



## **MAKING HEALTHY CHOICES EASIER!**

Healthy Living Centre Dartford gives you practical support and advice that will help towards making successful lifestyle changes to improve your health and wellbeing.

### **Volunteering:**

Opportunities to get involved in supporting others or gaining new skills for yourself. Become part of something special!

### **Training:**

Retrain, refresh, and regenerate. **Free** training to improve your skills or retrain for something new.

### **Cooking Lessons:**

Practical cookery courses incorporating healthy and economical meal preparation, “Love Food, Hate Waste” principles, and support and advice on nutrition.

### **One you Lifestyle Advisors:**

Health professionals who offer free confidential 1-2-1 support to help individuals make positive lifestyle changes to improve their long-term health and wellbeing, including weight management, healthy eating, physical activity and mental health.

### **Skills for Life:**

Weekly IT classes, Job club, cookery club, crafts, book club and more

### **Stop Smoking:**

Expert advice and tools to help you stop smoking.

### **Physical Activity:**

Signposting to local opportunities to increase physical activity such as Walks for Health, Get Active Dartford Sessions, Tai chi at Tree, etc.

### **One-Stop-Shop for advice and support:**

Healthy Living Centre Dartford is a community hub for a variety of services such as SaFe, Carers First, Porchlight, Sanctuary, Community Safety and more.





## What's On December 2018

*“Wishing everyone a Merry Christmas and a Happy New Year”*

### Monday

- 11:00 – 13:00 – Thyme to Cook Club
- 13:30 – 16:00 - One You Lifestyle Advisor drop in
- 14:30 - 16:30 - ESOL - Improve your English
- 16:30 – 18:30 – Youth Club at Tree Community Centre
- 17:30 – 18:30 – *Get Active Dartford* – Yoga. £1.50 per session
- 19:00 – 20:00 – *Get Active Dartford* – Zumba. £1.50 per session

### Tuesday:

- 09:30 – 13:30 - Being Assertive Course – New Futures
- 10:00 – 12:00 – “Learn My Way” IT Training (Beginners)
- 10:00 – 12:00 - Thyme to Cook Club
- 10:30 – 12:30 – SAfE Advice- call **07716 507299** [www.safeadvice.org.uk](http://www.safeadvice.org.uk)
- 11:00 – 13:00 – Dementia Friendly Memory Café (**11<sup>th</sup> December**)
- 11:00 - 12:00 – Crafty Tuesday
- 11:00 - 13:00 - Pre-Loved Book Club – (**18<sup>th</sup> December**)
- 15:00 – 16:30 – One You Lifestyle Advisor drop in

### Wednesday:

- 10:00 – 16:00 - One You Lifestyle Advisor drop in
- 10:00 – 12:00 – Windows 8.1 and 10 training session
- 10:30 – 12:30 – SAfE – Free advice **appointment only 07716 507299**
- 12:00 - 14:00 – Christmas Dinner weekly
- 13:00 – 16:00 - Job Club. Supported by RBLI

### Thursday:

- 08:30 – 13:30 – One You Lifestyle Advisor drop in
- 10:00 – 15:00 – Save the Children – Christmas Jumper day (**13<sup>th</sup> December**)
- 10:00 – 12:00 – Silver Surfers IT Group
- 10:00 – 12:00 – Tai Chi @ Tree Community Centre £3.50 per session
- 12:00 - 15:00 - **Over 60's Christmas Dinner (6<sup>th</sup> December)**
- 13:00 – 15:00 – “Learn My Way” IT Training
- 14:00 – 16:00 – KCC Warden Drop In Surgery (**27<sup>th</sup> December**)

### Friday:

- 09:00 – 15:00 – Thinkaction IAPT Service - <https://bit.ly/2req5zH>
- 10:00 – 12:00 – “Learn My Way” IT Training
- 10:00 – 16:00 – Sanctuary Floating Support Surgery (Call **01905 335730** for appointment)
- 12:00 – 15:00 – One You Lifestyle Advisor drop in
- 13:00 – 15:00 – “Learn My Way” IT Training

**“The Hub” Cafe open Wednesday – Friday 10:00 – 14:00**

For more information call **01322 311265** or email [info@hlcdartford.org.uk](mailto:info@hlcdartford.org.uk)

[www.hlcdartford.org.uk](http://www.hlcdartford.org.uk)