Veneziana 01732 832432
- **Thursday Underriver Group (TUGS).** Meet once a month on Thursdays in village hall. Contact Jenny Thomas 01732 810148
- **Underdogs Flyball Team.** Contact Linda Severs 01732 838994
- **Underriver Cricket Club.** Contact Andrew Tong, 4 Bottlehouse Cottages, Smarts Hill, Penshurst TN11 8EU 01892 870769
- **Underriver Horticultural Society.** Contact Christopher Hurrion 01732 833169
churrion@aol.com
- **Underriver Wildlife Habitat Project.** Contact Juliet Simpson 01732 761905
Also try contacting Seal Parish Council 01732 833360

Walderslade

Try contacting Aylesford Parish Council 01622 717084

Wateringbury

- **Carers & Cared For social club.** Wednesdays 1.30-3.30pm. Crossroads
 - **Mothers' Union.** dprochester1@gmail.com
- Also try contacting Wateringbury Parish Council 01622 817068

Weald

- **Café on the Green.** Tue 10am-12pm. Weald Memorial Hall. Contact Nikki Goozee 07939 053420 wellness@stgeorgesweald.co.uk
 - **CAMEO (Come And Meet Each Other)** . Social group for retired people. Talks, tea and outings. Meets 2nd Monday of each month 2.30pm in St George's Church Rooms. Contact Judith Howard 01732 458285 or Shirley Hayes 01732 463554
 - **Weald History Group.** Contact Sheila Turley 01732 463339
 - **Weald Horticultural Society.** Contact Mrs Judy Whiddett 01732 463676
- Also try contacting Weald Parish Council 01732 453943

Well Hill

Try contacting Shoreham Parish Council 07912 611048

West Kingsdown

- **Health walk.** Meet Pavilion Library car park Wednesdays 10.30am. everystepcounts17@gmail.com
- **Memory Café.** info@alz-dem.org
- **Model Railway Club.** Wed eves www.westkingsdownmrc.com
- **Royal British Legion.** Meet 3rd Tue of the month 3pm. Contact Pat Bosley patbosley13@gmail.com
- **Walking netball.** Wednesdays 7.45-8.30pm. Village hall, London Rd. £3. joanhillcock@hotmail.com

Also try contacting West Kingsdown Parish Council 01474 853286

West Malling

- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you 07563 196479 jackiehirsch56@yahoo.co.uk www.larkfieldcommunitygroup.wordpress.com
- **Malling Stamp Club.** 01474 325507 kentphilately@aol.com
- **Malling Trefoil Guild.** 020 7834 6242 trefoilguild@girlguiding.org.uk
- **Mothers' Union.** dprochester1@gmail.com

Also try contacting West Malling Parish Council 01732 870872

West Peckham

Try contacting West Peckham Parish Council 01622 532834

Westerham - social activities for older people

- **Coffee time.** Tuesdays 10am-12pm in John Frith Room, St Marys Church, Westerham Green. Contact Margaret Webb 01959 563127 www.westerhamparishchurch.org.uk
- **Forget-me-Not memory café.** Activities include music, arts and crafts. Congregational Church Hall, Fullers Hill TN16 1AB. 3rd Friday of every month 11am-12.30pm 07946 534476, 07580 601182 forgetmenot.sadfc@gmail.com www.forgetmenotcafe.org.uk
- **Knit N' Natter Ladies.** Meet at Library Thursdays 10am-12pm
- **Lunch clubs.**
 - Meets last Friday of the month (except August and December) 11am-1.30pm in Westerham Hall, Quebec Avenue TN16 1BG. £5. Organised by Age UK. Contact Linda Betts 01959 561302, 07956 430768
 - Meets 2nd Friday of the month 11am-2pm in Westerham Hall, Quebec Avenue TN16 1BG. £5. Organised by Westerham Town Council. Contact Ann Dumbleton 01959 562147 anndumbleton@btinternet.com
- **Rotary Club of Edenbridge & Westerham.** Meet Rugby Club, Edenbridge Tues 6.45pm

- **Tuesday Club.** Social club with bingo and outings for senior citizens. Meet Westerham Hall, Quebec Avenue Tuesdays 2.30-4.30pm. Contact Bob Ralph 01959 563448 or Dot Gammage 01959 562364
 - **Westerham 41 Club (ex-Round Table).** Meet 2nd Wednesday of month. Contact Dave Campbell 01959 565655
 - **Westerham Bowls Club.** Meets at King George's Playing Field. Contact Anne Farley 01959 565106
 - **Westerham Chess Club.** Meets last Tuesday of the month 7.30pm Grasshopper on the Green pub, Westerham Green. Contact Peter Goodwin 07590 275937
westerhamchessclub@gmail.com www.westerhamchessclub.wordpress.com
 - **Westerham Ramblers.** Monthly 70s Saunter (short walk for older people) and other walks on alternate Sundays. Contact Richard Gadd 07792 919727 gaddbox@yahoo.co.uk
info@westerhamramblers.org.uk www.westerhamramblers.org.uk
 - **Westerham u3a.** Educational, creative and leisure activities for older people. No qualifications required or awarded. Westerham branch 01959 565409, 562274
westerhamu3a@hotmail.co.uk www.westerhamu3a.org
- Also try contacting Westerham Town Council 01959 562147

Westerham - other social activities

- **Chartwell, Emmetts Garden & Quebec House (volunteers).** 01732 868381
- **Computer Buddy.** Thursdays 10.30am-12.30pm at the library
- **Darent River Preservation Society (DRIPS).** Contact Alan Williams
alanwilliams4077@btinternet.com
- **Edenbridge & Westerham Citizens' Advice (volunteers).** Westerham Hall, Quebec Avenue. Wednesdays 9.30am-12.30pm 0808 278 7962
- **Fleapit Cinema Club.** Westerham Hall, Quebec Avenue. Alternate Fridays 7.30pm. Contact Mark Mountjoy 01959 561501 manager@fleapit.info www.fleapit.info
- **Friends of the Long Pond.** Contact Stuart Merrylees 01959 563296, 07709 620281
stuartmerrylees@gmail.com www.darent-drips.org.uk
- **Inner Wheel Club of Westerham.** Women's supper club meet White Horse pub, Sundridge 3rd Tuesday of the month (except Aug & Dec) 12.30pm. Contact Marie-Louise Gibson 01959 562468 mlgibson@hotmail.com
- **Local Vocals.** Informal singing; no audition necessary. More details at:
www.visitwesterham.org.uk
- **Meet the Community Warden.** Thursdays 10-11am at the library
- **Parkrun 5km.** Squerryes Estate. Saturday mornings www.parkrun.org.uk
- **St Mary's Heritage Trust.** www.stmarysheritagetrust.org.uk
- **Scrabble Club.** Fridays 2-4pm at the library
- **Stragglers Social Club.** Ballroom & sequence dance. Meet Westerham Hall, Quebec Avenue every 3rd Saturday of month. Contact Ray Debnam 01959 700788
- **Tai Chi (Westerham).** Contact Svend Gyldner 01959 564117
- **Talk Time.** Wednesdays 10-11am at the library
- **Westerham Allotments.** Bloomfield, Currant Hill and Farley. Westerham Town Council 01959 562147 westerhamparish@btconnect.com
- **Westerham Amateur Dramatic Society (WADS).** Meet Grasshopper on the Green pub 1st Monday of month 8.30pm. Contact Mrs J Taylor, Bearswood, Goodley Stock, Crockham Hill TN16 1RD 01959 561207 or Membership Secretary 01732 863854 www.wads-web.net

- **Westerham Art Group.** Meet at Russell House Mondays 2-4pm. Contact Mr S Heywood, 62 Sutherland Avenue, Biggin Hill TN16 3HG 01959 574262 or Gwen Smith 01959 563110. gwenny.joan@gmail.com
- **Westerham Beekeepers.** Contact Peter Cobley 01732 867625 p-cobley@tiscali.co.uk www.kentbee.com/westerham
- **Westerham Bellringers.** Tuesdays 7.45-9.15pm St Mary's Church. Contact Elaine Merrylees 01959 563296 elainemerrylees2000@gmail.com
- **Westerham Bookmarks Reading Group.** Meets at Library, London Rd TN16 1BD on the 2nd Wednesday of the month 7.30pm 01959 562326 westerhamlibrary@kent.gov.uk
- **Westerham Club.** Drop-in social club in Fullers Hill. Contact Jackie or Dave 01959 562092
- **Westerham Congregational Church.** info@wcchurch.co.uk
- **Westerham Darenth WI.** 01892 823813 www.west-kent.thewi.org.uk
- **Westerham Fine Arts Society.** Meet Westerham Hall, Quebec Avenue 1st Wednesday of month 7.30pm. Contact Lyn Worrall 01959 569895 or Marril Gibson marrilgibson@hotmail.com www.westerhamfinearts.weebly.com
- **Westerham Horticultural Society.** Meet at Westerham Hall, Quebec Avenue. Contact Mrs S Gibbs, Treetops, 16 Comforts Farm Avenue, Oxted RH8 9DH horticulturalsociety@fsnet.com www.whs.btck.co.uk
- **Westerham Independent Literature Group.** Meet Westerham Hall, Quebec Avenue Mondays 10am-12pm. Contact: Margaret Robertson 01959 564149 mrsmrobertson@aol.com
- **Westerham Poetry for Pleasure.** Meet alternate Mondays. Contact Pat West 01959 573344 pawest1939@talktalk.net
- **Westerham Society.** Contact Gordon Rodgers 01959 564140 membership@westerhamsociety.org.uk
- **Westerham Spiritualists.** Meet Westerham Hall, Quebec Avenue Sundays 6.30-10.30pm. Contact Robbie 01892 723631
- **Westerham Theatre Club.** Outings to plays, musicals and ballet. Contact Alicia Hanson 01959 563763 aliciahanson49@yahoo.com www.westerhamtheatreclub.weebly.com
- **Wolfe Society.** Contact Richard Arris, Earlylands, Crockham Hill TN8 6SR 01732 860086 (home) or 01737 223722 (office) info@thewolfesociety.org.uk

Wouldham

- **60+ Club.** Quizzes, talks, bingo, raffle, tea/coffee & cakes, theatre trips and other outings. Tuesdays 2-4pm Waterman's Arms pub, High St
- **Pop-up café & information hub.** Medway Inn pub 01303 813790 coffeeproject@ruralkent.org.uk

Also try contacting Wouldham Parish Council 01634 864319

Wrotham

- **Coffee morning.** St George's Church. Tuesdays 10.30am-12.30pm
- **Community Choir.** Mondays (termtime) 7.30pm. St. George's primary school, Old London Rd
- **Wrotham Bowls Club.** Thursdays 5.30pm May-Sep. Bull Lane. Contact Ken Fardell 01732 823283 lindafardell@supanet.com www.wrothambowlsclub.co.uk
- **Wrotham Historical Society.** 2nd Friday of the month 8pm. St. George's Hall

Also try contacting Wrotham Parish Council 01732 886139

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