

Healthy Living Centres – Kent

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source: <http://www.healthylivingonline.org.uk/>

Healthy Living Centre details

1 Arden Rehabilitation Project

Faversham Umbrella- Umbrella Building
Court Street
Faversham
Kent
ME13 7AT
England

T: 01795 531811

E: faversham.umbrella@btopenworld.com

W: <http://www.faversham.com>

Target Groups

All (or deprived wards in area)

Activities

Advocacy
Community Participation & Volunteers
Computer Classes
Gardening
Health Advice
Mental Health Services
Primary Health Care
Stress Management

2 Faversham Community Café & Resource Centre

81 Preston Street
Faversham
Kent
ME13 8NU
England

T: 01795 590089

E: communitycafe@tiscali.co.uk

W: <http://www.faversham.org/community>

Target Groups

All (or deprived wards in area)

Children

Activities

Arts & Crafts

Café

Children's Play

Community Participation & Volunteers

Complementary Therapies

Computer Classes

Educational Classes

General information

Health Advice

Health Information

Holistic/ Complementary Therapies

Legal & Advice Services

3 FreeSpace Youth Project

Church St Studios

11 Church Street

Folkestone

Dover, Kent

CT20 1TN

England

T: 01303 258 690

E: cathy.donelon@ekentmht.nhs.uk

Target Groups

Children

Youth

Activities

Youth Activities

4 Gravesham Network Development Project (GRAND)

The Gr@nd

43 New Road

GRAVESEND

Kent

DA11 0AB

England

T: (01474) 32 01 23

F: (01474) 32 08 86

E: john.britt@gravesham.gov.uk

W: www.thegrand.org.uk

Target Groups

Adults with learning disabilities

All (or deprived wards in area)

Elderly

Ethnic Minority

Men

Young Families

Youth

Activities

Befriending Scheme

CAB (Citizens Advice Bureau)

Café

Community Participation & Volunteers

Complementary Therapies

Computer Classes

Domestic Violence support

Family Planning

General information

GP Referral Scheme

Health Advice

Health Cookery Classes

Health Information

Healthy Eating Opportunities

Educational Classes
Enabling Internet Use
Outreach Work
Sexual Health
Smoking Cessation
Stress Management

Men's Health Services
Nutrition & Diet Advice
Substance Misuse & Addiction Services
Women's Health Services
Youth Activities
Youth Counselling

5 Healthy Swanley Network

Sevenoaks District Council
Sevenoaks District Council
PO Box 182
Sevenoaks
Kent
TN13 1GP
England
T: 01732 227446
W: www.sevenoaks.gov.uk

Target Groups

Elderly
Young Families
Youth

Activities

No activities selected

6 Northgate Healthy Living Project

Canterbury City Council
Military Road
Canterbury
CT1 1YW
England
T: 01227 862516

Target Groups

Children
Women

Activities

Advocacy
Arts & Crafts
Childcare
Community Participation & Volunteers
Counselling Services Adults
Family Planning
Health Advice
Health Information
Holistic/ Complementary Therapies
Legal & Advice Services

Mental Health Services
Nutrition & Diet Advice
Outreach Work
Sexual Health
Smoking Cessation
Stress Management
Substance Misuse & Addiction Services
Women's Health Services
Youth Activities

7 Parkwood Plus HLC

4 Parkwood Parade
Park Wood
Maidstone
Kent
ME15 9HL
England
T: 01622 691177
E: parkwoodplus.thecentre@fsmail.net

Target Groups

All (or deprived wards in area)

Activities

Children's Play
Community Participation & Volunteers
Counselling Services Adults
Educational Classes
Healthy Eating Opportunities
Holistic/ Complementary Therapies
Legal & Advice Services
Parenting Skills/ Support
Physical Activity/Exercise
Sexual Health
Smoking Cessation
Youth Counselling

8 Project DELTA (Dover Enabling Living Thinking & Achieving)

Dover District Council
White Cliffs Business Park
Whitfield
Dover
CT16 3PD
England

Also accessible through the East Kent Coastal Teaching Primary Care Trust, Protea House, Marine Parade, Dover CT17 9HQ

T: 01304 872285
F: 01304 872217
W: www.dover.gov.uk

Target Groups

All (or deprived wards in area)

Activities

Accident Prevention	Outreach Work
Arts & Crafts	Parenting Skills/ Support
Childcare	Physical Activity/Exercise
Community Participation & Volunteers	Smoking Cessation
Gardening	Sports
General information	Substance Misuse & Addiction Services
Health Advice	Walking
Health Cookery Classes	Youth Activities
Health Information	Youth Counselling
Healthy Eating Opportunities	
Nutrition & Diet Advice	

9 Sheppey Matters

Sheppey HLC
Sheppey Leisure Complex
off The Broadway
Sheppey
Kent
ME12 1HH
England
T: 01795 583547
W: <http://www.sheppeyhlc.org.uk>

Target Groups

All (or deprived wards in area)

Activities

Arts & Crafts
Children's Play
Community Participation & Volunteers
Computer Classes
Health Cookery Classes
Health Information
Physical Activity/Exercise
Primary Health Care
Smoking Cessation
Sports
Youth Activities

10 The Ray Allen (South Ashford) Centre

Kent County Council Social Services
Mid Kent Area
Stanhope Road
Ashford
Kent
TN23 5RN
England
T: 01233 642363
E: madeline.garraway@kent.gov.uk

Target Groups

All (or deprived wards in area)

Activities

Arts & Crafts
Childcare
Children's Play
Community Participation & Volunteers
Computer Classes
Gardening
Health Advice
Health Cookery Classes
Health Information
Healthy Eating Opportunities
Holistic/ Complementary Therapies
Nutrition & Diet Advice
Outreach Work
Physical Activity/Exercise
Smoking Cessation
Sports
Youth Activities

11 The Sunlight Development Trust

The Sunlight Centre
105 Richmond Road
Gillingham
Kent
ME7 1LX
England

T: 01634 338 600/ 07779 153 645

W: <http://www.sunlightrust.org.uk>

Target Groups

All (or deprived wards in area)

Activities

Accident Prevention
Advocacy
Arts & Crafts
Childcare
Children's Play
Community Enterprise
Community Participation & Volunteers
Computer Classes
Counselling Services Adults
Credit Unions
Family Planning
Gardening
Health Advice
Health Cookery Classes
Health Information
Healthy Eating Opportunities
Holistic/ Complementary Therapies

Legal & Advice Services
Men's Health Services
Mental Health Services
NHS Walk-in Centre
Nutrition & Diet Advice
Outdoor Adventure Activities
Outreach Work
Physical Activity/Exercise
Primary Health Care
Sexual Health
Smoking Cessation
Sports
Stress Management
Substance Misuse & Addiction Services
Women's Health Services
Youth Activities
Youth Counselling