

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,

We hope you managed to stay happy, hydrated and cool during the recent hot spell! As we look towards autumn, we are delighted to bring you our traditional Silver events — a chance to celebrate the valuable contribution that older people make to our communities and society, while enjoying good company, music and friendship. We are grateful to Sevenoaks District Council for sponsoring these 'Silver Sevenoaks District' events.

★ SILVER SUNDAY — MUSIC & CELEBRATORY TEA

Sunday 4th October 2–4pm. Doors open at 1.45pm
Bat and Ball Community Centre, Cramptons Road, Sevenoaks, TN14 5DN

Come along and enjoy an afternoon of music from the West Kent Concert Band, together with a celebratory tea and an opportunity to meet friends old and new.

FREE EVENT — carers are very welcome. Parking is available on site and in nearby roads. Booking: 01732 227000. Email: communities@sevenoaks.gov.uk



★ MUSICAL AFTERNOON & REFRESHMENTS

Thursday 22nd October 1.30–3.30pm. Doors open at 1.15pm
Eden Centre, Four Elms Road, Edenbridge, TN8 6BY

We are looking forward to a very special musical afternoon, with some of our talented seniors providing the entertainment. There will also be plenty of opportunities to join in and sing along, together with tea and a chance to socialise.

FREE EVENT! Booking: 01732 227000. Email: communities@sevenoaks.gov.uk

☕ COFFEE MORNING AT ELDERWOOD HOUSE

Friday 13th November 10am–12.30pm
Elderwood House, 57 Top Dartford Road, Hextable, BR8 7SG

We are delighted to invite you to a special coffee morning at Elderwood House, Hextable. Our hosts will kindly provide refreshments, and there will be an opportunity to socialise, meet others and explore the beautiful new facilities.

We are particularly pleased that Angel Gomes will be joining us as our guest speaker for an informal and practical conversation about personal safeguarding — everyday situations that can affect us as we get older, how we can help keep ourselves and others safe, and where to turn when something does not feel right or when support is needed.

Angel brings valuable experience from NHS health and social care, community nursing and safeguarding, alongside her community roles as a Parish Councillor in Dunton Green and Vice Chair of the Tonbridge and Malling Independent Advisory Group.

ALL ARE WELCOME. Parking is available at Elderwood House and in nearby roads.

EVERY STEP COUNTS — SILVER WALKS

We also encourage everyone to join 'Every Step Counts' silver walks — a wonderful way to enjoy the benefits of walking while having a chat, meeting others and making new friends. (Please see flyer)



EVERY STEP COUNTS

Take your first steps back to fitness with one of our **FREE** wellbeing walking groups

Our wellbeing walks are led by qualified and dedicated volunteers who will support and encourage you all the way. Walks are FREE, last around 30 minutes and take place at:

- 📍 Eynsford – Mondays 10.30am
The Plough Inn, 24 Riverside, Eynsford DA4 0AE
- 📍 Riverhead – Tuesdays 10am
Tesco by the Bullfinch pub exit of car park TN13 2QS
- 📍 Chiddingstone – Tuesdays 11am
The Castle Inn, Chiddingstone TN8 7AH
- 📍 Otford – Wednesdays 10am
High Street Car Park by the Memorial Hall
- 📍 West Kingsdown – Wednesdays 10.30am
West Kingsdown Pavilion off London Road
- 📍 Chipstead – Thursdays 10am
Opposite the Bricklayers Arms, Chevening Road
- 📍 Swanley – Thursdays 10am
Swanley Park, meet outside the café area
- 📍 Sevenoaks – Thursdays 2pm
Greatness Park car park on Mill Lane, opposite the Mill Pond
- 📍 Kemsing – Fridays 10.30am
Kemsing Village car park

For more information, please contact us:
everystepcounts17@gmail.com

Funded by



@step_counts
@everystepcountsgentle

AGM & GOOD NEWS

Thank you to everyone who attended and contributed to our AGM in July. It was a thought-provoking meeting, including an important discussion about alcoholism — a widespread issue which we believe deserves further attention.

We were also delighted to hear from EK360 that our grant has been renewed for another year. This is very encouraging news and will make a real difference to our members and volunteers.

A MEMORABLE SUMMER PARTY

Our summer party for SDSAF volunteers was held at Otford Palace, kindly hosted by Roger House, one of our committee members and a Trustee of this historic site.

It was a great success and a real privilege to attend. We are extremely grateful to Nick Rushby, CEO, and all the Trustees for their hard work in ensuring that the Palace can be enjoyed by the wider community.

THANK YOU TO OUR VOLUNTEERS

Finally, a heartfelt thank you to all our wonderful volunteers for everything you do throughout the year. Your time, energy and commitment are hugely appreciated.

We are always pleased to hear from anyone who would like to get involved, and currently need support with administration, events and campaigning. If you feel you could contribute, please do get in touch — every bit of help makes a difference.

We look forward to seeing many of you at our forthcoming events. Do come along, bring a friend if you wish, and join us for some good company, music, conversation and fun this autumn!

Eileen and Gill
Co Chairs

When Alcohol Becomes the Problem: One Senior's Courageous Story

At a recent SDSAF meeting, David, one of our members, did something both brave and generous: he spoke openly about his long journey with alcohol addiction, in the hope that his experience might help others.

He began simply: "I'm an alcoholic." It was a phrase he had not used for many years. Alcohol has played no part in his life for over two decades, but he explained that, for someone who has been dependent on alcohol, the vulnerability never entirely disappears. Sobriety is something to be valued and protected, one day at a time.

David's story began conventionally. He had a happy childhood and, like many young people, experimented with alcohol as a teenager. But unlike most of his contemporaries, he found that alcohol quickly became something he could not control. By his early twenties, getting the next drink dominated his life.

He became skilled at maintaining the appearance of normality. He could work, marry and raise a family, and was usually sober when it really mattered. Yet behind that outward appearance his dependence was steadily worsening. There were lonely binges, hidden bottles, sleepless nights, lies and growing distress for those closest to him.



His first marriage eventually broke down because of his drinking. Even that was not enough to make him stop permanently. His "rock bottom" came later, when a series of events led to a night in a police cell, a court appearance and his photograph appearing in the newspapers. At the time he was an elected County Councillor. The experience finally shattered the illusion that he could somehow continue to manage his drinking.

That moment became a turning point. He decided that he could never drink again. More than twenty-five years later, he remains sober. He had to change his way of life, giving up the pub culture, drinking companions and the "quick one" that had once seemed so harmless. He tried Alcoholics Anonymous, although it did not suit him personally, and emphasised that there are many different forms of help. What works for one person may not work for another.

It can happen later in life

Alcohol problems are not confined to young people. Later life can bring loneliness, isolation, bereavement, retirement, and loss of purpose or reduced social contact. Alcohol can gradually become a way of filling empty hours or coping with difficult feelings.

Our speaker made an important distinction: drinking heavily does not necessarily mean that someone is alcohol-dependent. The crucial question is whether alcohol has begun to take control — whether a person can stop when they decide to, or whether drinking has become something they cannot live without.

David also shared the poignant story of his younger brother, who died from alcohol-related problems after retiring early. With little to occupy his time, he became increasingly dependent on alcohol but could never acknowledge that it was destroying him.

What can you do?

The first step is recognising that there is an alcohol problem and deciding to do something about it. David believes that, for someone who is genuinely dependent on alcohol, simply trying to control the amount or restricting drinking to particular days may not be enough. For him, complete abstinence was the answer.

Most importantly, you do not have to tackle the problem alone. Help may come from your GP or NHS services, specialist alcohol services, organisations such as Alcoholics Anonymous, or trusted family members and friends.

David's story is ultimately one of hope. Alcohol may begin by pretending to be a friend, but for some people it becomes an insidious and destructive enemy. Yet recovery is possible. David went on to have a brilliant career spending 25 years serving his community with distinction.

We are deeply grateful to David for having the courage to share his experience. By speaking honestly, he may help someone else recognise that they are not alone — and that it is never too late to ask for help.

David has kindly offered to speak with any member who would like to talk with him personally about these issues. Drop a line to comms@sdsaf.org.uk or call 01959 928409 and leave a message asking for David to call you.

SD aims to be an Age Friendly Community.

This is good news for our Seniors. Update from Jackie Griffiths

Sevenoaks District Council has decided to produce a long term action plan for 5 years. This will centre around the 8 domains of Age Friendly Communities. These are – Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect & Social Behaviour, Civic Participation & Enjoyment, Communication & Information.

Community Support and Health Services.

The aim is to include more local organisations and charities. A working group will be formed to write a vision and a mapping exercise in conjunction with local businesses and organisations to identify gaps and produce a working plan.

There will be recruitment of local ambassadors to begin to ensure the community voice is heard and to promote opportunities through local community groups.

Initially the group will meet every 2 months and then quarterly. The group will support the activities of Silver Sunday week commencing on 4th October.

The group alongside the communications team at Sevenoaks District Council will organise press releases through social media.

Update on Strokes

Rapid intervention and treatment is vital to save lives and repair brain function.

Evidence has proved that dedicated stroke units improve mortality rates and lead to better outcomes for patients.

Their focus is on rapid treatment including thrombolytic therapy and constant monitoring under a specialist multi-disciplinary team. Pro-active rehabilitation starts immediately. Rapid intervention is critical for a good recovery and thus merits the use of dedicated stroke units.

Kent has 3 centres at Darenth Valley Hospital in Dartford, Maidstone and Sir William Harvey Hospital at Ashford. There is also a local one at the Princess Royal University Hospital in Farnborough although this is technically in London.

Feedback from Darenth Valley has been very good. A family member reported excellent treatment and follow up care. When questioned on this the specialist said they are aiming to achieve and maintain excellence.

Jackie Griffiths

Single Life: Many Stories, Many Perspectives

When we talk about growing older, there is often an unspoken assumption that everyone has, or should have, a partner. Yet the reality is much more varied. Some people are happily single by choice; some have been widowed or divorced; some have never met the right person; others may have spent years caring for family or simply found that life took them in a different direction. There is no single story of being single.



The pleasures of independence:

For some, single life brings a wonderful sense of freedom. There is no need to negotiate over what to watch on television, whose turn it is to cook, or what to spend money on! As one single member cheerfully put it: "It's great not to have to watch the football or wash someone else's socks and it's lovely to eat what I want when I want. I absolutely love being unencumbered".

There can be real pleasure in making your own decisions, pursuing interests at your own pace, travelling, volunteering, joining clubs, learning something new or simply enjoying a quiet cup of tea without having to consult anyone.



Many single people also develop a strong sense of independence and resilience. They know how to manage their own affairs and often become wonderfully resourceful.

But not everyone chose to be single

For others, being single was never part of the plan. Bereavement, divorce, caring responsibilities, health problems or simply never meeting the person with whom they hoped to share their life can all lead to living alone.

There can be a particular poignancy in watching other couples enjoy experiences that you would have liked to share. Christmas, holidays, illness or family occasions can sometimes highlight the absence of a partner. As one member put it 'I so miss having a companion around to go for a walk with, or to jetwash the drive, or mend that sticky bedroom window or make me a nice cup of tea when I'm feeling low' and another said 'I really miss having someone to chat with and someone to do nothing with' and another member said 'there are events I'd love to go to but a lot of them seem to be designed for couples so I just don't go - I'd love to have a partner to do fun things with' Another member said 'My ex husband has a partner but I don't. Most of the time this is fine but I find it challenging to be on my own at family events - of course I am civil and clip on a smile for the sake of the family, but I won't pretend that I find it easy'

Acknowledging the downside doesn't mean being ungrateful for the good things in life. It simply recognises that contentment and loneliness can sometimes exist side by side.

Building a life rich in relationships

Living alone does not have to mean living without companionship. Friends, family, neighbours, community groups, faith communities, clubs and volunteering can all provide friendship and a sense of belonging.

Indeed, some single people develop wonderfully rich networks of relationships. A good friend who listens, a neighbour who checks in, grandchildren who pop round, or a group where everyone knows your name can make a huge difference.

Perhaps the important thing is not whether someone has a partner, but whether they have people with whom they can share life's joys, difficulties, cups of tea and occasional moans!

A Christian perspective

For some Christians, singleness is not simply a circumstance but a way of life embraced for faith. The Bible contains examples of people who remained single, most notably Jesus himself, and Christian

teaching has traditionally recognised that marriage is not the only way to live a fruitful and purposeful life.

For a Christian who has chosen to remain celibate, prayer, faith and fellowship within the Christian community can provide strength and companionship. The belief that God understands human loneliness and temptation can itself be a source of comfort.

Not everyone will share these beliefs, and that is perfectly understandable. The important point is that people should be able to live according to their own conscience and convictions without feeling that their choices need to be defended or explained.

Many ways to live well

Being single is neither a badge of independence nor a sign of failure. It is sometimes a choice, sometimes a circumstance and sometimes simply the way life has unfolded.

For some it is liberating; for others it carries sadness as well as freedom. For some it is embraced as part of their faith; for others it has nothing to do with religion at all.

Perhaps what matters most is that we resist the temptation to make assumptions about other people's lives. A single person may be perfectly content — or quietly lonely. They may relish their independence — or wish they had someone beside them. They may have chosen singleness — or never have had a choice.

Whatever our circumstances, there is always the possibility of friendship, purpose, laughter, contribution and new experiences. There is no one recipe for a good later life — just many different ways of making it our own. Let's all help ourselves and each other to have a good life! And if you would like to share any thoughts about being single in Sevenoaks District, do drop us a line.

Grounding Exercise

When life is getting you down and things feel stressful, or you just feel the need to ground yourself, try this

Stop, take a deep breath and notice:

- * 3 things you can see
- * 3 things you can hear (optional)
- * 3 things you can feel
- * 1 thing you can taste
- * 1 thing you can smell
- * Take 1 slow breath

Enjoy taking this time for yourself!



Summer party at Otford Palace



Many thanks to the Trustees of Otford Palace for hosting the summer party for SDSAF's volunteers on 5 August. The weather was kind to us (not too hot that afternoon) and a good time was had by all. We all felt privileged to be in such a historic venue and appreciated the warm welcome. And we are delighted that we have been invited back next year! We love the way the Trustees are bringing this historic palace to life and making it accessible to the community.

Warning over rise in courier fraud across Kent from Kent Police

Residents in Ashford, Sevenoaks, Folkestone, Margate, Chatham, Gillingham and Canterbury are being warned about a recent increase in courier fraud offences.

In many cases, criminals have impersonated police officers, claiming that someone has been arrested using the victim's bank cards, that a family member is in custody, or that the victim must assist with a police investigation.



Victims may then be told to withdraw cash, buy foreign currency, jewellery or vouchers, provide bank details, or hand money, cards or valuables to a courier. They may also be instructed to send items to an address.

Courier fraud is when criminals pose as trusted organisations, such as the police or a bank, to persuade victims to hand over money or valuables. They often create panic and urgency to prevent victims from checking whether the call is genuine.

A – Assume nothing: Don't assume a caller is genuine, even if they know personal details.

B – Believe no one: Caller ID can be spoofed to appear as a police or bank number.

C – Confirm everything: Hang up and use a different phone to verify the call. Contact police on 101 or 999 in an emergency, or your bank on 159.

Remember: Police and banks will never ask for your PIN, ask you to withdraw cash or buy items for an investigation, or send a courier to collect money, cards or valuables.

Never transfer money to a "safe account", buy currency, gold or vouchers for someone else, or hand valuables to someone at your door.

Take time to stop and think, and speak to a trusted friend or family member before acting. Fraudsters rely on panic and urgency and may remain on the phone if you try to call back.

Spot the signs. Be suspicious if a caller:

- Claims to be from the police or your bank
- Tells you not to tell anyone
- Pressures you to act quickly
- Asks you to withdraw money or buy items
- Arranges for a courier to collect money or valuables

If you believe you have been targeted, report it to [Report Fraud](#) and contact your bank immediately on **159**. Call 999 if a crime is in progress.

KAB - Kent Association for the Blind

Kent Association for the Blind is a charity supporting people across Kent and Medway who have sight loss that cannot be corrected with glasses. With council funding, it provides information, guidance, rehabilitation, counselling, and practical support to help people remain independent.

Services include home visits from rehabilitation workers, who assess individual needs, recommend strategies and specialist equipment, provide mobility training (including white cane use where appropriate), and signpost to organisations such as the Macular Society, the Stroke Association and Glaucoma UK. Support is also available in hospitals following diagnosis, alongside specialist counselling. Social groups across Kent offer opportunities to meet others, share experiences, and enjoy activities such as crafts and music.

At the recent Sevenoaks Senior Action Forum AGM, Kent Association for the Blind demonstrated a range of helpful daily living aids, including:

- Catalogues from suppliers including Cobalt, the Partially Sighted Society and VisionAid.
- Information leaflets on eye conditions such as cataracts, macular degeneration, glaucoma and stroke-related sight loss.
- A Twist 2 daylight task lamp for improved close-up lighting.
- An A4 writing frame to help keep handwriting straight and evenly spaced.
- Large-print keyboard stickers for computers and keypads.
- A large-print calendar-diary and signature guide.
- A cooking basket that lifts vegetables from a saucepan, avoiding the need to drain a heavy pan.
- Red Dycem non-slip matting, which also improves colour contrast.
- A liquid level indicator that sounds when a cup is nearly full to prevent spills.
- Bump-on raised stickers to mark buttons and dials by touch as well as colour.
- An onion holder to improve safety while chopping.
- Overspecs glasses worn over prescription glasses to reduce glare and provide UV protection.
- Different types of white cane, including long, guide and symbol canes, to support safe mobility.

If you or someone you know is struggling with sight loss, Kent Association for the Blind can be contacted by telephone 01622 358995 email rehab.maidstone@kab.org.uk or via its website (www.kab.org.uk) The charity also accepts referrals from other organisations.

Eyesight tests for older drivers

The UK government recently closed a Department for Transport consultation regarding licence renewals for drivers over 70. The new proposals replace the current self-declaration system with mandatory eyesight tests every three years before licenses can be renewed.



Officials are reviewing feedback with the aim of improving road safety. There is no suggested requirement for drivers to retake full practical driving tests. If the proposal goes ahead, it is possible that there will be fewer older drivers on the road. This carries with it other serious health and social consequences.

According to the Centre for Ageing Better, 'For many people losing access to a car can mean isolation, difficulties getting to health services, and a loss of independence. This is especially true in rural areas where driving is not a luxury but a lifeline.'

The wellbeing, health and work productivity cost associated with severe loneliness is approximately £9,900 per person per year, being socially isolated comes with a higher risk of general mortality and cardiovascular disease.

Older people also play vital roles in their communities, caring for others and volunteering, roles that depend on being able to get around'.

This points to an urgent need for affordable, reliable and accessible transport systems for those who have given up their licences. This should be a top priority if we are to be considered an age-friendly community'.

So it remains to be seen whether any new driving regulations for seniors protects lives without creating loss of independence, social connection and wellbeing. Getting our transport system right would be a gain for all. Getting it wrong could do more harm than good.

Local Plan

Sevenoaks District Council Local Plan – Update

Personal view by David Brazier, Chair of SDSAF's Planning Action Group

As you'll be aware, agreeing and adopting the Local Plan is a long and fraught process. We have travelled a good distance along the way, however, and have now reached the stage of Regulation 19, where the final draft plan is published and made available for public comment until the 17th September. The Plan and the Regulation 19 responses will then be considered by Full Council in December for agreement to submit the Final Plan to HM Government.

Sevenoaks provide an excellent set of question and answers about Regulation 19 Publication on their website. You might think "Why should I comment now when I've already done so?" Any comments you might want to make will go directly to the Planning Inspector and if you want to participate in the examination hearings, you'll need to respond at this stage.

People who take an interest in the Local Plan process are usually concerned with the number and location of new houses in their area and the extent to which mitigation in the form of facilities and infrastructure will be provided. This information is already available in the draft plan on the SDC website, although I have found that Google can help and save a lot of time when an enquiry is very local.

It is not impossible that these details will be challenged by the Inspector at the hearings next year, but it is largely inevitable that the district will have to provide 17,400 new homes over the next 15 years. If the Council tries to resist this figure the Inspector is likely to add new sites to ensure that the allocation is met, possibly on what is currently green belt land. This has happened to other plan-making authorities very recently. We are fortunate that Pedham Place will be included in the plan as the site will provide a substantial proportion of the housing numbers required.

We are some way from an agreed and adopted plan and sometimes the Inspector will reject a plan in its entirety.

There is concern that our water supplies will not be sufficient for the development that might be agreed. Unfortunately that concern is not a reason to resist development if Government requires it. SDC is working with providers to ensure that the situation does not arise. It will be interesting to see what Government will do with the embattled water industry in the years to come.

Three Veterans take to the skies

On Thursday 13 August, three heroic Second World War veterans took off from Biggin Hill in three spitfires and flew over Kent - fulfilling one of their long held dreams.



The flights were organised by the Taxi Charity for Military Veterans, which is run by black cab drivers, and paid for with a fund set up to make World War Two veterans' wishes come true. It was a beautifully clear day and conditions for flying were excellent. Family and friends and local people were thrilled to see the spitfires overhead and to witness the joy of the three veteran centenarians when their wishes were fulfilled.



Recipe

Cod topped with tapenade

Serves 3

3 cod fillets approx 150 gm each

3-6 teaspoons of tapenade (according to taste)

2 tomatoes sliced

1 lemon sliced, with peel on

Salt and freshly ground black pepper



Preheat oven to 200 degrees (gas mark 6)

Place fish fillets on baking tray and top each with 1-2

teaspoons of tapenade and arrange alternate slices of tomato and lemon on top.

Bake for 10-12 mins till fish is cooked through and opaque. Serve with a mixed salad

This dish will supply vitamins B6, B12, C, Selenium and polyphenols

Tapenade can be bought in jars at the supermarket, but, if you are feeling adventurous, why not try making your own? It will keep, covered, in the fridge for a few days.

Serves 2-3

100 gm good quality black olives, pitted

1 dessert spoon capers

2 anchovy fillets

A small garlic clove, finely crushed

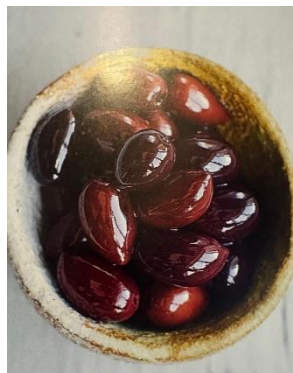
15 ml olive oil

1 dessert spoon lemon juice

1/2 teaspoon Dijon mustard

1/4 teaspoon dried thyme

1 dessert spoon chopped parsley



Blend olives, capers, anchovies and garlic in food processor (or use pestle and mortar), Add olive oil, lemon juice and mustard till it becomes a rough paste.

Although very tasty, tapenade is fairly salty so use it sparingly. It can also be placed as a topping on chicken, or added to casseroles or spread on crusty bread.

Praise

We salute all of our members who share helpful information with each other via this newsletter e.g. Tim R. who reminded us that Buckingham Palace, London Transport Museum, Windsor Castle and St Paul's Cathedral offer entry for £1 for those on Universal Credit and other means tested benefits. The Cutty Sark can be visited for £2, and Canterbury Cathedral and the Contemporary Art Museum Hastings are free of charge to those on benefits. Remember documentary evidence will be needed in all cases and pre booking may be essential.

Praise to all who organised summer schools and activities for children during the summer months and all the parents and grandparents who supported them.

Praise to all of the community champions who were officially celebrated through Sevenoaks District Council's "Making it Happen" Community and Voluntary Awards.

Praise to all of the unsung heroes who contribute to the well-being of our District without getting any accolades.

Praise for the members of Otford Protection Society for offering technical assistance to any resident who wants to submit responses to Sevenosks District's local plan consultation. If you need assistance, to fill in the SD Survey, please contact protectotford@otfordsociety.org.uk or 01959 422260.

Praise to Sevenoaks Larder and Loaves and Fishes for supplying fresh food to families in financial difficulty.

Remember to use your local library!

Kent Libraries offer a wide range of books, audiobooks and DVDs, alongside free e-books, e-audiobooks, e-newspapers and e-magazines, which can be accessed from home using a library card and PIN.

A **Home Library Service** is also available for people who are unable to visit their local library, with books delivered directly to their homes.

Joining the library is free and can be done by visiting a local branch or joining online.

Sevenoaks Library is also home to **Sevenoaks Museum** and **Sevenoaks Kaleidoscope Gallery**, both of which are free to visit.

For more information about Kent Library Services, visit kent.gov.uk/libr.

Assistive Technology

With thanks to Matthew Crocker who recently came to address the Hearing Support Group in Sevenoaks. Matthew's goal was to raise awareness about what is available in Kent and how these services are delivered.

Kent County Council, Technology Enhanced Lives (TELS) is about using simple, practical assistive technology to help people with care and support needs live more independently, safely, and comfortably in their home. It focuses on matching the right technology to each person's individual situation—whether that's supporting daily routines, managing health conditions, or giving reassurance to family and carers.

What TELs can offer for care and support needs:

- Devices that help people stay safe at home, such as falls detectors, sensors, and alarms
- Technology to support memory, routines, and medication management
- Tools that help monitor health and wellbeing, supporting early intervention
- Solutions that reduce reliance on care where appropriate, while maintaining independence
- Technology that keeps people connected to carers, family, and support networks
- Opportunities to try and explore different options to find what works best for each individual
- To learn more, contact Matthew Crocker Kent County Council | Sessions House | Maidstone, ME14 1XX | Tel: 03000 412552 | Team Email: TELS@kent.gov.uk | www.kent.gov.uk |

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A fully funded 12-week Falls Prevention and mobility programme to help you feel stronger and safer.

Sevenoaks Leisure Centre,
Buckhurst Lane, TN13 1LW

**THURSDAYS 11AM-12PM
STARTING 10TH SEP 2026**

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hello@maturemovers.uk
07904852293

FREE

MOVEMENTS MORE IMPORTANT THAN EXERCISE AFTER 50

- Getting up from the floor
- Walking every day
- Climbing stairs
- Carrying groceries
- Standing on one leg
- Squatting to a chair
- Reaching overhead
- Rotating your torso
- Walking backward
- Heel-to-toe walking
- Calf raises
- Toe raises
- Side stepping
- Getting up without using your hands
- Hip hinges
- Gentle lunges
- Ankle mobility
- Shoulder mobility
- Grip-strength movements
- Taking frequent movement breaks
- Walking after meals
- Stretching your calves and hips

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)

Sunday 4th October 2–4pm. Doors open at 1.45pm - **SILVER SUNDAY — MUSIC & CELEBRATORY TEA.** Bat and Ball Community Centre, Cramptons Road, Sevenoaks, TN14 5DN.
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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