



Healthy Living Centre Dartford

Telephone: 01322 311265 Email: info@hlcdartford.org.uk



Website: www.hlcdartford.org.uk Facebook: [HealthyLivingCentreDartford](https://www.facebook.com/HealthyLivingCentreDartford) Instagram: [hlcdartford](https://www.instagram.com/hlcdartford)

MONDAY

Chop 'n' Chatter:
10:00-12:30

The Pin Cushion:
09:30 -12:00

Singing Mamas with
Marianna:
10:00-11:30

Go Online:
12:30-14:30

ESOL:
12:30 -14:30

Bean Together
& Repair Cafe:
13:15-15:15
2nd Monday of every
month

Zumba Gold:
19:00-20:00

Pregnancy Yoga:
19:00-20:00

TUESDAY

HLC Community Hub
& Repair Cafe:
10:00-13:00
2nd & 4th Tuesday of
every month - Tree

HLC Community Hub
& Repair Cafe:
10:00-13:00
3rd Tuesday of every
month - Temple Hill

Yoga with Hazel:
18:00-19:00



WEDNESDAY

Mum & Baby Yoga:
10:00-11:00

Hygge on the Hill:
10:00-12:00

Gardening Club:
11:00-13:00

Alzheimer's and Dementia
Support Service:
13:30 - 15:30

Tree Bingo Club:
14:00-16:30



THURSDAY

Tai Chi:
10:00-11:00

Porchlight Outreach
Drop In:
10:00-12:00

Net & Natter
Walking Netball:
12:00-13:00

Learn My Way:
13:00-15:00

Gentle Exercise Group:
13:30-14:30

CirC-HIITS:
18:30-19:30

Yoga with Hazel:
19:45-20:45

FRIDAY

Dartford FC Social
Morning:
10:00-12:00
1st Friday of every month

Sutton at Hone Craft Club:
11:00 - 13:00

Mummy's Link Up
Parent & Child Group:
10:30-12:30
4th Friday of every month

Alzheimer's and Dementia
Support Services:
10:30 - 12:00

HLCD Community Lunch:
12:00-14:00
3rd Friday of every month

TREE COMMUNITY CENTRE
CEDAR ROAD DA1 2RS

TEMPLE HILL COMMUNITY
CENTRE DA1 5HY

OUTREACH SESSIONS

Community Centres

Chop & Chatter Cookery Club: Relaxed and fun social cookery club. Prepare and enjoy your favourite recipes and learn new ones too. All ingredients provided - just bring your apron. BOOKING IS ESSENTIAL

Circ-Hiits: Shake it up with circuits, box fit & HIIT for health, fitness and stamina. £3 per session. NO NEED TO BOOK

Gardening Club: Share your green-fingered skills (or learn some) in our friendly group at our community allotments.

Go Online Class: Sign up to our weekly course to learn the basic skills for using computers, laptops and mobile devices. BOOKING ESSENTIAL

HLC Community Hub and Repair Cafe: Pop in for a delicious, affordable home cooked brunch, get arty & crafty over a cuppa, enjoy a relaxing holistic massage therapy session, bring your broken items along and let our talented HLCD Repair team see if they help to fix it! NO NEED TO BOOK

HLCD Community Lunch: Enjoy a delicious home cooked 2 course meal, tea, coffee and great company. £6 per person. BOOKING ESSENTIAL

Hygge on the Hill: Join us for a relaxed social morning with free tea, coffee and sweet treats as well as an array of fun activities and table games! NO NEED TO BOOK

- 1st Wednesday of each month - Imago Community Navigators
- Last Wednesday of each month - Digital Kent supporting you to get online.
- NHS One You Lifestyle Advisor here most weeks.

Learn My Way: Our friendly small group www.learnmyway.com sessions can help you get online and improve your computer confidence. BOOKING ESSENTIAL

Mummy's Link Up Parent & Child: Meet up with other parents, build relationships and share experiences, with toys and games for children to play with. For details visit www.instagram.com/mummyslinkup

Net & Natter Walking Netball: A fun and friendly, very low impact netball-based class. Suitable for all ages and abilities. £3 per session. NO NEED TO BOOK

Tai Chi: Gentle movements improve muscular strength, flexibility, balance, fitness and confidence. £3 per session. NO NEED TO BOOK

The Pin Cushion: Bring your own project to work on at our weekly social session for all things textile. The ideal place to share ideas and inspirations. NO NEED TO BOOK

Tree Bingo Club: Friendly, welcoming social group. Weekly bingo and raffle, tea and refreshments.

Yoga with Hazel: Increase fitness, strength and flexibility. Relax and unwind. £3 per session. NO NEED TO BOOK

Zumba Gold: Friendly exercise class. £3 per session. NO NEED TO BOOK

Outreach

Bean Together Social Afternoon: Join us, Bean Together and Making Miracles for a friendly cuppa and a chat at Bean Village Hall. DA2 8AS. Our Repair Team will be on hand to help mend/fix small broken items and clothes. NO NEED TO BOOK

Dartford FC Social Morning: Join us – and Dartford FC – for a friendly cuppa and a chat at Princes Park, DA1 1RT. NO NEED TO BOOK

Sutton at Hone Art Club: A friendly group to experiment with a variety of materials and techniques. To book or for information email suttonathonelibrary@kent.gov.uk

External Services

Alzheimer's and Dementia Support Services:

- 1st Wednesday of every month: Craft group: 13:30 - 15:30
- 3rd Wednesday of every month: Memory Cafe: 13:30-15:30
- 2nd & 4th Wednesday of every month: Peer Support Groups: 14:00-15:30
- 2nd & 4th Friday of every month: Singing Back the Memories 10:30 – 12:00

To attend any of these sessions, please call ADSS on 01474 533990

Porchlight Outreach Drop In: For more details contact Porchlight via www.porchlight.org.uk

Mum & Baby Yoga with Bloom and Flow: Gentle post-partum safe exercise with baby, followed by mums' social coffee morning. Contact Colleen on 07944 671315 for more details.

ESOL (English for speakers of other languages): Develop and practice language and numeracy skills for everyday life in the UK. BOOKING ESSENTIAL - contact Tania via 07888011369 or tannia.lunney2@kent.gov.uk for more details.

Pregnancy Yoga Classes with Bloom and Flow: Gentle Classes designed to keep active and healthy, and ease pregnancy aches. Contact Colleen on 07944 671315 for more details.

Singing Mamas with Marianna: A friendly singing group for all women, mums, bumps, babies and little ones. Simple songs all learnt by ear. Followed by tea, cake and a chat. Email singingmamaswithmarianna@gmail.com for more details.



Volunteer Transport Scheme

Do you have a full driving licence,
access to your own car and want to make
a difference within our local community?
Call 01322 470926 for more info.

