

Sevenoaks District Senior Action Forum

Working together in the interest of people aged 50 plus

Email: comms@sdsaf.org.uk

Chair's letter:

Dear friends,

Welcome to our June newsletter. We hope you are enjoying the warmer weather and are staying hydrated!

Thank you for all the constructive feedback we received after our March newsletter and for all your contributions to this one. Our special thanks to Dr Howard Leicester who, drawing on his experience of being profoundly deaf and blind, has sent a prolific amount of material for us to consider. We salute you Howard!

Our AGM is fast approaching and we warmly invite you to come along. It will take place on Friday 3 July at 2.15 at Bat and Ball Community Centre, Crampton's Road Sevenoaks TN14 5DN.

If you would like to be part of our committee or to participate in some other way, do contact us - we would be delighted. There will be brief reports on what we have been up to since last year and we look forward to hearing your views about any issues of concern. We will welcome representatives from various local organisations e.g. Fire Service, Hi Kent, Kent Association for the Blind, EK360, CAB, who will make short presentations and provide opportunities for discussion.

We will be pleased to welcome David Brazier who has offered to give a brief talk about the role of alcohol in our lives. The title he has chosen is "I'm David, I'm a recovering alcoholic: a message of hope". Free refreshments will be available as usual for those who attend.

Each year we hold a 'Bring and Share' summer party for our volunteers and we are delighted that the Trustees of Archbishop's Palace in Otford have offered to host us this year. Our gathering will take place on 5 August at 2.30pm. All of our volunteers and potential volunteers are very welcome (Please bring a plate of finger food).

We have also been liaising with Sevenoaks District Council to plan an exciting set of events around Silver Sunday at the beginning of October including a concert with cream tea in Sevenoaks Community Centre at Bat and Ball on Sunday 4 October, a Singalong in Edenbridge later in October, as well as some pop up exercise classes and themed coffee mornings. More details in our next newsletter.

We have attended various summer and well-being fairs this year and we are always delighted when people approach our table and join us as members. Welcome to all our new recruits! It's great to have you with us! By joining our Forum, you add strength to the voice of seniors in our District. We look forward to seeing many of you at our AGM!

Eileen and Gill
Co chairs

Birdsong

Many thanks to Paul for contributing this article

Sparrow song acts as a form of natural background sound.

For thousands of years, birdsong has often signalled that the environment is calm and relatively safe. When danger is nearby, bird behaviour frequently changes — sometimes becoming quieter, and at other times shifting into sharp warning calls that alert other birds to predators.



Humans appear to respond to these natural sound patterns too. Gentle birdsong can help create a sense of calm, lower internal tension, support nervous system regulation, and encourage the brain to move out of stress more quickly.

Many sparrow songs sit within the 2–6 kHz range — a sound band the brain processes efficiently, linked to alertness, environmental awareness, and cognitive clarity.

So, the next time you hear birds: Pause. Slow your breathing. Listen to the whole soundscape, not just one bird. Stay there for a minute or two.

Scent and natural perfume may work through similar subconscious pathways — quietly influencing memory, emotion, and our internal sense of wellbeing.

Nature has always communicated through rhythm, sound, scent, and sensory signals. The body remembers this language.

Local Housing Development

There has been huge criticism of the number of houses the government wants built in our District by 2042, (19,746 in Tonbridge and Malling and 17,175 in Sevenoaks District) not least because the infrastructure will not be able to cope.

One of our local Members of Parliament, Tom Tugendhat, has told the House of Commons that there was "simply not enough water for the scale of development required for the area"

"The Government must urgently and immediately reduce the housing target for Tonbridge and Malling Borough Council," he said "and the same applies to Sevenoaks District".

"It would be completely irresponsible for the Government to proceed with the current housing targets for both councils while this remains unresolved"



Tom Tugendhat MP

Nick Price, head of water resources for South East Water, said that the Water Board's current plan did not reflect the government's planning requirements and current priorities included reducing leakage, improving water efficiency, and upgrading meters in preparation for smart meter technology.

He said the company updated its Water Resources Management Plan (WRMP) every five years and would include the latest housing figures in its next plan, due to be published in 2029.

Response to our article on ageing

In our last edition we wrote a little section congratulating people over 70 who are able to carry out various everyday activities such as: Managing Finances and technology; independently; Getting up from a low chair or the floor without using your hands; Preparing meals from scratch; Walking comfortably for about a mile; Keeping track of medications; Driving safely, including at night; Maintaining independence in everyday life.

The article was meant to be encouraging but it wasn't perceived as such by some of our readers. For instance, Eileen A wrote - 'Thank you for your latest newsletter, full as always of useful information and advice. I was a bit surprised though by your list of things we are doing well to achieve in our seventies. Almost all of these, it seems to me, should be considered normal at this age, unless we are afflicted by illness or disability. These can certainly constrain our lives, and often accompany old age, but until they claim us I think we should see ourselves as being as capable and competent as anybody else. We may have to exercise more and make more effort with IT than our younger friends and relatives certainly. But if we set the bar too low for ourselves in our seventies, how will we manage in our eighties and nineties, if we are lucky enough to live so long? '.

Diane also thought that we set the bar too low - 'I agree with all the points made but '70s' should be '80s' - you pitched it 10 years too young. Earlier in history the magic number was 70, now it should be higher'.

Elaine agreed - 'There are some thought provoking points in your article but most people in their 80s could do the things mentioned'.

Jenny said - 'the article paints quite a negative view of aging and quite an old-fashioned view. A bit like get the gold watch and decline'.

So, as ever, we don't please everyone all of the time, but we are so grateful for the feedback.

Anna, on the other hand felt 'the information is helpful, practical with clear guidance - I agree with all of it'.

Simon took the view that no one size fits all and the number 70 is not an absolute. Some people are old at 60 and some are running marathons in their 80s but it's useful to have a general guide. Some people will be good at some of the tasks but not necessarily at all of them'.

Barbara said that for her, the article hit a nerve - some tasks are easier for me than others - maybe I should learn more about digital technology and do more exercise - then I'll be able to handle my NHS appointments and get up from a low chair without assistance. It's never too late to learn and to improve'.

Our editorial team would like you to thank everyone who communicated their views to us. We love the fact that you read what we write and engage with it. And we love the way you challenge us! Please keep up the flow of communication and feel free to send in material that you think might help other members.

Praise

Creative minds Tunbridge Wells - The 'Dungeons & Dragons' project which explores how collaborative storytelling and imaginative play can support adult mental wellbeing, particularly for neurodivergent individuals and those who may not engage in traditional arts-based wellbeing activities.

Kaleidoscope Gallery in Sevenoaks library - a contemporary exhibition space that showcases new and experimental work from local, emerging and established artists.

Stroke Unit at Darent Valley Hospital which cares for more than 800 stroke patients a year, serving the population of Dartford, Gravesham, Swanley and parts of Medway and Bexley. Members have praised the high quality of care regardless of the time of the day or night their stroke occurs.

Community Allotments - shared growing spaces where local residents come together to cultivate fresh produce, learn gardening skills, and socialize - excellent for promoting well-being, sustainability, and neighbourhood cohesion.

Auxiliary aids in churches who help the less mobile to attend services that would otherwise be inaccessible.

The recent well-being event run by Swanley GPs. Very well attended with helpful talks and information stalls on diabetes, nutrition and exercise. (SDSAF had a table and we recruited lots of new members).

All those who help to run community fairs and events to provide entertainment, support local traders and fundraise for good causes.



*Performers at
Otford's May
Charity Fair*



It's never too late to start some regular movement!

Thanks to Rosario Barretto-Ellis (hello@maturemovers.uk) for contributing this article

When it comes to staying active, one of the most important things to remember is this: **it's never too late to start.**

Many people think exercise is only for the young or already fit, but the truth is that regular movement can make a remarkable difference at any age. Even small amounts of activity, done consistently, can help improve strength, balance, flexibility, and confidence – all key factors in reducing the risk of falls and ultimately supporting a longer, healthier, and more independent life.

One of the most common mistakes is focusing on just one type of exercise. While walking is fantastic for overall health, it isn't enough on its own. To stay strong, capable, and resilient as we age, we need to incorporate the three essential pillars of movement: **strength, endurance, and mobility**. Strength helps us carry shopping, climb stairs, and get up from a chair with ease. Endurance keeps us active and energised throughout the day. Mobility allows us to move freely, maintain good posture, and react quickly if we lose our balance. Together, these three elements work hand in hand to help prevent falls and maintain independence.

Whether it's a daily walk, strength exercises, stretching, a balance class, or chair-based movement, every activity contributes to a stronger, more confident future. Regular exercise enables you to continue doing the things you need to do, such as shopping, gardening, and climbing stairs. More importantly, it helps you keep enjoying the things you love...spending time with family, exploring new places, dancing, playing with grandchildren, or simply feeling confident getting out and about.

Gardening

At this time of year, our gardens are full of quiet little miracles. Seeds push through the soil, flowers turn towards the sun, and birds, bees, and butterflies bring the garden to life.

For many seniors, gardening is far more than a hobby — it is a chance to slow down, connect with nature, find a little peace in the day and notice the beauty of the world around us.

Whether we are planting vegetables, watering pots and baskets, or simply sitting in the sunshine, listening to birdsongs with a cup of tea, gardens remind us that every season of life still holds beauty, growth, and joy.

Thank you to our member, Howard, who shared this cheerful reflection (source unknown) on the spiritual side of gardening.

A Marrowthon for God



Plant 3 rows of peas: Peace of mind. Peace of heart. Peace of soul.

Plant 4 rows of squash: Squash gossip. Squash grumbling. Squash selfishness. Squash indifference.

Plant 4 rows of lettuce: Lettuce be faithful. Lettuce be kind. Lettuce be loving. Lettuce help one another.

No garden is complete without turnips: Turn up for meetings. Turn up for service. Turn up to help others.

And always make thyme for. Thyme for God. Thyme for prayer. Thyme for friends and family.

Water generously with patience and love, then sit back and watch the blessings grow — because, in gardening as in life, we usually reap what we sow.

Robots racing in Beijing

Howard, who needs to be accompanied to church because of visual and auditory impairment, was debating with us the possibility of being accompanied to church by a robot as opposed to the wonderful team of humans who currently take turns to walk with him to church.



He relayed the story to us of the man-made humanoids in Beijing that showed off their fast-improving athleticism as they whizzed past human runners in a half-marathon race in Beijing.

The winning robot arrived in 50 minutes 20 seconds - considerably faster than the human record holder. At one point it crashed into the railings and had to be rescued - thankfully the

robots were running in a separate parallel track.

After weighing up the pros and cons, Howard's verdict is that speed isn't everything and he has no plans to use a highly skilled humanoid to guide him to church. He would far rather walk alongside his kind church family who know and love him.



Don't fall victim to cruel scammers!

Our thanks to Jane Oliver for messaging us about this latest phone scam!

'Someone approaches you in the street and asks you to help them with their mobile phone; maybe they're acting dumb, maybe they've forgotten their glasses, maybe they want you to take their photo.

What does a scammer look like? The answer is "nobody knows, it could be anyone" In amongst them there'll be smartly dressed, well spoken, men, women, and youngsters. They can be children, right through the age range to elderly and from any race. And many will be 'charming'.

Those of us with a caring and helpful nature will take the phone and help.... BUT AT WHAT COST?

Unbeknown to you, by looking at the screen, they may have your photo, for face and eye recognition, and by tapping their screen they have your fingerprint.

Without you even suspecting it, they've stolen your identity. They don't stop there, they can go on to steal your money and can even leave you in debt.

So think very carefully before taking someone else's phone. Politely decline. Say something like "sorry, I can't help you" or ignore them and carry on walking.

And NEVER give them your name, address, phone number or email.

No matter how caring and helpful we are by nature, it is important to protect ourselves, our identity and our money'.

New Code

Why the Equality Act 2010 Code of Practice Matters to Older People

The new draft "Equality Act 2010 – Code of Practice for Services, Public Functions and Associations" published in May 2026m has drawn national attention because it includes new guidance on single-sex spaces and transgender rights following a 2025 Supreme Court ruling. While these issues are widely discussed, the Code also contains broader protections that affect older people directly, including guidance on harassment, victimisation, and equal treatment in everyday services.

The Code is highly relevant to older people because **age and disability are protected characteristics under the Equality Act**. The Code explains how organisations must treat people fairly when providing services such as healthcare, housing, transport, clubs, and public support. It gives practical guidance to Councils, GP surgeries, hospitals, care providers, banks, shops, leisure centres, charities, and community organisations on avoiding discrimination and making reasonable adjustments for disabled people.

The Code reinforces that services must be accessible and fair whether they are delivered in person, online, or by telephone. It also explains the duty to make reasonable adjustments for people with mobility problems, hearing loss, sight impairment, dementia, or other long-term conditions.

In simple terms, this Code is about ensuring that older people can continue to participate fully in society without unfair treatment. It reminds organisations that dignity, accessibility, and respect are not optional extras — they are legal responsibilities.

Older people do not need to become legal experts, but they should be aware of the rights the Equality Act gives them and feel confident using those rights when necessary.

Here are some practical steps seniors can take:

Understand that The Equality Act protects people from unfair treatment because of age and disability.

Speak up about your access need - If a service is difficult to use, ask for reasonable adjustments e.g. larger print documents, hearing loop systems, wheelchair access, extra appointment time, clearer communication, alternative ways to access online services

Keep records - if you feel you have been treated unfairly - this makes it easier to raise concerns formally if needed

Use complaints procedures - Many problems can be resolved by calmly raising concerns with the organisation involved. Sometimes organisations are unaware that barriers exist until someone points them out.

Seek advice and support from organisations such as Age UK, Citizens Advice. These organisations can explain rights and help people understand what action is reasonable.

Stay involved - seniors can help shape fairer communities by participating in local forums, residents' groups, patient panels, and community associations.

The key message is simple: older people deserve equal access, dignity, respect, and independence — and the law supports that principle.

Matthieu to the rescue!

Many thanks to our member, Dr Howard Leicester, for bringing to our attention a very inspiring project that brings the Equality Act 2010 Code of Practice to our doorstep! Howard is undertaking the project alongside Matthieu Ward, an A level student who is volunteering his time and talents as part of The Duke of Edinburgh Gold Award scheme.

Howard, who is both totally blind and has profound hearing loss, had been approached by the British Computer Society to undertake an event for adults with a Learning Disability who have difficulties in communicating with the Society.

Matthieu is motivated to help those who have special needs and will learn the intricacies of event management in the process.

The British Computer Society is funding the event which will take place on Saturday 25 July, 15.00-17.15 at DELARUE HALL, 1/3 St. Peters Row, Delarue Close, Shipbourne Road, Tonbridge TN11 9NN

The event will aim to give participants an understanding of the difficulties experienced by those who have no sight at all and who are also profoundly deaf.

The intention is to make the session fun - there will be entertainment and dancing but during one song the volume will be turned off and the singer will mouth the words. This to give the experience of deafness to the participants.

Participants will be invited to work in pairs with one to be blindfolded the other to feed them with jelly so they experience being blind.

Participants will be introduced to Braille, Widget, Makaton and Jaws computer programmes to ensure there is understanding of the various alternative ways to communicate. There will also be an opportunity to learn a small amount of sign language.

For practical reasons, numbers of attendees will be limited to 50 - those with their own "challenges" are especially welcome and if you would like to attend we will be happy to pass on your name so that an invitation can be issued.

This is a wonderful example of intergenerational cooperation and learning. Thank you Howard for your untiring efforts to make a good quality of life accessible to all and well done Matthieu for undertaking this project. Your Duke of Edinburgh gold medal will be well deserved!

Recipe - healthy cream tea

Our associate Lynn from San Diego recently visited the UK and fell in love with our cream teas! She said the scones were the best she had tasted in her whole life and she asked Matilda, the hotel chef, to share the scone recipe with her. Here it is:

If you would like to add a healthy twist, we suggest substituting 100 gm of the white flour with wholemeal flour (to add fibre), halving the amount of sugar (it will still taste good) and substituting 40 gm of the butter with 20 gm Greek yoghurt (reduces saturated fat and retains moisture).

You may also like to pair the scones with a brain healthy homemade jam.

Ingredients

- 2 cups fresh or frozen Blueberries
- 1 cup Blackberries
- 1–2 tbsp. Chia Seeds
- 1–2 tbsp. honey or maple syrup (optional)
- 1 tbsp. lemon juice
- 1 tsp vanilla extract
- Pinch of cinnamon

Why these ingredients help

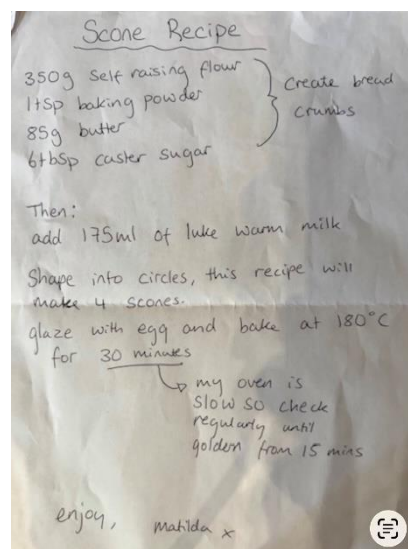
- Blueberries and blackberries contain anthocyanins associated with memory and brain support.
- Chia seeds add plant omega-3 fats and naturally thicken the jam.
- Lower sugar helps avoid blood sugar spikes.
- Cinnamon adds flavour without needing extra sweetness and is good for supporting our sugar levels.

Method

1. Add berries to a saucepan over medium heat.
2. Cook 8–10 minutes until soft, stirring often.
3. Mash gently for an easier-to-eat texture.
4. Stir in lemon juice, vanilla, cinnamon, and honey if using.
5. Add chia seeds and simmer 2 more minutes.
6. Let cool for 10–15 minutes — it thickens naturally.

The jam keeps in the fridge for up to a week.

Now Invite some friends for afternoon tea and serve your warm fresh scones and jam, maybe with some Greek yoghurt or ricotta for extra protein, all washed down with a nice pot of Earl Grey tea.



The Chatty Cafe Scheme

What is The Chatty Cafe Scheme?

The Chatty Cafe scheme is a great idea in our modern world when it is so easy to get disconnected from what is going on around us. It's a non-profit social enterprise designed to tackle loneliness and bring people together. The organisers are keen to put the word out so that as many of us as possible can benefit. They offer face-to-face meet ups - Chatter & Natter tables have been set up in multiple venues all over the UK. These meetings allow customers to come together and have a chat.

A team of volunteers helps to facilitate the sessions and the scheme is looking for local volunteers who might like to join them.

Why not go along to a chatty cafe or sign up to be a volunteer? Dr Marilyn Canet, one of our Founder members, assures us that the process works well! She told us:

'Sevenoaks Town Council runs a chatty cafe at the Bat and Ball Station cafe on Wednesday 1.30 to 3.00 pm, with volunteers to help.

There are also benches in the Vine Gardens with notices on them inviting people to sit and have a chat to anyone who also sits there.

It works - I met a very alert woman aged 101 who also wanted to chat, we talked golf as we had had lessons from the same local professional in the past!

Best wishes, Marilyn'

The flyer is yellow with a white border. In the top left corner is a logo for 'The Chatty Cafe Scheme' featuring a stylized 'C' inside a circle. In the top right corner is the 'Sevenoaks Town Council' logo. The main title 'FANCY A FRIENDLY CHAT?' is in large, bold, white letters with a black outline. Below the title, the text 'Come along to our Chatter & Natter table at Lilia's Kitchen in Bat & Ball Station. Every Wednesday from 1:30 pm to 3:00 pm.' is written in black. A central photograph shows two women sitting at a wooden table, smiling and holding white mugs. To the right of the photo is a speech bubble containing the text 'A welcoming space for conversation and connection, hosted by friendly volunteers.' Below the photo, the address 'Lilia's Kitchen, Bat & Ball Station, Bat and Ball Road, Sevenoaks TN14 5AP' is listed. At the bottom, contact information is provided: 'For more information, email communityeng@sevenoakstown.gov.uk or call 01732 459953'. Two small yellow signs with the 'Chatty Table' logo are visible on the table in the photo.

The Chatty Cafe Scheme

Sevenoaks Town Council

FANCY A FRIENDLY CHAT?

**Come along to our Chatter & Natter table
at Lilia's Kitchen in Bat & Ball Station.
Every Wednesday from 1:30 pm to 3:00 pm.**

A welcoming space for conversation and connection, hosted by friendly volunteers.

**Lilia's Kitchen,
Bat & Ball Station,
Bat and Ball Road, Sevenoaks
TN14 5AP**

**For more information, email communityeng@sevenoakstown.gov.uk
or call 01732 459953**

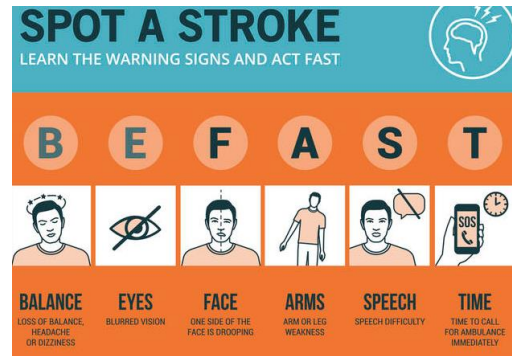
Understanding Strokes

When a loved one suffers a stroke, it's important to understand what is going on and to get help quickly. Our thanks to Jackie Griffiths for this article.

A stroke is a medical emergency that occurs when blood flow to a part of the brain is cut off, causing brain cells to die. It is typically caused by a blood clot (ischaemic stroke) or a burst blood vessel (haemorrhagic stroke). Immediate medical attention is critical.

If you suspect someone is experiencing a stroke, even if the symptoms are mild or temporary, you must dial 999 immediately. The NHS advises using the Stroke Association Symptoms Guide to identify these critical warning signs:

- **Balance:** - is the person steady on their feet, is their movement coordinated
- **Eyes:** - blurred, double or loss of vision?
- **F - Face:** Can the person smile? Has their face drooped on one side?
- **A - Arms:** Can the person raise both arms and keep them there, or does one drift downward
- **S - Speech:** Is their speech slurred, garbled, or do they struggle to speak clearly?
- **F- Fast:** Time is important - Call emergency services fast



Acting fast during a stroke is critical because every minute counts; the brain rapidly loses millions of nerve cells during an attack. Promptly recognising symptoms and contacting emergency services ensures immediate access to life-saving treatments (like clot-busting drugs), significantly improving the chances of survival and reducing long-term disability. This improves the chances of a full recovery.

- **Massive Brain Cell Loss:** During a stroke, a patient loses approximately 2 million nerve cells for every minute they do not receive treatment.

Preventing Permanent Disability- The more brain tissue that is permanently damaged, the greater the likelihood of long-term problems, such as severe paralysis, cognitive loss, and slurred speech.

- **Narrow Treatment Window:** Clot-busting medications (such as thrombolytics) must be administered within a strict timeframe (often within 4.5 hours of symptom onset) to be effective and safe.

A cerebellar stroke occurs when blood flow to the cerebellum—the part of the brain responsible for balance, coordination, and posture—is interrupted by a blocked or burst blood vessel. Because these strokes affect motor control, prompt emergency medical attention is vital.

Cardinal Symptoms - Symptoms of a cerebellar stroke can mimic vertigo or inner ear issues, making them notoriously difficult to diagnose. The most common warning signs include:

- **Severe, sudden dizziness or vertigo**
- **Ataxia:** Trouble walking, unsteady gait, and a staggering or "drunken" lack of coordination
- **Sudden, intense headache**
- **Nausea and vomiting**
- **The "Deadly D's":** Slurred speech (dysarthria), difficulty swallowing (dysphagia), and double vision (diplopia)

Causes & Risks

- **Ischaemic stroke:** Caused by a blood clot blocking an artery.
- **Hemorrhagic stroke:** Caused by a blood vessel rupturing and bleeding into the cerebellum.
- **Risk Factors:** Identical to general stroke risks, including high blood pressure, smoking, diabetes, high cholesterol, and atrial fibrillation.

Potential Complications - The cerebellum sits in a tight space at the base of the skull. When it swells due to injury, it can press on the brainstem or block the flow of cerebrospinal fluid, leading to life-threatening conditions like hydrocephalus or brainstem compression.

Diagnosis & Treatment

- **Imaging:** Emergency diagnosis relies on **CT** or **MRI** scans to identify the location of the blockage or bleed.
- **Acute treatment:** May include clot-busting medications (if ischaemic), blood pressure management, or emergency surgery (craniotomy) to relieve pressure from brain swelling.

Recovery & Rehabilitation

The cerebellum is highly adaptable, meaning many patients make excellent progress with intensive rehabilitation. Recovery often requires a multidisciplinary team:

Physical Therapy: To rebuild strength, balance, and gross motor control.

- **Occupational Therapy:** To relearn daily tasks like dressing and bathing.

- **Speech Therapy:** To improve speech clarity and swallowing function.

For more information on stroke treatment centres and rehabilitation resources, visit the Stroke Association <https://www.stroke.org.uk/>

Age Friendly Communities (AFC)

Some good news for our seniors -Sevenoaks District Council's Health and Wellbeing Partnership is seeking to become part of the Age Friendly Community network.

The network consists of towns, cities and boroughs that are committed to help people of all ages - especially older adults – stay healthy, active and independent. It enables people to continue to live in their own homes where possible and participate in the activities they enjoy. It encourages them to contribute to their communities for as long as they are able.

The UK has a growing movement of over 100 member areas. The movement is supported by the Centre for Ageing Better, which coordinates the movement in affiliation with the World Health Organisation.

Healthy ageing is influenced by our physical, social and economic environments. The World Health Organisation identifies 8 domains -Housing, Transportation, Social Participation, Outdoor spaces & buildings , Community support & health services, Communication & information, Civic participation & employment, Respect & social inclusion.

The AFC takes a place- based approach and brings everything together creating a Movement for Change to benefit older people. Practically this includes lunch clubs, dementia friendly cafes, community growing, physical activity and active travel and healthy workplaces. The AFC process:

- 1. Engage and Understand** - form a steering group, listen to residents.

2. Plan strategically – set priorities and gain commitment from civic leaders and organisations to adopt age friendly approach.

3. Act and Implement -focus on the 8 domains mentioned above.

4. Evaluate - monitor and measure progress.

Our Forum is delighted to know that Sevenoaks District Council wants to build on what it has already achieved and to be known as an Age Friendly Community.

Jackie Griffiths

Health Event at the Vine

On May 30th Sevenoaks Town Council hosted a Health Event at the Vine from 10 am until 4pm with the aim of promoting the health and wellbeing of the Community.



This was a well organised event, well attended by residents of Sevenoaks. There was a cafe selling hot and cold food and clean toilets were provided.

There were 40 contributors from diverse organisations promoting health and wellness, with stalls manned by local sports clubs, representatives from Hospice in the Weald, Samaritans, One You, Hi Kent, Sevenoaks Social Group, Every Step Counts and Hope Church to mention but a few.

Sevenoaks District Seniors Action Forum had a stall and received many enquiries. A considerable number of seniors signed up as Forum members, adding to those who signed up at a recent health event in Swanley. This has swelled our numbers giving us more influence when campaigning on behalf of Seniors. It was an enjoyable and informative day.

Well done Sevenoaks Town Council!

Jackie Griffiths

Forthcoming Events

As ever, it is helpful for catering purposes to let us know you are coming (email comms@sdsaf.org.uk or send a note to us c/o Kemsing Library)

Our AGM on Friday 3 July 2026 2:15pm at Bat and Ball Community Centre, Crampton's Road
Sevenoaks TN14 5DN

Wednesday 5 August at 2:30pm - Bring and Share lunch for SDSAF Volunteers at
Archbishop's Palace in Otford (please bring some finger food)

Sunday 4 October - Silver Sunday Concert and Cream Tea at Sevenoaks Community
Centre (details to follow)

Late October - Singalong in Edenbridge with tea and cake (details to follow).

FORUM CONTACT DETAILS

To contact the Forum Committee:- email Chair at : chair@sdsaf.org.uk
or write to SDSAF, c/o Kemsing Library, 72 West End, Kemsing TN15 6QE,
SDSAF Website: www.sdsaf.org.uk