

MONDAY

Family Planning Clinic

6.30pm-8.30pm, every Monday
at Edenbridge Hospital
Clinic health staff on contact 01732 863164

Hi Kent Hearing Aid Clinic

10.00am-11.30am, every 2nd Monday
at BRIDGES, High Street
Contact Hi Kent on 01622 691151

Shape-Up Weight Management Programme

2.00pm-3.00pm, every Monday at
Edenbridge Leisure Centre
Contact Senior Comm. Dietician on 01342 414445

TUESDAY

E Z STEPZ Hip Hop Dance Classes

10.30am-11.30am, every Tuesday at
Edenbridge Leisure Centre (£2 entry with free
crèche). Contact Edenbridge Leisure
Centre on 01732 865665

Young Persons Health Clinic

6.30pm-8.30pm, every Tuesday at
Edenbridge Hospital
Contact Clinic Health staff on 01732 863164

Alzheimer's Society Drop-In

10.00am-12.00pm, every 2nd Tuesday of
each month at Edenbridge Hospital
Contact Alzheimer's Society on 01732 370330
or 01892 722511

Mental and Emotional Health Advice Session

10.30am-12.30pm, every 2nd and 4th Tuesday
of each month at BRIDGES, High Street
Contact Sevenoaks MIND on 01732 459558

WEDNESDAY

Edenbridge Health Walk

9.15am-10.00am, every Wednesday, outside
entrance to Edenbridge Leisure Centre
Contact Sev. Dist. Council on 01732 227272

Older Lifestyle Group for over 65's

11.30am – 1.00pm, every Wednesday, The
Edenbridge Centre (Eden Valley School)
Contact Sev. Dist. Council on 01732 227272

Kent Association for the Blind Coffee Morning

10.00am-12noon, every 3rd Wednesday
at Queens Court
Contact Rosemary Harrison on 01732 865641

THURSDAY

Young Mums Group

11.00am-1.00pm every Thursday at the
Edenbridge Centre (Eden Valley School)
Contact the Centre on 01732 863152

Carers Support and Advice Drop-In

10.30am-12.30pm, every 2nd Thursday of each
month at BRIDGES, High Street
Contact Carers First on 01732 357555

Supper Club

4.30pm-6.30pm, every Thursday at BRIDGES,
High Street, Edenbridge
Contact Mary Perrett on 01732 868186

FRIDAY

Young Person's Advice and Job Club

11.00am-3.00pm, every Friday at The
Edenbridge Centre (Eden Valley School)
Contact the Centre on 01732 863152

OTHER LOCAL SUPPORT AVAILABLE

Family Support Service

FWA Building Bridges – Supporting families with
mental health issues
Contact 01732 860560 (weekdays only) for further details

Freedom Programme – Course for women
recovering from or experiencing domestic abuse
Contact the confidential answering phone for enquires on
07854 780690 (weekdays only)

Stop Smoking Support Groups

Contact 01622 723836 for details of the next local group

Volunteer Centre Edenbridge - Find out about
the range of volunteer opportunities available
to you to help your community
Contact Volunteer Centre on 01732 866901

The HORIZON Project Edenbridge

Training in painting/decorating and brick laying for
young people aged 14-20 and learning disabled adults
Contact West Kent YMCA on 01732 363990