

Silver Sunday 2023

*Try something new this
autumn & winter*

Dozens of
FREE
activities



Organised with town
and parish councils



About Silver Sunday

The brainchild of Christabel Flight, Silver Sunday started a decade ago with a simple tea dance.

Within a few short years, it has transformed into a national campaign to celebrate the contribution of older people while promoting social activities and bringing generations together.

Over the next three months, there will be a host of exciting activities and events for you to try, most of which are free.

It's an ideal opportunity to visit new places, meet new people and try new things.

So have a look through our programme, remember to book in advance if necessary and invite a family member or carer to accompany you if you prefer.

This year's Silver Sunday has been organised by Sevenoaks District Council with help from Kent County Council, voluntary and community groups, local businesses, Everyone Active and town and parish councils.



Christabel Flight, the founder of Silver Sunday

Silver Sunday Tea Dances

Our free Tea Dances will take place across the District from October to December in Swanley, Edenbridge and Sevenoaks.

Channel your inner dancer, learn a new routine and enjoy an afternoon tea. Carers and chaperones welcome.

Our Tea Dances take place on the following dates and times:

Friday 13 October

The Alexandra Suite, St Mary's Road, Swanley
BR8 7BU
1pm to 3.30pm

Friday 24 November

The Eden Centre, Four Elms Road, Edenbridge
TN8 6BY
1pm to 3.30pm

Friday 1 December

St Mary Kippington Centre, Sevenoaks TN13 2LL
1pm to 3.30pm

There is a maximum of 40 people per dance, so please book in advance by emailing: **communities@sevenoaks.gov.uk** or calling **01732 227000**.

Please let us know if you have any dietary requirements. Disabled access is available at all locations.



Seniors' Information Mornings

Our seniors' information mornings take place from October to November across the District.

Come along to find out what's on in your local area. You can also get help and advice from local charities and organisations, the Council and Kent Police.

Refreshments will be served.

Our seniors' information mornings take place on the following dates and times:

Friday 6 October

The Clock Tower Pavilion St Mary's Road, Swanley
BR8 7BU
10am to 12pm

Wednesday 11 October

The Causeway Hall, Tonbridge Road, Chiddingstone
Causeway TN11 8JS
10am to 12pm

Wednesday 8 November

Westerham Hall, Quebec Avenue, Westerham
TN16 1BJ
10am to 12pm

Monday 13 November

The Eden Centre, Four Elms Road, Edenbridge
TN8 6BY
10am to 12pm

There's no need to book on, simply turn up.

Disabled access is available at all venues.



Silver Bells Christmas Party

Get in the festive spirit at our free Christmas party!

The party will take place on Monday 18 December at the Bat and Ball Centre in Sevenoaks, 12pm to 3pm. Dress to impress all whilst wearing something comfortable. There'll be a prize for the most festive dressed!

Spaces are limited and must be booked by emailing communities@sevenoaks.gov.uk or calling 01732 227000.

Let us know if you have any dietary requirements.

Carers and chaperones are welcome and there is disabled access.



Chitter Chatter

We're working with cafés across the District to encourage conversation whilst meeting new people.

The Chitter Chatter scheme invites you to sit down in a friendly environment and talk to others who about anything you like!

Cafés that are taking part:

Café on the Vine, Sevenoaks | Hollybush Café, Sevenoaks | Bridges, Edenbridge | Nextdoor, Hextable | The Brewhouse Café, Knole Park

All you need to do is turn up and sit at one of the dedicated Chitter Chatter tables and wait for someone to join you. Anyone from any age group is welcome.

Just Keep Moving

Tai Chi and Qigong

Get a free Tai Chi and Qigong taster session with James Drew of Taiji

Classes start from Thursday 14 September and you can redeem your free session by December 2023.

Classes run at the following locations and times:

St Luke's Church Hall, Sevenoaks
Thursdays 2.45pm to 3.40pm

Vine Baptist Church, Sevenoaks
Thursdays 7.35pm to 8.30pm

Vine Baptist Church, Sevenoaks
Thursdays 8.35pm to 9.30pm

New Ash Green Village Hall
Fridays 10am to 10.55am

St. Luke's Church Hall, Sevenoaks
Fridays 12.05pm to 1pm

Please wear loose, comfortable clothing and flat shoes.

To book your free session, please call James on **07836 710281** and bring your Silver Sunday programme with you.

For more information please visit www.taiji.co.uk or email james@taiji.co.uk

FREE



Health walks

Steps to wellbeing

These walks last at least 45 minutes and generally explore wooded areas. They can involve hills and uneven surfaces and are generally two or three miles long. They are not suitable for wheelchairs or buggies.

Otford

Every first and third Monday of the month at 10am, starting at the Otford High-Street car

Shoreham

Every second and fourth Tuesday of the month starting at 10.30am from Station Road beside the Vicarage.

Edenbridge

First and third Wednesday of the month starting at 10.30am from Church Street.

Knole Park

Usually every Wednesday starting at 10am from the Hollybush Café

Check www.sevenoaks.gov.uk/walking for updates.

For further information on the Steps to wellbeing walks and to confirm your attendance please call the One You team on **01732 227000** or email healthy.living@sevenoaks.gov.uk

FREE



Every Step Counts

Gentle paced, weekly walks lasting less than 45 minutes over flat, comfortable terrain.

Meeting points:

Monday 11am

The Plough Inn, Eynsford

Tuesday 10am

The end of Tesco Riverhead car park near the bottle banks

Tuesday 11am

The Castle Inn in Chiddingstone

Wednesday 10am

The car park beside Otford Village Memorial Hall

Wednesday 10.30am

The West Kingsdown Pavillion

Thursday 10am

Chipstead Green opposite the Bricklayers Arms, Chevening Road

Thursday 10am

The café in Swanley Park

Thursday 2pm

The car park in Greatness Recreation Ground

Friday 10.30am

The Kemsing Village Hall Car Park.

For further details, or, to book your place, please email everystepcounts17@gmail.com

FREE



Darent Valley Rail Trails

Explore the 17 trails from two-and-a half to nine miles through stunning landscapes, heritage towns and villages from train stations in the Darent Valley, in West Kent.

1. **Dartford** Creek and marshes - 5.7 miles
2. **Dartford** Lakes and gunpowder - 3.8 miles
3. **Farningham/Eynsford** River and ruins - 9 miles
4. **Swanley/Eynsford** Viaduct and villas - 5 miles
5. **Eynsford** Veterans and lavender - 8 miles
6. **Eynsford/Dartford** Chalk and Pilcher 6 miles
7. **Eynsford/Sevenoaks** Along the valley side 9 miles
8. **Shoreham** Ridges and valleys 5 miles
9. **Shoreham** Palmer and villages 8 miles
10. **Otford** Valleys and vistas 5.3 miles
11. **Otford** Downs and butterflies 2.7 miles
12. **Bat & Ball/Otford** Heritage & meadows 2.5 miles
13. **Sevenoaks** Deer and downs 4.5 miles
14. **Sevenoaks** Rocks and ridges 7.5 miles
15. **Sevenoaks/Eynsford** Along the valley floor 8.5 miles
16. **Sevenoaks** Oaks and Beatles 2.5 miles
17. **Dunton Green** Wetland and wildlife 4.3 miles

Find out more about the Darent Valley by visiting www.darent-valley.org.uk

A selection of the Rail Trails are available to use on the 'Darent Valley Trails' app, available free on the App Store and Google Play.

To request details of any of the above walks please call **01732 227000** or email communities@sevenoaks.gov.uk

FREE



Exercise classes

'Pop Up Sue' gentle exercise sessions

Increase mobility, strength and balance through gentle exercise with Sue Larken from Age UK.

Meet new people, get useful health tips and learn to keep yourself strong and mobile at one of our friendly venues:

Causeway Hall, Chiddingstone Causeway
TN11 8JS, alternate Mondays 10.45am to 12.15pm

Cowden Village Hall TN8 7HU,
alternate Thursdays 10am to 12pm

Eden Centre, Edenbridge TN8 6BY,
alternate Thursdays 10.30am to 12 noon

Bridges Café, Edenbridge TN8 5AJ,
last Friday of the month 2pm to 3pm

Dunton Green Pavilion TN13 2UR,
second Wednesday of the month 1.30pm to 3pm

The Howard Venue, 39 Egerton Avenue, Swanley
BR8 7LG, first and third Wednesday of the month
1.30pm to 3pm

All Souls Church Hall, 81 Eynsford Road,
Crockenhill, Swanley BR8 8JS,
alternate Tuesdays, 10.30am to 12 noon.

Classes cost £3.50 to £4 depending on the location
and include a cup of tea or coffee.

For more information, contact Sue on
07867 648667 or email

suelarken@ageuksevenoaksandtonbridge.org.uk



Four-week tennis course

The Tennis Academy at Hollybush is running a four-week tennis workshop to help build your skills and learn the art of tennis, all while meeting new people, getting active and having fun.

Running from Thursday 21 September to Thursday 12 October at either 12.30pm to 1.30pm or 1.30pm to 2.30pm, the four sessions cost £10 or £2.50 per session.

There is a maximum of 12 spaces per course, so please book in advance by emailing tennisacademybookings@gmail.com or calling 01959 523377 and quoting 'Silver Sunday'.

For more information, visit www.tennisacademy.org.uk



One-day leisure pass

Residents aged 55 plus can claim a free one-day pass for Edenbridge, Sevenoaks and White Oak Leisure Centres.

You can use the pass on 1 October, 5 November or 3 December.

The pass gives access to all facilities except the toning suite at White Oak Leisure Centre, which is closed on Sundays.

Please email communities@sevenoaks.gov.uk for details, terms and conditions and to request your pass.



Mature Movers

A fun filled, free, 40 minute dance aerobics class based to music from the 50s all the way to the 2020s!

Each class has a different ability level.

Swanley Every Monday 12.30pm
Hybrid class, seating and standing options depending on ability. Clock Tower Pavilion/
Alexandria Suite BR8 7BU

New Ash Green Every Monday 2pm
Seated class at the Village Hall DA3 8HH

Riverhead Every Monday 3.30pm
Hybrid class, seating and standing options depending on ability. Village Hall, Amherst Hill,
Sevenoaks TN13 2EL

For more information call **07904852283** or email **rosaria@maturemovers.uk**

Discounted Tee Times

Residents aged 55 plus can claim 25% discount on tee times at Lullingstone Park Golf Course.

This discount is valid Monday to Friday through September to December for residents with valid ID and a Silver Sunday programme.

Discounted Tee Times must to booked in advance by calling Lullingstone Park Golf Course on **01959 583019** or visiting the course in person at Parkgate Road, Chelsfield, Kent BR6 7PX



Knole Park walk

Join volunteers on Sunday 1 October at 2pm for a free, 45-minute walk and talk around the park.

Learn more about the medieval deer park, the flora and fauna, see the icehouse and discover how the landscape has changed over the years.

Booking is essential, email communities@sevenoaks.gov.uk



The great outdoors

Bore Place guided walk

Enjoy a one-hour guided walk around Bore Place on Friday 13 October, 11am to 12pm.

Your guide will show you the wildlife and the amazing conservation works.

Book your place by calling **01732 463255** or emailing hello@boreplace.org

Social and wellbeing activities

Lunch clubs

Lunch clubs are a great way to meet others whilst enjoying a hot meal. Here are some across the District, make sure you book in advance.

Bessels Green Lunch Club Wednesdays 12.30pm at Bessels Green Baptist Church. Call Andy Potter on **01732 454921** or **07779 562801** or email **andy.potter@bgbc.co.uk**

Dunton Green Lunch Club First Wednesday of the month 11.45am to 2pm at Dunton Green Pavilion. Call Judith Verlinden on **07836 525938** or email **judith.verlinden@gmail.com** or Pat Turner on **07776 468503** or email **patlinda48@gmail.com**
There is a charge of £4 for each lunch.

Fordcombe Lunch Club Second Thursday of the month in Fordcombe Village Hall. Call Kate Hargreave on **01892 861047**.

Hartley Lunch Club Last Wednesday of the month at 12.30pm in Wellfield Community Lounge. Call Jackie West on **07811 271259** or email **jackie.west@kent.gov.uk** or call Veronica McGannon on **01474 709023**.

Kemsing Lunch Club Wednesdays at 12.30pm at St Edith's Hall. Call Jackie Chisholm on **01732 763991** or **07788 756836**.

Otford Lunch Club Thursdays, 11.45am to 1.30pm in the Memorial Hall. Call Margaret Nicholson on **01959 524147** or Diana Adams on **01959 523187**.

Riverhead (Littlecourt Lunch Club) Tuesdays, 12 noon to 1.30pm in Christchurch United Reformed Church. Call Deirdre Montanaro on **01732 455435/07545 161226** or Pam Rankin on **01732 460209**.

Westerham Lunch Club Last Friday of the month (except August and December) 11am to 1.30pm in Westerham Hall. Call Linda Betts on **01959 561302** or **07956 430768**.

There is a charge of £5 for lunch.

Westerham Town Council Second Friday of the month from 11am to 2pm in Westerham Hall. Call **01959 562147** or email **office@westerhamtowncouncil.gov.uk**
There is a charge of £5 for lunch.

Swanley Cottage Community **01474 879473** or Age UK North West Kent **01474 564898** run lunch clubs across the area, give them a call to find out more.



Digital Kent Workshops

Digital Kent aims to help the internet be accessible to all. Come along to a workshop at Sevenoaks District Council in October, November and December.

For dates and to book, please email communities@sevenoaks.gov.uk



Games Club

Come along and play your favourite games while making friends and having a cuppa!

This friendly group meets every Monday from 10am to 12pm in Rickards Hall, Edenbridge and play different games such as cards, Chess or Connect4.

Others come along to quietly complete challenges and puzzles.

Refreshments are provided and free soup is available.

For further details, call Edenbridge Town Council on **01732 865368**.

Bridges Café, Edenbridge

Bridges Café serves delicious coffee and cakes as well as holding fun, social events:

First Tuesday of the month 12pm to 2pm

Folk music session

First Wednesday of the month 2pm to 4pm

Dandelion Café; a creative workshop for older adults

Second Wednesday of the month 2pm to 4pm

Creative Minds; a creative workshop for adults

Third Tuesday of the month 7.30pm to 9.30pm

In Stiches; an open evening for those who enjoy craft

Every Friday 2pm to 4pm

Place of Welcome; an opportunity for anyone to come along, meet and make friends, enjoy different activities and talks.



The Eden Centre, Edenbridge

The Eden Centre provides access to the library, church, Citizen's Advice Bureau, Age UK and The Eden Living Room Café as well as computers, printing and photocopying.

They also have many classes you can attend. Book your place by contacting the relevant person:

Over 60s exercise classes to 60s and 70s music

Every Monday 2pm to 3pm – call Christine on 01732 862999

Over 50s yoga

Every Tuesday 9.45am to 11am and every Thursday 9.15am to 10.15am – call Jane Young on 07984 687058

Chair yoga

Every Tuesday 1.30pm to 2.30pm – call Mel on 07977 187170

Ladies Quilting

Every Wednesday 10.30am to 1pm

Age UK Exercise and Chat with Sue Larken

Every other Thursday 10.30am to 12pm – contact Sue on 01732 454108

Eden ARA Meeting

Second Friday of the month, 1.30pm to 4.30pm

Ministry of Movies

Third Friday of the month (£5 per person).

You can also visit The Living Room Café from 10.30am to 12.30pm Monday to Friday.



Forget-me-not cafés

Friendly cafés for people living with memory issues and their carers.

Sevenoaks First Friday of the month at The Hayloft, Knole House TN13 1HU 10.30am to 12 noon

Bat and Ball Second Wednesday of the month at Bat and Ball station, Sevenoaks TN14 5AP 10.30am to 12 noon

Edenbridge Last Friday of the month at The Eden Centre TN8 6BY 10.30am to 12pm

Otford Last Thursday of the month at the Village Memorial Hall TN14 5PQ 11am to 12.30pm

Westerham Third Friday of the month at The Congregational Church TN16 1AB 11am to 12.30pm

Senior Board Sundays in Riverhead

Games and refreshments at Riverhead Village Hall, 2pm-4pm every second Sunday of each month.

Next events:

Sunday 15 October

Sunday 12 November

Sunday 10 December

Sevenoaks District Seniors Action Forum Health & Wellbeing Event

This event will give you information on how to keep in good health as you get older and how you can maintain a healthy lifestyle.

Refreshments will be provided.

Taking place at The Eden Centre on Thursday 5 October from 11.30am to 3.30pm.

Curator Talk: Art in the Sevenoaks Museum

Join Liz Botterill at the Sevenoaks Museum (above Sevenoaks Library) on Thursday 19 October at 12.30pm for a talk on nineteenth and early twentieth century art, including artistic families who lived in Sevenoaks, arts and crafts in the Sevenoaks community and rural scenes by prominent British painters.



Swanley History Group

Join local author and historian Bob Ogley at The Alexandra Suite in Swanley (BR8 7BU) on Wednesday 4 October to hear his presentation 'Kent in the Nineteenth Century'.

It will cover momentous political, social and industrial changes and how they affected the lives of the citizens of Kent. It will also cover some famous people who lived or visited Kent during this period. Doors open at 7pm for a 7.30pm start.

Entry is £2 for Swanley History members or £3 for visitors.

Email swanleyhistorygroup@hotmail.co.uk for more information.

Senior Coffee Mornings

Opportunity to meet up with friends and make new ones. Enjoy a cup of tea or coffee in comfortable surroundings and catch up on the local news in your area. Last Thursday of each month at The Bullfinch Pub, Riverhead. Refreshments cost £3 per person.

Next events:

Thursday 28 September – MacMillian Coffee Morning and raffle

Thursday 26 October

Thursday 30 November

Thursday 28 December



Tea parties with Re-engage

Re-engage run free monthly tea parties for over 75s. They usually take place on a Sunday and include transport, tea, cake and sandwiches. They will either be at a host's home or at a community space.

To come along, you must be able to get in and out of a car with a helping hand, climb a few steps into a host's home with a helping hand and manage your own personal needs such as using the bathroom without assistance.

You can either register yourself via www.reengage.org.uk or ask Age UK to refer you by calling 0800 16543.



Sevenoaks Visual Art Forum Art Classes

Experience the pleasure of working in print to make original images by hand and using a press, as well as folding your results into simple books and forms.

Suitable for all abilities in a supportive environment, tutor Sarah Cliff will guide you through each step. Come for one workshop or all three. Materials provided.

They take place between 10.30am and 12.30pm on Fridays 13 October, 10 November and 8 December at Kaleidoscope, Sevenoaks Library.

Volunteering

Knole House volunteer coffee morning

Find out more about volunteering opportunities at Knole House. Come along to a coffee morning on either Friday 8 September, Monday 25 September, Saturday 14 October or Thursday 23 November at 10.30am to speak with the current volunteers.

They will talk about the different roles available and what volunteering means in practice.

Book on to a coffee morning via www.nationaltrust.org.uk/visit/kent/knole, by emailing communities@sevenoaks.gov.uk or calling 01732 227000.



Gardening at the Eden Centre

The Eden Centre is looking for green fingered residents to help restore their sensory garden to its former glory. The lovely garden has become overgrown since the pandemic and they want to restore for visitors.

They are looking for a group of volunteers who could attend once a week (Monday to Friday between 10am and 3pm), to weed and dig up the garden, ready for planting in the spring.

Please call **03000 414010** for more information.

Learn, stay active and have fun with u3a!

u3a is a UK-wide movement of locally-run groups that provide opportunities for people in their 'third age' – those no longer in full time employment.

Members explore new ideas, acquire new skills and enjoy activities in a friendly, social environment.

With a motto of 'learn, laugh, live', they are a brilliant way to get involved, make new friends and learn something new!

There are five u3as in the Sevenoaks District and the groups include current affairs discussions, coffee mornings, fly-fishing, language lessons, science classes, snooker games and much more!

For more information, contact your local branch:

Sevenoaks

www.sevenoaksu3a.org.uk

Knole, Sevenoaks

www.knoleu3a.org.uk

Westerham

www.westerhamu3a.org

Edenbridge

www.edenbridgeu3a.co.uk

Swanley

u3asites.org.uk/Swanley



Transport

Support is available if you need help getting to any Silver Sunday activities.

The Dial-a-Ride service is available Monday to Friday and can help you make journeys across Sevenoaks District in comfort and safety.

A car can pick you up from your home and take you anywhere in the Sevenoaks District. The service uses a wheelchair accessible vehicle and their experienced driver will give you all the assistance you need.

Each single journey costs £2 for the first two miles, with an additional charge of £1 per mile. If you require a return journey, this will be charged separately.

Up to four people can travel together at no extra charge. The driver may be able to wait for short visits, at a charge of £2 for 30 minutes. The full cost of your journey will be confirmed when you make your booking.

You can book your journey up to seven days in advance by calling **01892 832447**.

Dial-a-Ride will confirm what time its driver will pick you up, and whether you require a return journey on the same day.

If you need further support, contact Compaid on **01892 834539**.





Find out more about Silver Sunday

www.sevenoaks.gov.uk/silversunday

01732 227000

communities@sevenoaks.gov.uk



sd_c_newsdesk



Sevenoaks District Council Official



sevenoaksdistrictcouncil



Sevenoaks District Council



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