



## **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 November 2018

## Monday:

- **09.00 - 17.00** - Armistice Display in Church & Café Area
- **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:

- **09.00 - 17.00** - Armistice Display in Church & Café Area
- **09.30 – 13.30** - Assertiveness Training (Pre-registration only)
- **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 (**13<sup>th</sup> November**)
- **11.00 - 12.00** – Crafty Tuesday
- **11.00 - 13.00** - Pre-Loved Book Club – (**20<sup>th</sup> November**)
- **15.00 – 16.30** – One You Lifestyle Advisor drop in

## Wednesday:

- **09.00 - 17.00** - Armistice Display in Church & Café Area
- **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**
- **13.00 – 16.00** - Job Club. Supported by RBLI
- **Stop Smoking Advice – by appointment: Call 01322 311265**

## Thursday:

- **09.00 - 17.00** - Armistice Display in Church & Café Area
- **08.30 – 13.30** – One You Lifestyle Advisor drop in
- **10.00 – 12.00** – Silver Surfers IT Group
- **10.00 – 12.00** – Tai Chi @ Tree Community Centre £3.50 per session
- **13.00 – 15.00** – “Learn My Way” IT Training
- **14.00 – 16.00** – KCC Warden Drop In Surgery (**29<sup>th</sup> November**)

## Friday:

- **09.00 - 17.00** - Armistice Display in Church & Café Area
- **09.00 - 17.00** - World War (Armistice) Display in Church & Café Area
- **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)