

Social activities in Tonbridge & Malling Borough

Amended June 2022

This local information pack covers:

- information and advice about social activities
- coffee mornings, afternoon tea, lunch clubs and day centres
- befriending
- Christmas activities
- tea parties and singles parties for older people
- memory cafes and social activities for people with dementia
- u3a. Educational, creative and leisure activities for older people
- visiting and live-in companions
- **a list of social activities available in each village or town. In bigger villages and towns, it lists social activities aimed specifically at older people before those aimed more generally at everyone**

Details are subject to change, please check with the organisation concerned. If you cannot find what you are looking for please contact us as we may be able to help further. Amendments and additions are also welcome.

We publish other local information packs covering:

- Care agencies
- Care homes
- Health and wellbeing
- Help at home
- Housing
- Legal advice and power of attorney
- Memory loss and dementia
- Money matters
- Transport, travel and leisure

Age UK Sevenoaks & Tonbridge is a registered charity no. 1088213
Tel: 01732 454108. Web: www.ageuksevenoaksandtonbridge.org.uk

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Information and advice

Age UK Sevenoaks & Tonbridge

5 Bradford St, Tonbridge TN9 1DU

Tel: 01732 366100

Email: tonbridge.office@ageuksevenoaksandtonbridge.org.uk

Web: www.ageuksevenoaksandtonbridge.org.uk

We provide information about social activities. There are many ways of getting more social contact to avoid isolation or loneliness. Here are some examples:

- Day centres providing lunch and organising optional activities
- Lunch clubs to just get a hot meal and have a chat
- Drop in sessions such as coffee mornings or strength & mobility classes
- U3a. These are a network of local educational, creative and leisure activities for older people. No qualifications are required or awarded so it's not like a conventional college. There are local branches in Tonbridge and Kings Hill
- Volunteering for charities
- Joining clubs, societies or other local groups

Details of these activities and many others appear later on in this information pack. There are also other ways of getting social contact:

- Getting a pet
- Going to bingo

Independent Age

6 Avonmore Rd, London W14 8RL Tel: 0800 319 6789, 020 7605 4200 Email:

advice@independentage.org Web: www.independentage.org

Free telephone and email service offering advice on social activities. (A similar service is also offered by Age UK)

Lifebook

This enables you to record all sorts of useful details which will not only help you to be more organised but could also be invaluable to a family member or a friend if they need to locate important information about you in an emergency. You simply follow the step-by-step instructions to fill in the various sections with your details, contacts and locations of important documents. The life contacts section deals with recording details of clubs or anything else you belong to. The LifeBook is available in both a booklet and computer versions. More information from Age UK Tel: 0345 685 1061 Web: www.ageuk.org.uk/lifebook

Community Navigators

Community Navigators may be able to provide information about social activities in Sevenoaks.

Contact INVOLVE Tel: 0300 081 0005 Email: communitynavigation@involvekent.org.uk

Drop in sessions

You can just drop in. There may be a small charge. Tea and coffee are available. Games, crosswords and puzzles are sometimes available too. If they take place in a church everyone is welcome regardless of faith

- **Aylesford**
 - **Dementia café.** Magnolia Place, Heart of Kent Hospice, Preston Hall, Aylesford ME 20 7PU. 1st Sat of the month 10.30am-12.30pm. Contact Tracy Jackson Tel: 01622 792200 Email: enquiries@hokh.co.uk Web: www.hokh.org
 - **Mobility, strength & balance class.** Wednesdays 10.30am-12pm. Community Centre, Forstal Rd. £4. Contact Sue Larken Tel: 07867 648667 Email: suelarken@ageuksevenoaksandtonbridge.org.uk

- **East Malling memory café.** East Malling Centre, Chapmans Way. 2nd Thu of the month 2-4pm. Contact Liz Simpson Tel: 07463 222733
- **East Peckham**
 - **CAMEO (Come & Meet Each Other) coffee morning.** Thursdays 10.30am-12pm
 - **Carer's Café.** Open to everyone including carers, the people they are caring for and former carers. 2nd & 4th Friday of each month 1.30-3pm at Curran Hall, Pound Rd. Also 1st Tuesday of each month 10.30am-12pm at Parish Council Offices, Jubilee Rd. Contact Sandra Edmonds, Community Warden Tel: 07969 584183
 - **Fancy a Cuppa coffee morning.** Tuesdays at Curran Hall, Pound Rd. Contact Sandra Edmonds, Community Warden Tel: 07969 584183
- **Golden Green**
 - **Coffee morning.** Village hall. Tuesdays 10am. Contact Alec Pelmore Tel: 01732 850739
 - **Mobility, strength & balance class.** Mondays 10.30am-12pm. Village hall, Three Elms Lane. £4. Contact Sue Larken Tel: 07867 648667 Email: suelarken@ageuksevenoaksandtonbridge.org.uk
- **Hildenborough**
 - **Coffee & chat.** Hildenborough Library. Tel: 01732 838729
 - **Forget-me-Not cafe** (for everyone including people with memory loss). St John's Church Centre, Foxbush. 2nd Wednesday of every month 11am-12.30pm. Tel: 01732 759854 Email: hello@forgetmenotcafe.org.uk Web: www.forgetmenotcafe.org.uk
- **Offham Time to Talk café.** Spadework Garden Centre. 1st Mon of the month 2.30-4.30pm. Contact Mick Smithson Tel: 01732 870002
- **Plaxtol Afternoon Tea.** Plaxtol Church 3rd Thursday of every month
- **Ryarsh mobility, strength & balance class.** Tuesdays 10am-12pm. Village hall. £3.50. Contact Sue Larken Tel: 07867 648667 Email: suelarken@ageuksevenoaksandtonbridge.org.uk
- **Snodland dementia café.** Christchurch Hall. 2nd & 4th Mon of the month 10am-12pm
- **Stansted coffee morning.** Stansted Church. Thursdays
- **Tonbridge**
 - **Age UK Coffee & Company.** Forsyth Hall, 5 Bradford St. Tuesdays 10am-12pm. £2. Tel: 01732 366100. Email: tonbridge.office@ageuksevenoaksandtonbridge.org.uk Web: www.ageuksevenoaksandtonbridge.org.uk
 - **Angel Indoor Bowls café.** Angel Indoor Bowls Club, Avenue Du Puy. 4th Thu of the month 2.30-4.30pm. Contact Chris Thorogood Email: bowlscafe21@gmail.com
 - **Baptist Church, Darenth Avenue**
 - **Seniors coffee.** Wednesdays & Thursdays 10.30-11.30am, 1.30-2.30pm. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
 - **Derwent Life arts & cultural group.** Tuesdays 1.30-3.30pm. £2 donation per meeting including coffee & biscuits. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
 - **Christchurch United Reformed Church, High St.**
 - **Café.** Mon-Wed 10am-1pm, Thu-Fri 10am-2pm, Sat 10am-12pm. Tel: 01732 770334. Web: www.christchurchtonbridge.com
 - **It's Thursday coffee morning.** Thursdays 10-11.30am. Tel: 01732 770334 Web: www.christchurchtonbridge.com

- **HI-Kent Social Group for Hard of Hearing People.** Tel: 01622 691151
Email: v.kirk@hikent.org.uk
- **Methodist Church**, Higham Lane
 - **Friends Together** (support network for people who are bereaved or lonely) lunch. 3rd Friday of each month 12.30-2pm. Contact Lindsay Tel: 01732 360328 Web: www.friendstogetherbs.org
 - **Memory café** (for everyone including people with memory loss). 3rd Saturday of every month 10-11.30am. Contact Chris Parker Tel: 01732 360328
- **Rose & Crown Hotel**, High St
 - **Friends Together** (support network for people who are bereaved or lonely). Tuesdays 11am-12pm. Contact Lindsay Tel: 01732 360328 Web: www.friendstogetherbs.org
 - **Parkinson's UK coffee morning.** 4th Thursday of every month 10.30am-12pm. Contact Mrs Jackie Hart (Secretary), 26 Colin Blythe Rd, Tonbridge TN10 4LB Tel: 01732 360512
 - **Tonbridge u3a coffee morning.** 3rd Friday of each month. £15 per year (£25 couples). Tel: 01732 241359 Email: trusler.joan@gmail.com
membership.u3aton@gmail.com Web: www.tonbridgeu3a.com
- **St Peter & St Paul.** Church Lane.
 - **Coffee morning.** Monday to Saturday 10am-12pm. Tel: 01732 770962. Web: www.tonbridgeparishchurch.org.uk
- **St Philip's coffee afternoon.** Salisbury Rd. Open House Sat 10am-12pm. Tel: 01732 770962. Web: www.tonbridgeparishchurch.org.uk
- **St Saviour's coffee morning.** Dry Hill Park Rd. Mondays 10.30-11.30am. Tel: 01732 770962. Web: www.tonbridgeparishchurch.org.uk
- **St Stephen's.** Waterloo Rd.
 - **Refresh café.** Tuesdays, Fridays & some Saturdays 9.30am-12.30pm. Tel: 01732 771977. Web: www.ststephenstonbridge.org
 - **Sunday Afternoon Tea for Seniors.** Monthly 2.30-4.30pm. Free. Contact Isabel Tel: 01732 379901 Email: isabel.plimmer@ststephens.org.uk Web: www.ststephenstonbridge.org
- **Tonbridge Vets coffee mornings** (for all retired men including veterans). 2a Danvers Rd (behind Adult Education Centre). Mon & Fri 10.30am-12.30pm. £10 (+£1 admission). Contact Mike Bishop Tel: 01732 351020 Email: mike.bishop276@talktalk.net
- **Wellbeing Centre Solace café** (for people at risk of a mental health crisis). 3 St Mary's Rd. Thursdays & Saturdays 5-9pm. West Kent MIND Tel: 01732 356630/744950, 07436 102171 Email: solacecafe@westkentmind.org.uk Web: www.westkentmind.org.uk
- **Wouldham. Rural Kent pop-up café.** Monthly in summer
- **Wrotham. St George's Church coffee morning.** Tuesdays 10.30am-12.30pm

Lunch clubs

Run by volunteers. Provide a hot meal and intended for people in their immediate area. You must book. Transport may be available. They may be suitable if you have early dementia but not advanced dementia.

- **East Peckham CAMEO (Come & Meet Each Other) Lunch Club.** Thursdays monthly.
- **Hadlow Friends Together** lunch for people who are bereaved or lonely. St Mary's church. 2nd Monday of each month 12.45-2.30pm (in the Upper Room). Contact Lindsay Tel: 01732 360328 Web: www.friendstogetherbs.org
- **Tonbridge**

- **Age UK Lunch Club.** Meets 1st Thursday of the month 12pm at Forsyth Hall next to Age UK office in Bradford St TN9 1DU. £5.50. Tel: 01732 366100
- **Baptist Church Lunch Club,** Darenth Avenue. Tuesdays 12.15-1.30pm. £5. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
- **Humphrey Bean Wetherspoons pub Friends Together lunch** (support network for people who are bereaved or lonely). 94 High St. 3rd Friday of each month 12pm. Contact Mary Tel: 01732 504295 Web: www.friendstogetherbs.org
- **Methodist Church,** Higham Lane
 - **Community Lunch.** Meets 2nd Thursday of the month (Feb-Nov) 12pm at Methodist Church, Higham Lane. Donations welcome. Tel: 01732 354338 www.tonbridgmethodistchurch.org
 - **Friends Together lunch** (support network for people who are bereaved or lonely). 3rd Friday of each month 12.30-2pm. Contact Lindsay Tel: 01732 360328 Web: www.friendstogetherbs.org

Other lunch clubs and craft groups for older people are run by local churches or the RVS (Royal Voluntary Service) Tel: 0845 600 5885 Email: kentmedwayhub@royalvoluntaryservice.org.uk

Day centres

Offer a range of optional activities depending on people's interests and you can go once a week or sometimes more often. Lunch, tea and coffee are included. Entertainment is also regularly provided by local performers. Also occasional outings. Transport may be available. You would usually need to be visited to make sure it is suitable for you. You can also try it out for 2-3 weeks to see if it's your cup of tea. Day centres also offer subsidised personal services to older people. Day centres charge per day attended; may be more for dementia activities.

• Tonbridge

- Derwent Day Centre, Darenth Avenue. Wednesdays and Thursdays 10am-3pm. £20 per session including lunch, crafts, quizzes, exercise, singing, outings and other activities. Visits from chiropodist. Run by the Baptist Church. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
- Dementia Day Care at Town Lock Day Centre, Tonbridge. Dementia-trained staff offer clients a range of stimulating activities to aid memory as well as health and wellbeing support. £42 including sandwich lunch and refreshments throughout the day. Transport not provided. Every Friday 10am till 3pm. Contact Sally Robinson Tel: 01732 454108 Email: sallyrobinson@ageuksevenoaksandtonbridge.org.uk
- Heart of Kent Hospice Making Memories day service, Preston Hall, Aylesford ME20 7PU. For both people with dementia and their carers. Tel: 01622 792200 Email: enquiries@hokh.co.uk

• Outside Tonbridge & Malling Borough

- Hollybush Day Centre, Sevenoaks
 - General day care Tuesdays and Thursdays. Activities may include bingo, interactive TV games, quizzes and reminiscence, sing-a-long. Indoor games may include bowls, dog racing, guess who's in the bag, horse racing, quoits, talk cards and themed activities. Services include chiropody, hairdressing, hearing aid aftercare clinic and reflexology. £20 per day

- Dementia day care Mondays and Wednesdays. More structured activities in small groups with trained staff. Clients escorted on transport. £42 per day
 - Transport may be available from the immediate area of Tonbridge, Hildenborough and Hadlow for an additional £10 per day
 - Contact Sally Robinson Tel: 01732 454108 Email: sallyrobinson@ageuksevenoaksandtonbridge.org.uk
- Hazeldene House, Romford Rd, Pembury. No transport available. £50 per day. Contact Age UK Tunbridge Wells Tel: 01892 522591, 826593
 - Garden of England, St Stephen's Square, Tovil near Maidstone ME15 6RE. Monday, Tuesdays, Wednesdays and Fridays. £39 per day (£25 for half day) plus £8 for transport. Contact Jessica Cooke Tel: 01622 674733
 - Goodman Centre, Bearsted near Maidstone. Weekdays. Bathing, footcare and medication supervision also available. £52 per day. Contact Louise MacPherson, Age UK Maidstone Tel: 01622 753618
 - Gravesend. Open Monday to Saturday. £35 per day. Transport £9. Contact Alzheimer's & Dementia Support Services Tel: 01474 533990
 - Capstone Park near Chatham. Weekdays 10am-3pm. No transport. £57 per day. Tel: 01634 406058

Some care homes may also take people for day care; it is always worth asking. A list of care homes is available from us.

Befriending

Not having someone to talk to regularly can be lonely and isolating, particularly if you are used to sharing your home and time with others or prefer more one-to-one contact. We match older people with a friendly volunteer who shares similar interests and hobbies. You can share your experiences, talk through ideas, have a conversation or just a friendly chat with a trained volunteer who will listen to you. It may be suitable for people who are:

- living alone
- lonely
- recently bereaved
- living away from family and friends
- feel socially isolated
- recently discharged from hospital
- caring for someone at home
- isolated due to disability or illness

Age UK

We offer a free community befriending service:

- Weekly visits from a volunteer
- This service is mainly for housebound people over 65 who live alone and have very few or no visitors
- We cover the immediate area of Tonbridge, Hildenborough and Hadlow.
- For more information Tel: 01732 366100 Email: tonbridge.office@ageuksevenoaksandtonbridge.org.uk

Our national office also offers a free telephone befriending service for people over 60:

- You will usually receive a weekly call of about half-an-hour or several short calls at a time that is convenient for you.
- While we're waiting to find a suitable volunteer, we will ring you regularly to make sure you are OK
- We protect everyone's safety by automatically connecting older people with their telephone friend which means no personal telephone numbers need to be exchanged
- If you are interested ring Age UK in Sevenoaks on 01732 366100 and ask us to make a referral to the Telephone Friendship Service for you.

Age UK Medway offers Good Day Calls in Kent:

- You will receive a morning call of about 15 minutes at a regular time. We will make sure you are well and have a friendly chat to start the day
- It costs £50 for 4-7 calls per week or £35 for 1-3 calls per week
- If we are unable to get through after 2 further attempts we will phone a named contact to check everything is OK. If we are still unable to make contact we will call other services as appropriate.
- We are there to provide reassurance for you and to stop families worrying
- If you are interested ring Age UK Medway on 01634 578085 and ask for Good Day Calls

Community Navigators

Community Navigators may be able to provide telephone befriending. Contact INVOLVE Tel: 0300 081 0005 Email: communitynavigation@involvekent.org.uk If you live in the Swanley area contact IMAGO Tel: 0300 011 1965 Email: navigation@imago.community

Imago

Telephone befriending Tel: 07786 317228.

Independent Age

"If you're feeling Lonely" explains how to get help if you're feeling down. You can get it from Independent Age, 6 Avonmore Rd, London W14 8RL Tel: 0800 319 6789, 020 7605 4200 Email: advice@independentage.org Web: www.independentage.org They may also be able to provide telephone befrienders for people who are lonely, isolated or living alone

Kent Association for the Blind

Tel: 01622 691357 Email: jo.wilkinson@kab.org.uk

Larkfield Community Group Buddy Scheme

Covers Larkfield, Snodland, East Malling, West Malling, Ditton and Aylesford. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com

Macmillan Cancer Support

Contact Jen Lane or Philip Moore, 170 Tonbridge Rd, Watlingbury ME18 5NS Tel: 0345 095 6701 Email: enquiries.macmillan@crossroadskent.org

RAF Association

Tel: 0800 018 2361 Email: volunteers@rafa.org.uk Web: www.rafa.org.uk
Volunteer befrienders to visit RAF veterans and their families

Silver Line

Free confidential helpline providing information and advice to older people and telephone befriending. Tel: 0800 470 8090 Web: www.thesilverline.org.uk

West Kent MIND

Tel: 01732 744950. Email: hello@westkentmind.org.uk Web: www.westkentmind.org.uk
Befriending for people with mental health problems who struggle to go out alone. You can meet your befriender each week at a venue in the community such as a coffee shop or gym. Or go for a walk and chat together or join an adult education class together.

Contact the Elderly tea parties

A local group offers tea parties for people over 75 who live alone and have little contact with family or friends. One Sunday each month volunteer drivers will take you to and from the party and the host will give you tea, cake and sandwiches. It's free and covers the immediate Sevenoaks area but including Borough Green and Hildenborough. The local co-ordinator is Marion Heredia. Tel: 01732 885749, 0800 716543 Email: marionheredia@yahoo.com Web: www.contact-the-elderly.org.uk

Memory loss

Memory cafes are included in the section above on tea and coffee drop-in sessions. Please see our separate information pack on Memory loss and dementia for more ideas.

Senior Citizens Singles Party

This is a party in February for senior citizens in Tonbridge who live alone. For details contact Tonbridge Lions Club Tel: 01732 358218, 0845 833 9819 Email: info@tonbridgelions.co.uk Web: www.tonbridgelions.co.uk

U3A

These are a network of local educational, creative and leisure activities for older people. No qualifications are required or awarded so it's not like a conventional college. The sort of activities they offer may include ambling, art, art exhibitions, ballet, books, bowling, bridge, buses, canasta, card making, cards, chess, choirs, church building tours, circle dancing, coastal walks, computers, cooking, country dancing, countryside, creative writing, croquet, current affairs, cycling, dancing, discovering China, drawing, economics, embroidery, engineering, English novels, exhibitions, family history, filming, finance, French conversation, galleries, gardening, geology, German conversation, golf, heritage, history, human behaviour, industrial heritage, iPads, jazz, kayaking, knitting, literature, local history, London walks, mah jong, meditation, museums, music, novels, opera, painting, patchwork, philosophy, photography, play reading, poetry, qi gong, quilting, reading, recorder playing, reiki, rummikub, science, scrabble, sequence dancing, short mat bowls, singing, singles, Spanish conversation, strolling, table tennis, tai chi, ten pin bowling, ukulele, video filming, walking, wine tasting, world affairs, writing

- Kings Hill. Email: enquiries@kingshillu3a.org.uk Web: www.kingshillu3a.org.uk
- Tonbridge. Tel: 01732 241359 Email: membership.u3aton@gmail.com Web: www.tonbridgeu3a.com

Visiting and live-in companions

A number of care agencies provide companionship but they will charge. This can however be a way to get somebody to do food preparation or medication supervision who does not need other personal care.

Agencies that provide companions who can visit

All About Homecare Ltd

1 Draper St, Southborough TN4 0PG
Tel: 01732 447055, 01892 575499

Email: enquiries@allabouthomecare.co.uk

Web: www.allabouthomecare.co.uk

Contact: Kieron Brennan

- Cover Tonbridge
- Can provide both companionship and support to visit friends and activities
- The daytime hourly fee is £19.25 with a minimum visit of 1 hour

Braeburn Care

Aurora House, Chiddingstone Causeway TN11 8JU

Tel: 01892 577680

Email: enquiries@braeburncare.co.uk

Web: www.braeburncare.co.uk

Contact: Charlotte Muir

- Cover Tonbridge
- Provide visiting care, live-in care, respite care, end-of-life care and companionship
- Also specialise in caring for conditions such as dementia, Parkinson's, stroke, autism and end-of-life care
- Carers receive all relevant basic training and then further in-depth training is sought when needed for particular clients
- Try to keep to a regular carer as much as possible but will also introduce other carers to ensure clients know other carers who are visiting when regular carer can't visit
- Minimum visit 30 minutes. Package tailored to client's requirements
- Charges vary depending on location
- Registered with the Care Quality Commission
- Last inspected August 2018
- Rated good
- Registered with the UK Homecare Association

Callquest for Care Ltd

Millfield Rd, West Kingsdown TN15 6BX

Tel: 0800 211 8500

E-mail: info@callquestforcare.co.uk

Web: www.callquestforcare.co.uk

Contact: Mary-Ann Awa/Alan Wells

- Cover Wrotham and Tonbridge
- Personal care, companionship care, respite care, palliative care, end-of-life care, live-in care, dementia care, holiday escort care, hospital discharge care
- Carers receive training
- No more than 2 carers are assigned to a service user
- Provide calls from one hour to overnight stays
- Fees vary from weekday to weekend or bank holiday. Live-in care £987-1400 per week
- Registered with the Care Quality Commission
- Not inspected yet
- Also a UKHCA member.

Caremore Companions Ltd

Tudor Dean, Homedean Rd, Chipstead, Sevenoaks TN13 2QN

Tel: 01732 453070

E-mail: info@caremorecompanions.co.uk

Web: www.caremorecompanions.co.uk

Contact: Alexandra Ward

- Cover Tonbridge

- Family-owned company offering general companionship
- Provide a friendly but not over-familiar team of trained companions who are fully vetted, insured and all based locally. Offer written and/or telephone references if required
- They match the companions most suitable to the client's requirement and always maintain the same person and/or team (no more than 2 people) thus offering continuity of care. They aim to use their initiative but not take over, remaining sensitive to the needs of clients at all times
- There is a minimum one-hour visit as they do not believe anything worthwhile can be achieved in shorter time periods

Cherished Family Services

Tel: 07877 116466 Web: www.cherishedfamilyservices.co.uk

Contact Abigail Langridge

- Cover Tonbridge
- She offers companionship, lifestyle management, day-to-day support with business affairs and support for family members

Home Instead Senior Care

Polhill Business Centre, London Rd, Halstead TN14 7AA

Tel: 01959 546228

Email: info.shoreham@homeinstead.co.uk

Web: www.homeinstead.co.uk

Contact: Jag Yogarajah

- Cover East Peckham and Tonbridge areas
- Provide day care, respite care and end-of-life care. Personalised homecare for older people that is dignified and reliable. Includes home help, personal care, companionship and dementia care
- Also specialise in caring for conditions such as dementia. They have a number of clients with varying types and levels of dementia. Their bespoke approach means that they help everyone in different ways depending on their specific needs
- Induction training lasts 3 days before carers start including dementia and covering the basics of varying medical issues that people may have. They then have ongoing face-to-face and online training where required which is more detailed based on the client's conditions. Training programme is accredited by City & Guilds
- Timing is always fixed on an ongoing schedule agreed at the beginning. Same people very time. Number of carers depends on the number of hours that are required but they focus on keeping it to a minimum to ensure consistency. Carers are carefully selected to match the personality of the person they will be visiting
- Each visit is a minimum of 1 hour to ensure that the person isn't rushed. No maximum length but it depends on availability at that time. Minimum requirement of 4 hours per week
- Their services cost £24-26 per hour (as at August 2019). Bank holiday and overnight rates differ. All prices subject to annual review
- Registered with the Care Quality Commission
- Last inspected in August 2019
- Rated Good
- Registered with the UKHCA

My Homecare West Kent (part of Kindred Hearts Ltd)

3 Skinners Terrace, Tonbridge TN9 2SP

Tel: 01732 756020

Email: tonbridge@myhomecare.co.uk

Web: www.myhomecare.co.uk

Contact: Lana Siseman

- Cover Tonbridge at present; may expand in near future
- Domiciliary care company providing personal care, companionship, domestic care and escorting to appointments. Also provide night care and live-in care
- Some carers are experienced in dementia, Parkinson's, Multiple Sclerosis, Motor Neurone Disease, end-of-life care
- All carers undergo basic training. More experienced carers undergo further training on particular conditions such as dementia
- Like to ensure that continuity is one of the key concepts in their care keeping carers and times consistent
- Visits start from 30 minutes minimum and can last for a number of hours depending on client's needs or wishes
- Prices start at £15
- Registered with Care Quality Commission
- Last inspected May 2019
- Rated good in all areas
- Parent company is registered with UK Homecare Association

Seniors Helping Seniors

Can help with companionship. £24.60 per hour. Do not provide personal care (help with washing, dressing, medication etc). Tel: 01732 495665 Email: enquiries@seniorshelpingseniors.co.uk
Web: www.seniorshelpingseniors.co.uk

Agencies that can provide companions who live-in

Bespoke Care Company Ltd

1st floor, Marne House, 24 Mount Ephraim Rd, Tunbridge Wells

Tel: 01892 518400

E-mail: enquiries@bespokecarecompany.co.uk

Web: www.bespokecarecompany.co.uk

Contact: Kirstin Glover

- Cover Tonbridge
- They provide live-in assistance and support including companionship
- Costs start from £650 per week, depending on care needs

Braeburn Care

Aurora House, Chiddingstone Causeway TN11 8JU

Tel: 01892 577680

Email: enquiries@braeburncare.co.uk

Web: www.braeburncare.co.uk

Contact: Charlotte Muir

- Cover Tonbridge
- Provide visiting care, live-in care, respite care, end-of-life care and companionship
- Also specialise in caring for conditions such as dementia, Parkinson's, stroke, autism and end-of-life care
- Carers receive all relevant basic training and then further in-depth training is sought when needed for particular clients
- Try to keep to a regular carer as much as possible but will also introduce other carers to ensure clients know other carers who are visiting when regular carer can't visit
- Charges vary depending on location
- Registered with the Care Quality Commission
- Last inspected August 2018

- Rated good
- Registered with the UK Homecare Association

Callquest for Care Ltd

Millfield Rd, West Kingsdown TN15 6BX

Tel: 0800 211 8500

E-mail: info@callquestforcare.co.uk

Web: www.callquestforcare.co.uk

Contact: Mary-Ann Awa/Alan Wells

- Cover Wrotham and Tonbridge
- Personal care, companionship care, respite care, palliative care, end-of-life care, live-in care, dementia care, holiday escort care, hospital discharge care
- Carers receive training
- No more than 2 carers are assigned to a service user
- Provide calls from one hour to overnight stays
- Fees vary from weekday to weekend or bank holiday. Live-in care £987-1400 per week
- Registered with the Care Quality Commission
- Not inspected yet
- Also a UKHCA member.

Domus

Domus Live-in Care, 4 Linden Close, Tunbridge Wells TN4 8HH Tel: 01892 512961

Email: info@domus-live-in.co.uk Web: www.domus-live-in.co.uk

Contact: Anita or Bridget

- Cover Tonbridge
- Provide a live-in care service including companionship
- Average weekly charge is £935

Home Help Companions

Tel: 01403 711 639

Email: julia.arnold@homehelpcompanions.co.uk

Web: <http://www.homehelpcompanions.co.uk>

Contact: Julia Arnold

- Cover Tonbridge
- Live-in care and companionship for elderly people who need help in and around their home. A long-term companion lives in the elderly person's home enabling them to enjoy the independence of being able to live in their own homes for longer and the freedom of going out for more months or years than they may otherwise be able to
- Companions are generally ex-nurses and professional carers. Many specialise and have qualifications in various conditions
- Companions can work in and around the house from 5-12 hours per day depending on requirements
- Companions live-in your home and are employed directly by you. Companions usually charge £90 - £650 per week depending on hours, skills, duties, qualification requirements, experience etc. This is paid directly to the companion + tax where relevant. This costs about 50% of agency staff as there is no agency commission to pay. However Home Help Companions charges a one-off fee of £575 (for part-time companions) or 4 x the weekly salary (for full-time companions)

My Homecare West Kent (part of Kindred Hearts Ltd)

3 Skinners Terrace, Tonbridge TN9 2SP

Tel: 01732 756020

Email: tonbridge@myhomecare.co.uk

Web: www.myhomecare.co.uk

Contact: Lana Siseman

- Cover Tonbridge at present; may expand in near future
- Domiciliary care company providing personal care, companionship, domestic care and escorting to appointments. Also provide night care and live-in care
- Some carers are experienced in dementia, Parkinson's, Multiple Sclerosis, Motor Neurone Disease, end-of-life care
- All carers undergo basic training. More experienced carers undergo further training on particular conditions such as dementia
- Like to ensure that continuity is one of the key concepts in their care keeping carers and times consistent
- Prices start at £15
- Registered with Care Quality Commission
- Last inspected May 2019
- Rated good in all areas
- Parent company is registered with UK Homecare Association

Seniors Helping Seniors

Can help with live-in companionship. £24.60 per hour. Do not provide personal care (help with washing, dressing, medication etc). Tel: 01732 495665 Email:

enquiries@seniorshelpingseniors.co.uk Web: www.seniorshelpingseniors.co.uk

Other organisations offering companionship

Age UK

Our Independent Living Support service can help people who are still able to communicate and express their needs. We can provide most domestic support within reason:

- light housework including hoovering, laundry and changing the bed
- shopping and picking up prescriptions
- basic gardening
- paperwork & correspondence
- taking you to the hairdresser or out to visit places
- making a sandwich, opening cans, microwaving food, dishing it up and cutting it up
- reminding, prompting or encouraging you to eat or drink or take medication
- making medical appointments and taking you to them
- just having a coffee and a chat

We do not provide personal care such as washing, dressing, cooking, preparing meals, supervising or physically helping you to take medication. You get the same support worker at the same time each week so you can get to know them and it is a flexible service so if, for example, your support worker normally does housework, you can say that you want them to do something else if you prefer. The time is yours and we charge £18.50 per hour for a minimum of one hour per week. Tel: 01732 454108.

Close to Hand

This is an online brokerage service that can put you in touch with someone local to pop in for a chat and to help with everyday tasks, such as shopping, making a sandwich, collecting a prescription and helping with housework. It is important to note that home helpers listed on the website are self-employed and have not been vetted by Close to Hand. Web:

www.closetohand.co.uk

Macmillan Cancer Support

Macmillan are best known for their Macmillan Nurses but they also run the Macmillan Crossroads Volunteer Service to give emotional and practical support to people living in Kent with cancer (or their carers). This includes playing board games and companionship. Run by Macmillan Cancer Support volunteers in partnership with Crossroads. Contact Jen Lane or Philip Moore, 170 Tonbridge Rd, Wateringbury ME18 5NS Tel: 0345 095 6701 Email: enquiries.macmillan@crossroadskent.org

Other local social activities

Addington

Try contacting Addington Parish Council Tel: 07900 693572

Aylesford

- **Aylesford dementia café.** Magnolia Place, Heart of Kent Hospice, Preston Hall, Aylesford ME20 7PU. 1st Sat of the month 10.30am-12.30pm. Contact Tracy Jackson Tel: 01622 792200 Email: enquiries@hokh.co.uk Web: www.hokh.org
- **Aylesford veterans' pop-in.** Unit 1a, Royal British Legion Village, Hall Rd, Aylesford ME20 7NL. Mondays and Thursdays 10am-4pm. Tel: 0808 802 8080 Web: www.rbl.org.uk
- **Aylesford Priory wellbeing walk.** Aylesford Priory. Monthly Tues 10.30am-12pm. Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 Tel: 03000 422997
- **Cobtree Manor wellbeing walk.** Cobtree Manor country park near Aylesford. Monthly Weds 10.30am-12pm. Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 Tel: 03000 422997
- **Kent Woodturners.** Meet 1st Tue of month 6.30-9pm and 3rd Sat of month 10am-3.30pm at The Friars. Email: kentwoodturners@btinternet.com Web: www.kentwoodturners.com
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
- **Mid-Kent Embroidery & Textile Group.** Community Centre 2nd Sat every month 10.30am-4pm. Contact Catherine Tel: 01277 354704 Email: catherine.shirley@btinternet.com
- **Mobility, strength & balance class.** Wednesdays 10.30am-12pm. Community Centre, Forstal Rd. £4. Contact Sue Larken Tel: 07867 648667 Email: suelarken@ageuksevenoaksandtonbridge.org.uk
- **Royal British Legion.** Meet every 2 months on a Monday 6pm in Capel Morris Centre at Royal British Legion Village. Contact Tammy Howard Email: tammy.howard@rbli.co.uk
- **Stretch & Move.** Capel Morris community hall, Royal British Legion Village. Tuesdays 11.30am-12.15pm
- **Tonbridge & Malling Citizens' Advice (volunteers).** Aylesford outreach sessions. Tel: 0808 278 7810

Also try contacting Aylesford Parish Council Tel: 01622 717084

Barnes Street

Try contacting Hadlow Parish Council Tel: 01732 851878

Beltring

Try contacting East Peckham Parish Council Tel: 01622 871309

Birlinging

Try contacting Birlinging Parish Council Email: clerk@birlingparishcouncil.gov.uk

Blue Bell Hill

Try contacting Aylesford Parish Council Tel: 01622 717084

Borough Green

- **Borough Green Bowls Club.** Contact Ray Fuller Tel: 01732 884621 Web: www.boroughgreenbowls.co.uk

Also try contacting Borough Green Parish Council Email: bgpc@lineone.net

Branbridges

Try contacting East Peckham Parish Council Tel: 01622 871309

Burham

Try contacting Burham Parish Council Tel: 01634 685936

Ditton

- **Brain Training dementia group.** Community Centre. Mon-Fri 9am-3pm
 - **DAMARA (Ditton & Malling Active Retirement Association).** Community Centre. 2nd Wed pm of the month
 - **Ditton Bowls Club.** Recreation Ground, Kiln Barn Lane, Ditton ME20 6QR. Contact Shirley Andrews Tel: 01622 718359 Email: shirley.andrews1@icloud.com
 - **Internet café.** Youth Centre. Tue & Thu am
 - **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
 - **Short mat bowls.** Community Centre. Mon & Fri pm
- Also try contacting Ditton Parish Council Tel: 01732 844749

East Malling

- **East Malling memory café.** East Malling Centre, Chapmans Way. 2nd Thu of the month 2-4pm. Contact Liz Simpson Tel: 07463 222733
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
- **Malling Stamp Club.** Tel: 01474 325507 Email: kentphilately@aol.com
- **Malling Trefoil Guild.** Tel: 020 7834 6242 Email: trefoilguild@girlguiding.org.uk
- **Mothers' Union.** Email: dprochester1@gmail.com

Also try contacting East Malling & Larkfield Parish Council Tel: 01732 844546

East Peckham

- **CAMEO (Come & Meet Each Other) coffee morning & lunch club.** Coffee morning Thursdays 10.30am-12pm. Lunch club monthly
- **Carer's Café.** Open to everyone including carers, the people they are caring for and former carers. 2nd & 4th Friday of each month 1.30-3pm at Curran Hall, Pound Rd. Also 1st Tuesday of each month 10.30am-12pm at Parish Council Offices, Jubilee Rd. Contact Sandra Edmonds, Community Warden Tel: 07969 584183
- **Evergreens Group.** Talks, outings, games & bingo. 1st & 3rd Tuesday of each month. Village hall, Bush Rd
- **Fancy a Cuppa coffee morning.** Tuesdays at Curran Hall, Pound Rd. Contact Sandra Edmonds, Community Warden Tel: 07969 584183

Also try contacting East Peckham Parish Council Tel: 01622 871309

Eccles

Try contacting Aylesford Parish Council Tel: 01622 717084

Fairseat

Try contacting Stansted Parish Council Tel: 01732 668374

Golden Green

- **Golden Green Association coffee mornings.** Meet Tuesdays 10am Golden Green Village Hall. Contact Alec Pelmore Tel: 01732 850739
- **Golden Green WI.** Tel: 01892 823813. Web: www.west-kent.thewi.org.uk
- **Line Dance.** Village Hall. Tues 10.30-11.45am. £7. Contact Wendy Tel: 07833 079213 Email: wendylangley2910@gmail.com
- **Mobility, strength & balance class.** Mondays 10.30am-12pm. Village hall, Three Elms Lane. £4. Contact Sue Larken Tel: 07867 648667 Email: suelarken@ageuksevenoaksandtonbridge.org.uk
- **Pilates classes.** Wednesday evenings Old School Hall and Monday mornings at Golden Green Village Hall. Contact Zoe George Tel: 07950 494335 Email: zoetgeorge@gmail.com Web: www.zoetgeorgepilates.com

Also try contacting Hadlow Parish Council Tel: 01732 851878

Hadlow - social activities for older people

- **Friends Together bereavement support network.** Support network for people who are bereaved, lonely or have loved ones in long-term care. Free; do not provide counselling. Contact Lindsay Kennedy Tel: 01732 360328 Email: info@friendstogetherbs.org Web: www.friendstogetherbs.org 2nd Monday of each month 11am-1pm at Old School Hall, School Lane, Hadlow.
- **Good Neighbours Hospital Car Scheme.** Contact Gill Norman Tel: 01732 850128
- **Hadlow Bowls Club.** Meet at School Lane. Contact Reg Ives Tel: 01732 848224 Email: rlives@talktalk.net
- **Hadlow Seniors Pop-in Club.** Meet Thursdays 10am Old School Hall. Contact Pat Large Tel: 01732 850516 or Jill Brown Tel: 01732 851403 or Carol Markwick Tel: 01732 850413
- **Short Mat Bowls.** Contact Dave Isted Tel: 01732 852138

Also try contacting Hadlow Parish Council Tel: 01732 851878

Hadlow - other social activities

- **Allotment Holders Association.** Contact Peter Cowx Tel: 01732 851793
- **Calligraphy class.** Meet at Old School Hall Mondays 12-3pm. Contact G. Roland Smith Tel: 01732 850850
- **Cinnamon Trust.** Dog walkers. Tel: 01736 758706 Email: volunteer@cinnamon.org.uk
- **Cricket Club.** Contact Adrian Blacklee Tel: 01732 354639
- **Growers Group.** Meet at allotments Saturdays 9.30am. Contact Alison Tel: 07850 809615
- **H24 Fit Club.** Exercise classes at Hadlow Youth Centre, Williams Field, Marshall Gardens. Contact Barney Tel: 07429 448062 Web: www.b24fit.co.uk
- **Hadlow Amateur Dramatics.** Meet Mondays 8pm Village Hall. Email: hadsonline@gmail.com Web: www.hadsonline.co.uk
- **Hadlow Book Group.** Contact Hadlow Library Tel: 01732 851794
- **Hadlow Carbon Community.** Meet Two Brewers pub 1st Monday of every month 7.30pm. Contact Hildegard Pax Tel: 01732 852054
- **Hadlow Flower Club.** Meet monthly at Old School Hall. Contact Shirley Tel: 01732 367173 or Mary Tel: 01732 851212
- **Hadlow Gardeners Society.** Meet 3rd Mon of the month 8pm Old School Hall. Contact Jenny Bubb Tel: 01732 365873. £2

- **Hadlow Historical Society.** Meet Mondays or Tuesdays 8pm. St Mary's Church, Church St, Hadlow TN11 0DB. Contact Anne Hughes Tel: 01732 850214
- **Hadlow Orchestra.** Meet Saturday evening once a month in St Mary's Church. Contact Anne Tel: 01732 850048 Email: gghamlet@hotmail.co.uk or Derek Wisdom Tel: 01732 850372.
- **Hadlow Running Group.** Meet Williams Field by Village Hall. Mondays & Wednesdays 7:30pm. Web: www.hadlowrunners.com
- **Hadlow Sewing & Knitting Group.** Meet Old School Hall monthly on a Tuesday 2pm. Contact Ruby Burt Tel: 01732 359398
- **Hadlow Tower Restoration.** Contact Caroline Elcombe Email: caroline.elcombe@virgin.net Web: www.hadlowtower.com
- **Hadlow United Football Club.** Meet Sunday mornings Williams Field. Contact Daniel Webb Tel: 07703830852
- **Hadlow WI.** Tel: 01892 823813. Web: www.west-kent.thewi.org.uk
- **Kent Tree & Pond Wardens.** Contact David Carey Email: davidcarey.maltings@gmail.com or Donna Popplewell Email: donna.popplewell@gmail.com
- **Kent Smallholders.** Contact Hadlow College, Ashes Lane
- **Ladies Badminton Club.** Contact Sally Wynne Tel: 01732 850544
- **Reading Group.** Meet at the Library. Tel: 01732 851794
- **Road Representatives.** Contact Doreen Etheridge Tel: 01732 850747
- **Russett Players.** Tel: 01622 870199 Email: russettplayers@gmail.com Web: www.therussettplayers.weebly.com
- **Table Tennis.** Meet Wednesdays, 7-9pm Village Hall, William's Field. Contact Carol Hyams Tel: 01732 851654.
- **Tonbridge & Malling Ramblers.** Walks in Hadlow area. Tel: 01732 851310 Web: www.tonbridgeandmalligramblers.org.uk
- **Tonbridge Hornets Football.** Play in Hadlow. Contact Dan Tel: 07880 704285
- **Tonbridge Lions Club.** Meet at Hadlow Manor Hotel, Maidstone Rd, Goose Green, Hadlow TN11 0JH Tel: 01732 358218, 0845 833 9819 Email: info@tonbridgelions.co.uk Web: www.tonbridgelions.co.uk
- **Yoga Club.** Meet St Mary's upper room Fridays 9.30- 11am. Contact Paula Holden Tel: 07752 078876 Email: paulaholden@4wellbeing.co.uk Web: www.4wellbeing.co.uk

Hildenborough

See also Tonbridge

- **Art Group practical sessions.** Every Tue 1-3pm. Tonbridge Theatre & Arts Club, Oast Theatre, London Rd, Tonbridge TN10 3AN
- **Association of Men of Kent & Kentish Men** (for anyone interested in Kent). Tonbridge & Tunbridge Wells branch meets at Hilden Manor pub 11am 1st Thursday of month. Contact Bernard Thompson Tel: 01732 832396 Email: amkkm.ttw@btinternet.com
- **Forget-me-Not café.** St John's Church Centre, Foxbush, Hildenborough TN11 9HT. 2nd Wednesday of every month 11am-12.30pm. Tel: 01732 759854 Email: hello@forgetmenotcafe.org.uk Web: www.forgetmenotcafe.org.uk
- **Hildenborough coffee & chat.** Contact Hildenborough Library Tel: 01732 838729
- **Hildenborough health walk.** Meet Mondays 10am Recreation Ground. Duration 60-90 minutes. Healthy Living Team Tel: 01732 876347 Email: healthy.living@tmbc.gov.uk
- **Hildenborough tai chi.** Meet at Village Hall, Riding Lane, Hildenborough on Mondays & Thursdays 9.30-11.30am. Contact Rachel Tel: 01732 811212
- **Hildenborough WI (Afternoon).** Meets 1st Wednesday of the month 2.30pm. St Johns Church Hall. Contact Mrs Joan Long Tel: 01732 832442

- **Hildenborough WI (Evening)**. Meets 2nd Tuesday of the month 7.45pm. St Johns Church Hall. Contact Mrs Lorna Stanley Tel: 01732 833415
- **Oast Theatre**. Tonbridge Rd, Hildenborough. Music, movement and singing sessions. Contact Jason Lower Tel: 01892 500673 Email: jason@trinitytheatre.net
Also try contacting Hildenborough Parish Council Tel: 01732 832367

Ightham

- **Ightham & District Gardeners Club**. Meets village hall, Sevenoaks Rd. 4th Tuesday of each month 7.30-9pm. Contact Dee Samways Tel: 07799 002129
Also try contacting Ightham Parish Council Tel: 01732 886402

Kings Hill

- **Kings Hill u3a**. Educational, creative and leisure activities for older people. No qualifications required or awarded. Email: enquiries@kingshillu3a.org.uk Web: www.kingshillu3a.org.uk
Also try contacting Kings Hill Parish Council Tel: 01732 870382

Larkfield

- **Dementia-friendly swimming session**. Larkfield Swimming Pool. Thursdays 12-1pm. £3.10, carers free. You may need to have an experienced swimmer with you. Tel: 07715 652846 Email: suzy.abbott@tmactive.co.uk
- **Larkfield Community Group Buddy Scheme**. Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
- **Music movement class**. Leisure Centre. Tel: 01622 719345 Email: natalie.williams@tmactive.co.uk
- **Tonbridge & Malling Citizens' Advice (volunteers)**. Larkfield outreach sessions. Tel: 0808 278 7810
Also try contacting East Malling & Larkfield Parish Council Tel: 01732 844546

Leybourne

- **Larkfield Community Group Buddy Scheme**. Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
Also try contacting Leybourne Parish Council Tel: 01732 873722

Mereworth

Try contacting Mereworth Parish Council Tel: 01732 846192

Offham

- **Time to Talk café**. Spadework Garden Centre. 1st Mon of the month 2.30-4.30pm. Contact Mick Smithson Tel: 01732 870002
Also try contacting Offham Parish Council Tel: 01732 521303

Platt

See St Mary's Platt

Plaxtol

- **Afternoon Tea**. Plaxtol Church 3rd Thursday of every month
Also try contacting Plaxtol Parish Council Tel: 01732 810600

Ryarsh

- **Mobility, strength & balance class.** Tuesdays 10am-12pm. Village hall. £3.50. Contact Sue Larken Tel: 07867 648667 Email: suelarken@ageuksevenoaksandtonbridge.org.uk
Also try contacting Ryarsh Parish Council Tel: 01732 521303

Shipbourne

Try contacting Shipbourne Parish Council Tel: 01732 886402

Snodland

- **Dementia café.** Christchurch Hall. 2nd & 4th Mon of the month 10am-12pm
- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
- **Snodland Short Mat Bowls Club.** Community Centre Wed, Thu & Sun 1.45-4.15pm. Contact Mick Tel: 01634 241948 Email: mick.galloway@icloud.com
- **Tonbridge & Malling Citizens' Advice (volunteers).** Snodland outreach sessions. Tel: 0808 278 7810
Also try contacting Snodland Parish Council Tel: 01634 240228

St Mary's Platt

Try contacting Platt Parish Council Tel: 01732 886822

Stansted

- **Coffee morning.** Stansted Church. Thursdays
- **Stansted horticultural and homecraft society.** Contact Geoff Allgood Tel: 07443 425497
- **Vigo Singers.** Village hall, Stansted. Contact Linda King Tel: 01474 705519 Web: www.vigosingers.org.uk
Also try contacting Stansted Parish Council Tel: 01732 668374

Tonbridge - social activities for older people

See also Hildenborough

- **Active Life.** Every Fri 9-11.30am. Badminton, swimming, table tennis, gym, yoga for over-50s. Tonbridge School Sports Centre, London Rd, Tonbridge TN10 3AD. £5.75 per session. Tel: 01732 304111 Web: www.tonbridge-school.co.uk/club www.tonbridgeschoolcentre.co.uk
- **Angel Indoor Bowls Club.** Avenue du Puy, Tonbridge TN9 1QH Tel: 01732 771200 Email: angeloffice@angelibc.co.uk Web: www.angelibc.co.uk Accessible bowling every Friday 9.30-11.30am
- **Bandstand concerts.** Tonbridge Castle lawn. Summer Sundays 3-5pm. Free
- **Bereavement Support.** Saint Stephen's Church. All welcome regardless of faith. Contact Reverend Sheila Perkins Tel: 01732 379903 Web: www.ststephenstonbridge.org
- **Bowls café.** Angel Indoor Bowls Club, Avenue Du Puy. 4th Thu of the month 2.30-4.30pm. Contact Chris Thorogood Email: bowlscafe21@gmail.com
- **Castle Bridge Club.** Wednesdays 7.30pm at Forsyth Hall, Age UK, Bradford St, Tonbridge TN9 1DU. Duplicate bridge. £2.50. Contact David Tel: 07973 322834
- **Christmas Day Lunch.** These are for people who are on their own on Xmas Day. Details are usually available from mid-October. Contact either St Stephen's Church Tel: 01732 771977 or Tonbridge Baptist Church Tel: 01732 352824
- **Coffee & tea drop-in sessions**

- Age UK Coffee & Company, Forsyth Hall, 5 Bradford St. Every Tue 10am-12pm. £2. Tel: 01732 366100. Email: tonbridge.office@ageuksevenoaksandtonbridge.org.uk Web: www.ageuksevenoaksandtonbridge.org.uk
- Baptist Church, Darenth Avenue. Seniors coffee. Wednesdays & Thursdays 10.30-11.30am, 1.30-2.30pm. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
- Christchurch United Reformed Church café, High St. Mon-Wed 10am-1pm, Thu-Fri 10am-2pm, Sat 10am-12pm. Tel: 01732 770334. Web: www.christchurchtonbridge.com
- St Peter & St Paul, Church Lane. Monday to Saturday 10am-12pm. Tel: 01732 770962. Web: www.tonbridgeparishchurch.org.uk
- St Philip's, Salisbury Rd. Open House Sat 10am-12pm. Tel: 01732 770962. Web: www.tonbridgeparishchurch.org.uk
- St Saviour's, Dry Hill Park Rd. Every Mon 10.30-11.30am. Tel: 01732 770962. Web: www.tonbridgeparishchurch.org.uk
- St Stephen's Refresh Cafe, Waterloo Rd. Every Tue & Fri + some Sats 9.30am-12.30pm. Tel: 01732 771977. Web: www.ststephenstonbridge.org
- **Craft Group.** St Stephen's Church. Tuesdays 10am-12pm. Free
- **Crossroads Care Kent COGS Group.** Cognitive stimulation therapy for people with mild to moderate dementia. Wed 10am-3pm. Tel: 0345 095 6701 Email: enquiries@crossroadskent.org
- **Dementia-friendly sports sessions (badminton, basketball with a foam ball, bocchia, cycling on a static bike, golf putting, hand weights, soft darts, short tennis, table tennis).** Angel Centre, Angel Lane, Tonbridge TN9 1SF. 1st & 3rd Fri of each month 2-3.30pm. £4. Tel: 07715 652846, 01732 359966 Email: suzy.abbott@tmactive.co.uk
- **Dementia-friendly swimming session.** Tonbridge Swimming Pool TN9 1HR. Fri 12.15-1.15pm. £3.10. Tel: 07715 652846 Email: suzy.abbott@tmactive.co.uk
- **Derwent Day Centre,** Darenth Avenue. Wednesdays and Thursdays 10am-3pm. £20 per session including lunch, crafts, quizzes, exercise, singing, outings and other activities. Visits from chiropodist. Run by the Baptist Church. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
- **Disability Social Club.** Tue & Thu 10.30am-4pm. Baptist church, Darenth Avenue. Activities, indoor games, speakers, musical entertainment, outings. Contact Malcolm 07914 253474 or Jan 01622 871575
- **Fitness for Everyday Life.** Meets Mondays 9.45-11.15am. United Reformed Church, High St. £8. Contact Ruth Tel: 07774 254193
- **Friends Together bereavement support network.** Support network for people who are bereaved, lonely or have loved ones in long-term care. Coffee mornings and lunch clubs across the Tonbridge area. Free; do not provide counselling. Contact Lindsay Kennedy Tel: 01732 360328 Email: info@friendstogetherbs.org Web: www.friendstogetherbs.org
 - Tuesdays 11am-12pm at Rose & Crown Hotel, High St, Tonbridge
 - 3rd Tuesday of each month 7-9pm at Rose & Crown Hotel, High St, Tonbridge
 - 3rd Friday of each month 12.30-2pm at Methodist Church, Higham Lane, Tonbridge. Contact Ann Tel: 01732 353013
- **Golden Girls dance class.** Fri 1.30-2.30pm. Christchurch hall, High St, Tonbridge TN9 1SG. £6. Contact Karen Tel: 07859 015231
- **Good Companions.** Social club meets 1st Monday of the month except bank holidays 7.30-9.30pm at New Telegraph Club, Priory Rd. Evening includes entertainment, refreshments, quiz, bingo and raffle. Transport available. Free trial evening. £15 per year (+ £6 if you require transport). Tel: 01732 355676 Email: gcctonbridge@gmail.com

- **Great Strides strength & balance classes.** Tuesday & Thursday mornings. Baptist Church, Darenth Avenue. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
- **Health walks.**
 - Dene Park (Monthly Thurs 10.30am-12pm). Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 Tel: 03000 422997
 - Haysden Country Park (Monthly Thurs 10.30am-12pm). Free but book via www.eventbrite.co.uk/o/mvcp-31154822785 Tel: 03000 422997
 - Tonbridge Swimming Pool (Wednesdays 10.15am. Duration 30 minutes). Healthy Living Team Tel: 01732 876347 Email: healthy.living@tmbc.gov.uk Web: www.tmbc.gov.uk/healthwalks
 - Tonbridge Swimming Pool (Wednesdays 11am. Duration 60-90 minutes). Healthy Living Team Tel: 01732 876347 Email: healthy.living@tmbc.gov.uk Web: www.tmbc.gov.uk/healthwalks
- **HI-Kent Social Group for Hard of Hearing People**
- Christchurch United Reformed Church, High St, Tonbridge TN9 1SG. Tel: 01622 691151 Email: v.kirk@hikent.org.uk
- **Indoor Bowls Taster Session.** Sat 10am-12.30pm. Free. Tonbridge Indoor Bowling Club, Avenue du Puy, Tonbridge TN9 1QH Tel: 01732 771200, 771262 Email: angelmembership@angelibc.co.uk Web: www.angelibc.co.uk
- **It's Thursday.** Tea & coffee, talks, quizzes. Meets Thursdays 10-11.30am at Christchurch URC, High St. Tel: 01732 770334 Web: www.christchurchtonbridge.com
- **Kent Active Retirement Fellowship.** Meet 3rd Thu of month 2-4pm Methodist Church, Higham Lane. Contact Mary Tel: 01732 353843
- **Knit & Natter groups**
 - Every Mon 10am-12pm & Wed 2-4pm. Tonbridge Library, Avebury Avenue TN9 1TG
 - Every Wed 10am-12pm at Christchurch URC, High St. Tel: 01732 770334 Web: www.christchurchtonbridge.com
 - Every Fri 2-4pm Forsyth Hall, Age UK, Bradford St, Tonbridge TN9 1DU. £2.50. Tel: 01732 366100
- **Ladies' Fellowship.** Meets monthly at St Stephen's Church, 37 Waterloo Rd, Tonbridge TN9 2SW. Tel: 01732 771977. Email: enquiries@ststephenstonbridge.org Web: www.ststephenstonbridge.org
- **Line dancing.** Friday mornings. £6.50. Age UK, Bradford St. Tel: 01732 366100
- **Lunch clubs**
 - **Age UK Thursday Lunch Club.** Meets 1st Thursday of the month 12pm at Forsyth Hall next to Age UK office in Bradford St TN9 1DU. £5.50. Tel: 01732 366100
 - **Baptist Church Lunch Club.** Darenth Avenue. Tuesdays 12.15-1.30pm. £5. Contact Maxine Hallett Tel: 01732 352824 Email: maxine.hallett@tonbridgebaptist.church
 - **Methodist Church Community Lunch.** Meets 2nd Thursday of the month 12pm at Methodist Church, Higham Lane. Donations welcome. Tel: 01732 354338 www.tonbridgmethodistchurch.org
- **Man2Man Retired Men's Fellowship.** Speakers & outings. Meets 10am-12pm last Thursday of the month at Baptist Church, Darenth Avenue, Tonbridge. £1. Contact Bob Maddison Tel: 01732 365489 Email: maddison.bob77@gmail.com
- **Margaret Club.** Coffee club for blind and partially-sighted people. Contact Meg Munday Email: meg.other@sylvameg.co.uk

- **Men in the Morning.** Every Thu 10am-12pm at St Eanswythe's Mission Hall, Priory Rd, Tonbridge TN9 2BL. Free social group for men. Contact Rowland Tel: 01732 356437 Web: www.ststephenstonbridge.org
- **Men's Fellowship.** Saint Stephen's Church. All welcome regardless of faith. Contact Reverend Sheila Perkins Tel: 01732 379903 Web: www.ststephenstonbridge.org
- **Merrymakers.** Crafts. Meets Mondays 10am-12pm & Thursdays 1.30-4pm. St Peter & St Paul church, Church Lane. £1 per meeting. Contact Yvonne Tel: 01732 350651 Web: www.tonbridgeparishchurch.org.uk
- **Multi-Activity session.** Angel Centre, Tonbridge. 1st & 3rd Fri of the month 2-3.30pm. Tel: 01732 359966
- **Musical Memories sing-a-long choir.** 1st & 3rd Thu of each month 10.30am-12pm. Methodist Church, Higham Lane. Contact Richard Hill Tel: 07914 812068
- **New Venture Club.** Every Tue 8pm. For unattached people over 50. Vauxhall Inn, Vauxhall Lane, Tonbridge TN11 0NA. Contact Sandra Tel: 01732 361401 or John Tel: 01892 535186
- **One to One computer lessons.** Every Thu 1.30-3.30pm. Age UK, Bradford St, Tonbridge TN9 1DU. £8.50 per hour. Tel: 01732 366100 Email: tonbridge.office@ageuksevenoaksandtonbridge.org.uk
- **Paracise.** Gentle standing exercise class to improve mobility, flexibility and balance. Methodist Church, Higham Lane, Tonbridge TN10 4JG. Fridays 10.30-11.15am. £5. Contact Sharon Tel: 07736 641033 Email: sharon@paracise.com Web: www.paracise.com
- **Parkinsons UK.** Coffee mornings at Rose & Crown Hotel, 125 High St on 4th Monday of every month 10.30am-12pm. Contact Mrs Jackie Hart (Secretary), 26 Colin Blythe Rd, Tonbridge TN10 4LB Tel: 01732 360512
- **Pensioners' Club.** Every Thu 2-4pm. Tea, chat, bingo, raffle & outings for over-55s. Also daily entertainment from bingo to zumba dancing. Northwood Rd, Tonbridge TN10 3HH. Contact Viv Tel: 01732 852407 or Lilian Tel: 01732 354991
- **Philomel Singers.** No auditions. Every Wed (termtime) 2-4pm. St Peter & St Paul Church, Church Lane, Tonbridge TN9 1HD. Contact Julie Tel: 01732 358073 or Sheila Tel: 01732 351651 Web: www.philomelsingers.wixsite.com/website
- **Positive Ageing.** Social club with talks and trips to local theatres, cinemas, concerts and places of interest. Riverboat trips and occasional gentle walks. Monthly pub lunches and other events. Subsections for sewing, knitting etc. £10 per year. Transport provided. Meets 2nd Monday of the month 2.30-4.30pm at Baptist Church, Darenth Avenue. Contact Rosamunde Scott Tel: 01892 541344 Email: scott.39@tiscali.co.uk
- **Postural Stability classes.** Forsyth Hall, Age UK, 5 Bradford St, TN9 1DU. Tel: 01732 366100. £7. Email: tonbridge.office@ageuksevenoaksandtonbridge.org.uk Web: www.ageuksevenoaksandtonbridge.org.uk Mondays 10-11am, 11.15am-12.15pm
- **Riverside (Tonbridge) Bowls Club.** Racecourse Sports Ground, Avebury Avenue, Tonbridge TN9 1TG Tel: 01892 825202 Email: jean.goss1@outlook.com
- **Rosemary Club.** Lunch club for blind and partially-sighted people. Meets every 2-3 months on the 4th Thursday of the month at cafes and other venues in Tonbridge chosen after each lunch by those present. Contact Meg Munday Email: meg.other@sylvameg.co.uk
- **Senior Citizens Singles Party.** This is a party in February for senior citizens in Tonbridge who live alone. For details contact Tonbridge Lions Club Tel: 01732 358218, 0845 833 9819 Email: info@tonbridgelions.co.uk Web: www.tonbridgelions.co.uk
- **Senior Friendship Group.** Meets Thursdays (except August) 2-4pm at Methodist Church Hall, Higham Lane, Tonbridge TN10 4JG. Small charge. Contact Jill Gray Tel: 01732 770743 Web: www.tonbridgemethodistchurch.org
- **Seniors Film Club.** Hillview School. 2nd Monday in the month 10am (termtime only). £2. Contact Marnie Tel: 01732 352793 Email: linesm@hillview.kent.sch.uk

- **Sunday Afternoon Teas for Seniors.** Monthly. Free. Transport available. St Stephen's Church, 37 Waterloo Rd TN9 2SW. 2.30-4.30pm. Contact Isabel Tel: 01732 379901 Email: isabel.plimmer@ststephens.org.uk Web: www.ststephenstonbridge.org
- **TAMS (Tonbridge and Malling Seniors Forum).** An independent panel representing the views of people over-50 on health and social care services, public transport and parking. Free talks about issues for older people. Lunch provided. Meet every 2 months on Thursdays at Christchurch, High St. Contact David Metcalf Tel: 01732 353778, 876157 Email: tams.forum@yahoo.com Web: www.tamsforum.weebly.com
- **Thursday Afternoon Workshop.** Craft workshop meet Thursdays 1.30-4pm at St Peter & St Paul Church, Church Lane. Cost £1. Contact Yvonne Tel: 01732 350651 Web: www.tonbridgeparishchurch.org.uk
- **Tonbara (Tonbridge Active Retirement Association).** Talks 2nd Mon of the month 2pm. Fisher Hall, Lyons Crescent. £1.50 per meeting or £5 per year. Contact Janet 01732 363660
- **Tonbridge 41 Club (ex-Round Table).** Meet 2nd Mon of the month. Tel: 0121 456 4402
- **Tonbridge Bowling Club.** Short mat & outdoor bowls. Tonbridge Farm Sportsground, Darenth Avenue, Longmead, Tonbridge TN10 3JF. Contact Roger Davies Tel: 01732 358528, 07952 933152 Email: tonbridgebc@gmail.com tbc@blueyonder.co.uk Web: www.tonbridgebowlingclub.com
- **Tonbridge Castle bandstand.** Free concerts on summer Sundays 3-5pm
- **Tonbridge Community Singers.** Every Wed termtime 7.15-8.45pm. Delarue Hall, Shipbourne Rd, Tonbridge TN11 9NN. Contact Carol Tel: 01732 832798 Email: tonbridgecommunitysingers@gmail.com Web: www.tonbridgesingers.wixsite.com
- **Tonbridge Disability Social Club.** Meets Tuesday & Thursday 10.30am-4pm. Baptist Church, Darenth Avenue, Tonbridge TN10 3LR. Contact James Hawkes Tel: 01732 362407, 07888 762832 or Malcolm Barth Tel: 01732 773018, 07914 253474
- **Tonbridge Royal British Legion.** Meet British Legion Club, 26 Priory Rd 2nd Thursday of the month 7.30pm. Contact Mary Brace Tel: 01622 871727 or Mrs Latham Tel: 07729 552658 or Anthony Hayward Email: anthony.hayward@hotmail.co.uk or Tel: 01732 358729
- **Tonbridge Stroke Club.** Talks, outings & tea. Meet 4th Wednesday of each month 11am-1pm at Methodist Church, Higham Lane. Contact Bob or Vivian Tel: 01732 365475 or George Tel: 01732 366494
- **Tonbridge Townswomen's Guild.** Talks, theatre trips, coach outings, Xmas lunch, scrabble, book group, quizzes etc. Meet 2nd Wednesday of the month 10am-12pm Riverside Suite, Angel Centre. Contact Vivienne Knight-Smith Tel: 01732 361751 Email: viviks77@sky.com
- **Tonbridge u3a.** Educational, creative and leisure activities for anyone not in full-time employment. Monthly talks. Theatre trips, outings and holidays. 1000 members in over 100 interest groups ranging from ambling and architecture to writing and world affairs. No qualifications required or awarded. Meet 1st Wednesday of each month 2pm. Medway Hall, Angel Centre, Tonbridge. Also coffee morning on 3rd Friday of each month 10.30am at Rose & Crown Hotel, High St, Tonbridge. £15 per year (£25 couples). Tel: 01732 241359 Email: membership.u3aton@gmail.com Web: www.tonbridgeu3a.com
- **Tonbridge Vets (veterans club).** Social club for all retired men. Tea/coffee, billiards/snooker, darts, cards, cribbage, dominoes and other table games. 2a Danvers Rd, Tonbridge (behind Adult Education Centre). Meets Mon & Fri 10.30am-12.30pm. £10 (+£1 admission). Contact Mike Bishop Tel: 01732 351020 Email: mike.bishop276@talktalk.net
- **Veterans Drop-in.** Riverside Room, Angel Centre, Tonbridge. 1st Thursday of each month 3 to 6pm
- **Visually Impaired Craft Club.** Fortnightly. Weds. Evangelical Free Church, 34 Douglas Rd, Tonbridge TN9 2TE Contact Jo Wilkinson Tel: 01622 691357, 07469 154570 Email: jo.wilkinson@kab.org.uk Web: www.kab.org.uk

- **Walking Football for over-50s**
 - Every Tue & Thu 2.30-4pm. £3.70 per session. Angel Centre, Angel Lane, Tonbridge TN9 1SF. Contact Natalie Smith Tel: 01732 359966 Email: natalie.smith@tmactive.co.uk
 - Every Sun 2.15-4pm. £4.20 per session. Tonbridge Town Walking Football Club, Tonbridge School Sports Centre, London Rd, Tonbridge TN10 3AD. Tel: 07850 576374 Email: ttwtcsundays@gmail.com Web: www.tonbridge-school.co.uk/club
www.tonbridgeschoolcentre.co.uk
- **Weald Ladies Probus.** 3rd Wed of the month. Rose & Crown Hotel. Tel: 01732 384914
- **Who Let The Dads Out?** Fun and games for fathers, grandfathers and children. Meets monthly Saturdays 9.45-11.45am. St Stephen's Church, 37 Waterloo Rd, Tonbridge TN9 2SW. Tel: 01732 771977. Email: enquiries@ststephenstonbridge.org Web: www.ststephenstonbridge.org

Tonbridge - other social activities

See also Hildenborough

- **Adult Box Fitness.** Thu 9.30-10.30am. Six-in-One Club, Northwood Rd, Tonbridge TN10 3HH. £2. Web: www.olympiaboxing.co.uk
- **Adult Education Centre.** Avebury Avenue, Tonbridge TN9 1TG Tel: 03000 412222 Web: www.kentadulthoodeducation.co.uk
- **Angel Centre Badminton Club.** Sun 8-10pm. £6. Email: angelcentrebc@outlook.com
- **Angel Indoor Fleamarket.** Every Fri 8am-1pm. Free vintage & antique market. Angel Centre, Angel Lane, Tonbridge TN9 1SF. Contact Sue Carmichael Tel: 01732 456196
- **Angel Sword Club.** Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 01892 824408
- **Art Group practical sessions.** Every Tue 1-3pm. Tonbridge Theatre & Arts Club, Oast Theatre, London Rd, Tonbridge TN10 3AN
- **Association of Men of Kent & Kentish Men** (for anyone interested in Kent). Tonbridge & Tunbridge Wells branch meets at Hilden Manor pub 11am last Thursday of month. Contact Bernard Thompson Tel: 01732 832396 Email: amkkm.ttw@btinternet.com
- **Beginners2Runners running club.** Every Mon & Thu 7.30pm. Longmead Stadium, Darenth Avenue, Tonbridge TN10 3JF. £5. Web: www.beginners2runners.co.uk
- **Box Fitness.** Six-in-One Club TN10 3HH. Tuesdays & Thursdays. Contact Wayne 07525 346159
- **Cheerleading class.** Termtime Fri 5-6pm. Weald of Kent Grammar School, Tudeley Lane, Tonbridge TN9 2JP. £6. Email: joey@inspireallstars.com
- **Cowdrey Cricket Club.** Contact Gary Marshall Tel: 07913 409068 Email: info@cowdreycc.co.uk
- **Dunorlan Recorder Group.** Every Mon termtime 8-10pm. Methodist Church, Higham Lane, Tonbridge TN10 4JG Tel: 07801 054756 Web: www.srp.org.uk
- **Dancercise.** Termtime Mon & Wed 7.30-9pm. North & Central Tonbridge. Contact Lynn Tel: 01732 771352 Web: www.thedancersizecompany.co.uk
- **Five-a-Side Football.** Sat 9am. Tonbridge Farm Sportsground, Darenth Avenue, Tonbridge TN10 3JF. Web: www.5v5tonbridge.com
- **Girl Guiding.** Volunteers welcome. www.girlguidingtonbridgedivision.org.uk
- **GKR Karate.** Wed 6.30-8pm Fisher Hall, Lyons Crescent, Tonbridge TN9 1EY. Also Fri 7-8.30pm Tonbridge Grammar School, Deakin Lees, Tonbridge TN9 2JR. Contact Lewin Tel: 07812 089304
- **Healing on the Streets.** Every Sat 10am-12pm. Watergate, Tonbridge Castle, High St, Tonbridge TN9 1BG
- **Here Come The Girls running group.** Beginners welcome. Every Mon & Wed 9.30am. Meet in swimming pool cafe, Tonbridge TN9 1HR. Free. Email: natalie.smith@tmactive.co.uk

- **Hilden Grange Badminton Club.** Mon 8-10.30pm. Weald of Kent Grammar School, Tudeley Lane, Tonbridge TN9 2JP. Contact Janet Tel: 01732 356601
- **International Academy of Wing Chun.** Every Thu 7.30-9pm. Martial arts for self defence. Dance Studio, Hayesbrook School, Brook St, Tonbridge TN9 2PH. £35 per month. Tel: 07976 551395 Web: www.iaw-tonbridge.com
- **Kent Green Party.** 27 Audley Avenue, Tonbridge TN9 1XF Tel: 01732 355185, 07747 036192
- **Knit Club.** Thu 10am-12pm. Old Fire Station, Castle St, Tonbridge TN9 1BH. Free. Web: www.yarnsofanarchy.com
- **Knit Night.** Wed 7.30-9.30pm. Ye Olde Chequers Inn, 122 High St, Tonbridge TN9 1AS. Free. Web: www.yarnsofanarchy.com
- **Live music.** Every Thu 7.30-9.30pm. Pizza Express restaurant, 91 High St, Tonbridge TN9 1DR. Free admission
- **Live music.** Every Tue 9-11pm. Punch & Judy pub, 11 St Stephen's St, Tonbridge TN9 2AB Tel: 01732 352368
- **Maggie's Bingo.** Sundays. New Telegraph Club, 26 Priory Rd, Tonbridge TN9 2AS Tel: 01732 358729
- **North Tonbridge Flower Arrangers.** Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 01732 365409
- **North Tonbridge Horticultural Society.** Tel: 01732 352707
- **Open Water Swimming.** Mon & Fri 5-7pm. Haysden Lake, Lower Haysden Lane, Tonbridge TN11 9BE. £6 per swim. Web: www.triswim.org.uk
- **Parkrun.** Every Sat 8.45-10am. Meet Tonbridge Racecourse (behind swimming pool). Free. Web: www.parkrun.org.uk/tonbridge
- **Physically Disabled Social Club.** Baptist Church, Darenth Avenue. Tuesdays & Thursdays 10.30am-3.30pm. Contact James Hawkes Tel: 01732 362407, Jan Fairweather Tel: 07599 851852
- **Poultwood Squash & Racketball Club.** 2nd & 4th Wed of the month. Poultwood Golf Course, Higham Lane, Tonbridge. Web: www.poultwood.com
- **Rotary Club.** Meets Thurs at Rose & Crown Hotel. Tel: 01732 851663 Email: tonbridgerotary@gmail.com
- **Ryusui-Ryu Martial Arts.** Thu 7-8.30pm. Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 07976 444653 Web: www.ryusui-ryu.org
- **St Stephens Church Tonbridge Walking Group.** Saturday walks. Contact Rowland or Ann Wills Tel: 01732 356437
- **SallyJaneYoga.** Meet Tue 6-7, 7.15-8.15pm. Web: www.sallyjaneyoga.co.uk
- **Sandown Park Badminton Club.** Every Wed 7.30-9.30pm. Hugh Christie Technical College, White Cottage Rd, Tonbridge TN10 4PU. £5 + £40 per quarter. Tel: 01732 505356
- **Slimming World**
 - Mon 5.30 & 7.30pm. United Reformed Church, High St, Tonbridge TN9 1SG Tel: 01732 780163
 - Thu 9, 11am, 3.30, 5.30, 7.30pm. Tonbridge Angels FC Stadium, Darenth Avenue, Tonbridge TN10 3JF. Contact Jennie Tel: 01732 351005
 - Fri 9, 11am. Tonbridge Angels FC Stadium, Darenth Avenue, Tonbridge TN10 3JF. Contact Jennie Tel: 01732 351005
 - Sat 8, 10am. Judd School, Brook St, Tonbridge TN9 2PN. Contact Lorraine Tel: 01622 729890
- **Solace café** (for people at risk of a mental health crisis). Wellbeing Centre, Thursdays & Saturdays 5-9pm. Free. 3 St Mary's Rd, Tonbridge TN9 2LD. West Kent MIND Tel: 01732 356630/744950, 07436 102171 Email: solacecafe@westkentmind.org.uk Web: www.westkentmind.org.uk
- **Soul Train Choir.** Tue 8pm. Forsyth Hall, Age UK, Bradford St, Tonbridge TN9 1DU. Contact Donna Tel: 07815 937631 Email: info@soultrainchoir.com

- **Synergy Tae Kwon Do.** Mon, Wed & Sun eve. Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 01732 361578 Web: www.synergytkd.com
- **Tennis Club Nights.** Every Wed 7.30-9pm. Tonbridge School Sports Centre, London Rd, Tonbridge TN10 3AD. £10. Tel: 01732 304111 Web: www.tonbridge-school.co.uk/club
www.tonbridgeschoolcentre.co.uk
- **Tennis Coffee Mornings.** Doubles. Every Thu 9.30-11am. Tonbridge School Sports Centre, London Rd, Tonbridge TN10 3AD. £10. Tel: 01732 304111 Web: www.tonbridge-school.co.uk/club www.tonbridgeschoolcentre.co.uk
- **That Girl Can Swim.** Every Thu 8-10pm. £2.80-5.20. Tonbridge Swimming Pool TN9 1HR. Web: www.tmactive.co.uk
- **Tonbridge & Malling Citizens' Advice (volunteers).** Tonbridge Castle Gateway. Tel: 0808 278 7810
- **Tonbridge & Malling Ramblers.** Tel: 01732 851310 Email: info@tonbridgeandmallingsramblers.org.uk Web: www.tonbridgeandmallingsramblers.org.uk
- **Tonbridge Angels Ladies Football.** Every Thu 6.30-7.30pm. Hayesbrook School, Brook St, Tonbridge TN9 2PH. £3 per session. Email: tonbridgeladiesfc@gmail.com
- **Tonbridge Bridge Club.** Duplicate bridge. Every Mon 7-10.45pm. Weald of Kent School, Tudeley Lane, Tonbridge TN9 2JP Tel: 01732 355919, 01892 833278
- **Tonbridge Camera Club.** Every Thu 7.45pm. Main Hall, Weald of Kent Grammar School, Tudeley Lane, Tonbridge TN9 2JP Web: www.tonbridgecameraclub.org.uk
- **Tonbridge Canoe Club.** Every Sat morning. New Wharf Rd, Tonbridge TN9 1DS Tel: 01732 361759 Web: www.tonbridgecanoecub.org.uk
- **Tonbridge Debt Advice Centre.** Volunteers welcome. Monday evenings at Baptist Church, Darenth Avenue. Tel: 01732 368259 Web: www.tdac.org.uk
- **Tonbridge Decorative & Fine Arts Society.** Talks and visits. Meet 4th Thursday of every month 2.30pm in Medway Hall, Angel Centre, Tonbridge. Contact Susan Middleton Tel: 01622 754929 Web: www.tonbridgedfas.org.uk
- **Tonbridge Flower Arrangement Club.** Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 01732 832491
- **Tonbridge Folk Club.** Acoustic music. Every 1st & 3rd Mon 8-11pm. The Beer Seller, 64 High Street, Tonbridge, TN9 1EH. £7. Web: www.tonbridgefolkclub.org
- **Tonbridge French Circle.** 17 Yardley Park Rd, Tonbridge TN9 1NB Tel: 01732 350648
- **Tonbridge German Shepherd Dog Training Club.** Fisher Hall, Lyons Crescent, Tonbridge TN9 1EY Tel: 01732 351422
- **Tonbridge Historical Society.** Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 01732 838698
- **Tonbridge Line Commuters.** 13 Streamside, Tonbridge TN10 3PU
- **Tonbridge Lions Club.** Raise money for local projects and organise activities such as a party for senior single citizens. Tel: 01732 358218, 0845 833 9819 Email: info@tonbridgelions.co.uk Web: www.tonbridgelions.co.uk
- **Tonbridge Model Railway Club.** Every Thu 7.30-10pm. Scout Hut, Lambert's Yard, Tonbridge TN9 2LE Tel: 01959 523840
- **Tonbridge North Recorders.** Recorder playing. Termtime Mon 8-10pm. Contact Jane Tel: 07738 703319 or Esther Email: evmclaren@gmail.com
- **Tonbridge Performing Arts (TPA) classes.** Termtime Thu-Sat. Angel Centre, Angel Lane, Tonbridge TN9 1SF. Email: carol.doyle20@ntlworld.com
- **Tonbridge Philharmonic Society.** Perform at concerts in Tonbridge School, St Stephen's Church and West Kent College. Rehearsals in Tonbridge School Recital Room on Monday evenings (orchestra) and Wednesday evenings (choir). Contact Alison Aries Tel: 01732

833750 Email: orchchair@tonphil.org.uk (orchestra) or Carol Wake Tel: 01732 358458 Email: chchair@tonphil.org.uk (choir) Web: www.tonphil.org.uk/joinus

- **Tonbridge Rock Choir.** Every Thu termtime 6.30-8, 8.15-9.45pm. Juddians Rugby Club, The Slade, Tonbridge TN9 1HR. £25 per month. Tel: 01252 714276 Web: www.rockchoir.com
- **Tonbridge Swimming Club.** Email: chairman@tonbridgeswimmingclub.co.uk Web: www.tonbridgeswimmingclub.co.uk
- **Tonbridge Tennis Club.** Every Fri 7.30-9.30pm & Sun 9.30am-12pm. Hugh Christie Technical College, White Cottage Rd, Tonbridge TN10 4PU Tel: 01732 359040 Web: www.tonbridgetennisclub.co.uk
- **Tonbridge Town Sailing Club.** Meets at Haysden Lake March to October Saturday afternoons and Sundays. Email: contact.tsc@gmail.com Web: www.tonbridgesailing.org
- **Tonbridge Wargames Club.** Every 2nd & 4th Mon 7.30pm. Scout Hut, Lambert's Yard, Tonbridge TN9 2LE. Contact Dave Tel: 01732 886637
- **Tonbridge WI.** Tel: 01892 823813. Web: www.west-kent.thewi.org.uk
- **Town Market & Boot Fair.** Every Sat morning. Station car park, Vale Rd, Tonbridge TN9 1QH
- **University of Kent short courses.** Tonbridge Centre, Avebury Avenue, Tonbridge TN9 1TG Tel: 01732 352316 Email: tonbridgeadmin@kent.ac.uk Web: www.kent.ac.uk/tonbridge
- **Volleyball Taster & Training Sessions.** Thu 8-10pm. Angel Centre, Angel Lane, Tonbridge TN9 1SF
- **Volunteering in Tonbridge.** Contact Imago Email: volunteering@imago.community Web: www.imago.community
- **Weight Watchers.** Tue 12.45pm. Angel Centre, Angel Lane, Tonbridge TN9 1SF Tel: 08457 123000
- **West Kent Radio.** Email: studio@westkentradio.co.uk

Trottscliffe

Try contacting Trottscliffe Parish Council Tel: 07900 693572

Walderslade

Try contacting Aylesford Parish Council Tel: 01622 717084

Wateringbury

- **Carers & Cared For social club.** Wednesdays 1.30-3.30pm. Crossroads
- **Mothers' Union.** Email: dprochester1@gmail.com

Also try contacting Wateringbury Parish Council Tel: 01622 817068

West Malling

- **Larkfield Community Group Buddy Scheme.** Befrienders who can visit you. Tel: 07563 196479 Email: jackiehirsch56@yahoo.co.uk Web: www.larkfieldcommunitygroup.wordpress.com
- **Malling Stamp Club.** Tel: 01474 325507 Email: kentphilately@aol.com
- **Malling Trefoil Guild.** Tel: 020 7834 6242 Email: trefoilguild@girlguiding.org.uk
- **Mothers' Union.** Email: dprochester1@gmail.com

Also try contacting West Malling Parish Council Tel: 01732 870872

West Peckham

Try contacting West Peckham Parish Council Tel: 01622 532834

Wouldham

- **60+ Club.** Quizzes, talks, bingo, raffle, tea/coffee & cakes, theatre trips and other outings. Tuesdays 2-4pm Waterman's Arms pub, High St, Wouldham

- **Pop-up café & information hub.** Medway Inn pub. Tel: 01303 813790 Email: coffeeproject@ruralkent.org.uk

Also try contacting Wouldham Parish Council Tel: 01634 864319

Wrotham

- **Coffee morning.** St George's Church. Tuesdays 10.30am-12.30pm
- **Community Choir.** Mondays (termtime) 7.30pm. St. George's primary school, Old London Rd
- **Wrotham Bowls Club.** Thursdays 5.30pm May-Sep. Bull Lane, Wrotham. Contact Ken Fardell
Tel: 01732 823283 Email: lindafardell@supanet.com Web: www.wrothambowlsclub.co.uk
- **Wrotham Historical Society.** 2nd Friday of the month 8pm. St. George's Hall

Also try contacting Wrotham Parish Council Tel: 01732 886139

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