

Edenbridge Memorial Health Centre

Four Elms Road, Edenbridge, Kent. TN8 6FY Tel: 01732 865055



Hello and welcome to our Summer 2025 edition of the Edenbridge Memorial Health Centre newsletter.

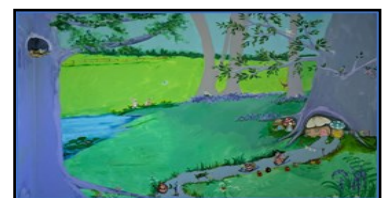
Kent Community Health now have an Ageing Well Clinic up and running at the Health Centre. The Ageing Well Clinic is a client centred service that enables people to age well. It has been designed as a 'one stop' clinic made up of our multidisciplinary team of clinicians and co-ordinator's, providing you with a confidential one to one consultation that focuses on what matters to you, with the aim of supporting your health, mobility and independence through the ageing process.

Many of the factors that cause people to age differently can be influenced by interventions based on preventative healthcare, lifestyle choices and exercise. Being able to stay healthy in later life is a crucial issue for all of us. No matter what age we are, we are all ageing and getting older. We want to support you to look after your own health, including anyone with frailty.

If you are over the age of 65, not housebound and registered with Edenbridge or Westerham General Medical Practice and would like to have an assessment by our fantastic team, you can self-refer by:

- Visiting our KCHFT website page — <https://www.kentcht.nhs.uk/service/ageing-well/>
- Calling us on 0300 013 2191, between 8am and 5pm
- Emailing us at kentchft.ageingwellemhc@nhs.net

Local artists have designed and painted a mural on 2 walls of our new children's therapy room. This will provide a warm comfortable space for the children to attend their appointments. The artists volunteered their time and we are very grateful for the hard work that went into the painting.



We also have our new well being hub room which will welcome many different events and sessions over the next year. We would like to thank the Friends of Edenbridge for donating the finances to enable us to complete this lovely new space.

Sherree Kempton, Kent Community Health Foundation Trust Site Lead for Edenbridge Memorial Health Centre

Edenbridge Medical Practice Update:

New Blood pressure machine

We are pleased to announce the installation of a brand new self-service blood pressure machine in our waiting room. This easy to use machine allows patients to check their blood pressure quickly and conveniently while they wait for their appointment. This is part of our ongoing commitment to helping you take a more active role in managing your health. Simply follow the instructions that are next to the machine and if you have any questions or concerns, our team is always here to help.

New Nurse

We are delighted to welcome Nurse Natalie to our team here at the surgery. Natalie brings with her a wealth of experience in primary care, along with a warm and compassionate approach to patient wellbeing. She will be supporting a range of services including chronic disease management, immunisations and general nursing care. We are excited to have her on board and we are sure many of you will enjoy getting to know her at your upcoming appointments.

Ultrasound department.

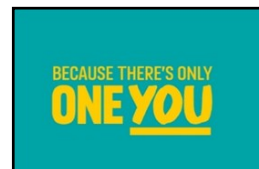
Our Ultrasound department has been an amazing success. Due to the success, we have managed to secure an extra day here at the Memorial Centre. The sessions will now be on Monday, Tuesday and Thursday

Karen Copping

Practice Manager



If you're looking to improve your health and wellbeing, One You team is here to help! One You is a completely free, 12-week programme with practical and personal support available will help you feel motivated to cultivate daily habits that nourish, energise, and sustain you.



Whether it's losing weight, improve your fitness levels, cutting down on alcohol and vaping, Maria or Natalie are on hand to help you all the way. One You advisors Maria and Natalie are based at the centre throughout the week, as well in person appointments, online support is also available.

Our next free Why Weight group weight management course begins from September 2025.

To find out more and to book onto a course, call us on 01732 2270000 or visit www.sevenoaks.gov.uk/oneyou.

News from your Sevenoaks Primary Care Network Team:

- Sally, Health & Wellbeing Coach - Walk and Talk at Stones Community Centre, Edenbridge every Thursday at 8:30am
- Walk with the Health Coach Sally at Westerham, meet at the green every Monday 1pm
- Carers groups with Kersti, Social Prescriber in Edenbridge Memorial Centre once a month from 6:15 to 7:45pm (next one 10/7, 14/8 and 11/9).

All information about the above, FAQ's and how to contact us can be found on our website -

<https://sevenoakspcn.gpweb.org.uk/>

Are you interested in attending a one off evening event in October, hosted by KCHFT for Menopause Awareness Week? If so, please let us know what topics you would like us to include by emailing us at: kentchft.ageingwellemhc@nhs.net

Ageing Well Clinic run by KCHFT Edenbridge Memorial Health Centre

If you are over the age of 65 and able to attend a clinic appointment at the centre, then Kent Community Health Foundation Trust would like to invite you to our one stop clinic that is focused on supporting your independence, health and wellbeing, but with ageing well in mind.

For more information or to self refer please access our Ageing Well webpage via:

www.kentcht.nhs.uk/service/ageing-well/

or contact us by telephone on 0300 013 2191

or email us at: kentchft.ageingwellemhc@nhs.net

NHS
Kent Community Health
Foundation Trust

FREE MENOPAUSE SUPPORT & WELLBEING GROUP

An informal session for women experiencing menopause symptoms at any stage.

A safe space to chat with other women and share your experiences, offer mutual support and talk about ways of managing the menopause.

- ★ Tuesday 24th June 2025
- ★ 1-3pm
- ★ Edenbridge Memorial Health Centre (Wellbeing Hub)
- ★ Continuing on the last Tuesday of every month

An additional FREE evening session on Tuesday 15th July 2025, 5-7pm.
Please book a place by emailing kentchft.ageingwellemhc@nhs.net

EDENBRIDGE PATIENT PARTICIPATION GROUP



Patient Participation Groups (PPG) were established in 1972 and are made up of a mixture of patients at this surgery who have an interest in the services we provide. The PPG in Edenbridge was established in 2012.

The PPG works in partnership with the practice, contributing to the improvement of services and standards of care for the patient population. Our role is to ensure that Edenbridge Medical Practice puts the patient at the heart of everything it does. This means we act as a critical friend to the practice, advising on patient perspective, providing insight into the quality of services, encouraging patients to take a greater responsibility for their own health and researching the views of those who use the practice.

You will have seen or heard that a Blood Pressure machine has been purchased for the use of Edenbridge Medical Practice patients - it is in the waiting area on the right-hand side – please do feel free to try it out – instructions are on the machine and on the wall next to the machine.

We hold quarterly meetings and follow an agenda – at these meetings we discuss patient issues, concerns and suggestions. It is also an opportunity to listen to speakers from the practice about developments or initiatives which will affect the patient population. We have a representative from Friends of The Edenbridge Memorial Medical Centre on our Committee and we have a representative on their committee.

Our PPG has a key role to play at Edenbridge Medical Practice as they help ensure that patients and their carers can influence our local services. They support the practice in developing services to ensure the needs and wishes of the patient population are met.

We are looking for a dedicated Committee Member to join our team and help shape the future of our Medical Practice. As a committee member, you'll play a vital role in decision-making, ensuring we achieve our mission effectively. If you have any concerns or queries or wish to get involved, please email:

ppg.edenbridge@hotmail.com or leave a note with reception.



FRIENDS OF
THE EDENBRIDGE MEMORIAL MEDICAL CENTRE
Four Elms Road, Edenbridge, TN8 6FY
www.ehlof.org.uk

For those of you who are not Friends, we attach our latest Newsletter and its covering letter. For those who are already Friends a wonderful opportunity to read it again!

I should mention that we have just introduced a new website which is much more up to date and user-friendly: ehlof.org.uk gets you there, as does Friends of Edenbridge Memorial Health Centre.

Since it was written, we have been working with the Kent Community Health Foundation Trust (KCFHT), the GP practice and the practice's Patient Participation Group (PPG) to look at ways we can support the work of EMHC.

In addition to the funding in place mentioned in the Newsletter, we are contributing £1000 for the conversion of a kitchen to a Wellbeing Hub, where Rachael Tufo is planning a range of community, health-related activities. We are delighted that Rachael will now be starting her role of Social Value Co-ordinator, and we are exploring with her the possibilities of a singing group for the less abled and marginalised, and a "Couch to Park Run" running group.

We are keen to work with KCHFT on other community activities with a significant health element. If anyone has an idea for a project, or if anyone is interested in getting involved in the two projects currently being explored, please do get in touch with Rachael (rachael.tufo1@nhs.net) or me.

Simon Morrison (Chair of FOEMHC)

Contact: via ehlof.org.uk or 07793 083318

For membership, you can join via our website (ehlof.org.uk).

You can also contact us by post to the League of Friends at the EMHC, or by contacting our Membership Secretary, Anna McMillan by post at EMHC or on membership@ehlof.org.uk



Welcome to a newsletter from your new Committee!

In the last year **Dr Andrew Russell**, our recent President and former Chairman died on 14th July 2024. He died peacefully at home, surrounded by family, at the age of 94. He was a GP in Edenbridge for 35 years, for most of which he administered anaesthetics at Edenbridge Hospital as well, when the Hospital's operating theatre was running. He was always a great supporter of the Hospital, and a former Chairman and President of the League. His contribution to the NHS in Edenbridge was recognised when he was awarded the MBE.

The future of the League was decided at the AGM on 15th June 2024. The vote was 33-8 in favour of the League continuing, now supporting the work of the Edenbridge Memorial Health Centre (EMHC). We will not, therefore, be transferring funds to the Great Stone Bridge Trust (GSBT) but plan on co-operating with them in future, as they also receive requests to fund health-related activities.

The AGM also voted on a **new Committee**, and pen portraits follow at the end of this letter for those of you who could not attend the AGM.

What we have been doing with your money:

You will probably be aware that we made a major contribution to the garden at EMHC, enabling good seating, planting etc, and this is a major asset to EMHC.

We also funded the check-in machine, bought Christmas decorations for the Day Centre and Reception areas, continue to fund newspapers for the Day Centre, supply paper cups for the water cooler and are buying some extra chairs for the Day Centre to allow them to increase the numbers attending.

We also helped set up the first EMHC Newsletter, with news from the GPs, Kent Community Health Foundation Trust (KCHFT), the surgery's Patient Participation Group and ourselves.

What we hope to do:

We intend to change the name of the League, as the Hospital sadly no longer exists. A formal name change has to be voted on at an AGM, but the Charity Commission allows us to use two new "trading names", and we are now using "Friends of the Edenbridge Memorial Health Centre" (which is also the name we intend to propose to an AGM for the formal name change) and "Friends of EMHC". If any member wants to propose a different name please do let us know.

We want to recruit new members from across the age range, and we are looking into a presence on social media which will help.

We also want new ideas for health-related projects that we can fund, and these may be community-based rather than taking place in the EMHC. KCHFT are looking to be active in this field. We will work with them but are also very open to suggestions from our members or members of the wider local community.

Keeping in touch:

It is important that we keep in touch with our members, and, indeed, a wider audience. The price of a 2nd class stamp is now 85p and 1st class is £1.65, so postage and printing costs soon mount up. The more members that are happy to receive communications by email, the more cost-effectively we can run the League. We appreciate that some people very much prefer paper copies, and we will certainly continue to provide those for our own newsletter and notifications of the AGM etc for people who do not want email. There may be some communications, e.g. the EMHC newsletter, that we only send out by email. If you do not currently receive our newsletter by email and wish to do so then please contact:

membership@ehlof.org.uk. We are also looking into the possibility of a presence on social media, as a means of contacting younger users of EMHC.



Subscriptions:

We are dependent on the regular income we receive from our members to support the Day Centre and other services offered by EMHC, as well as health initiatives in the community. We have several hundred registered members with subscriptions last year totalling more than £5,800. The Committee works in a voluntary capacity, and you can be assured that your money is directly contributing to the level of health care in the community.

We are delighted that most of our members have continued to pay their membership subscriptions, some very generously in excess of the recommended minimum of £5. Although the Hospital has closed, we are optimistic about making a difference to the health of Edenbridge in different ways.

We invite all members to donate by standing order, which can be set up / amended by logging into your bank account online. If you have an on-going standing order, you need do nothing - your membership renews automatically, and you need take no further action. While we have changed the name of our bank account to Friends of the Edenbridge Memorial Health Centre, other details are unchanged.

Another alternative for those who do not currently pay by standing order, is to fill in the attached Standing Order form, which you can send to your bank or drop off at a branch. If you wish to amend / cancel an existing standing order donation, this too can be done online, or by writing to your bank.

Otherwise, to renew your membership please complete the details on the attached Subscription Form, and return it to us, indicating whether you are paying online, or including a cheque. Forms can be emailed, posted or left with Reception at EMHC.

If you have any query, please call or email our Treasurer on:

07850 689 401 / membership@ehlof.org.uk

PENPORTRAITS OF MEMBERS OF THE NEW COMMITTEE:

Clare Brightwell: Clare has lived in Edenbridge for 9 years, she has 2 children in the local primary school. She works as a Speech and Language therapist and is keen to support the health and well-being of the community.

Pamela Gilchrist: Pam has lived in Cowden since 1980. She has been on the Edenbridge PPG committee since 2016, when it became a contractual requirement for all English practices to form a Patient Participation Group.

Anna McMillan: Anna is retired. She has lived in Edenbridge for many years, and is Treasurer of Women's Probus, Chairman of the Edenbridge Historical Society and a member of the National Women's Register. Over the years she has been involved with fund raising for the hospital and has been a committee member with the League of Friends of Edenbridge Memorial Hospital since 2020.

Colin Thurston: Colin is a retired actuary who has lived in Edenbridge since 1975. He is currently Honorary Secretary and Treasurer for Edenbridge and District Probus Club.

Marnie Woodward: Marnie is a retired accountant, has lived in Crockham Hill for 45 years, and has been the League's Treasurer since 2018. Her husband Tony attends the Day Centre.

Simon Morrison: Simon is a retired Edenbridge GP and has lived in Marlpit Hill since 1992. He has been a Trustee for the Great Stonebridge Trust for the last three years, and a Committee member for the League of Friends since 2019.

Sue Paice: Sue works as a pharmacy technician for Kent Community Health NHS Trust. She lives in Edenbridge with her family and has been a local resident for 33 years. She is Secretary of the Edenbridge Bonfire society and Eden Christian Trust.



The Eden Centre

The Eden Centre is a modern and fully accessible community centre designed to bring various community organizations and activities together under one roof. Our goal is to create a welcoming space for everyone to connect and engage in a wide range of activities.

What we offer

Halls and office space

The Eden Centre offers modern halls for hire starting from £14 per hour, small offices and halls at competitive prices, with free parking.

Availability

Halls for events: Saturdays, 10am to 3pm.

Small offices and halls: Weekdays, 9am to 4:30pm.

For more information or to arrange a viewing:

Call: [03000 41 40 10](tel:03000414010)

Email: theedencentre@kent.gov.uk

Facilities and opening times

Eden Centre Library

The Eden Centre features a modern library with more than just books. As a library member, you can hire DVDs, audiobooks, use our free public computers and printing facilities. The library also has a dedicated children's area with activities. It is open six days a week:

- Monday: 9am to 1pm
- Tuesday, Wednesday, Thursday: 9am to 5pm
- Friday: 1pm to 5pm
- Saturday: 10am to 3pm.

West Kent Youth Centre

West Kent Youth Centre supports young people across the Sevenoaks district by engaging with them in their communities and listening to their needs. It offers a variety of clubs and activities:

HOUSE: an open-access youth drop-in centre for young people aged 11 to 19, or up to 24 with additional needs. Our youth workers provide advice, support, and guidance through fun and engaging activities.

[Sign up now! | West Kent](#)

The Lodge Café

Come by and enjoy a relaxing atmosphere with great food and drinks.

It is open from:

Monday to Friday: 9am to 4pm.

Edenbridge and Westerham

Citizens Advice Bureau

Citizens Advice Bureau (CAB) have dedicated private rooms at the Eden Centre where CAB staff can meet people and offer free advice.

It is open from:

Monday to Thursday: 10am to 3pm.

Phone us 0808 278 7962

Email: enquiries@edenbridgecab.cabnet.org.uk

The Eden Church

Eden Church is a welcoming evangelical Baptist Church located in the heart of Edenbridge, Kent. We believe in living together as a community, much like a family. This sense of community extends to other Christian churches in the area. Eden Church is part of the Eden Churches in Covenant (ECC), where members from all Edenbridge churches come together to share, support, collaborate, and pray.

[Home | Eden Church Edenbridge - England](#)

What's on for Adults

Mondays

Paracise with Sharon Millar 9:15-10:30am A low impact but effective exercise to fabulous music

Pay as you go £6 per session sharon@paracise.com

Exercise for over 60s 2pm—3pm Improve strength, balance and flexibility to music with Christine.

Contact Christine [01732_862999](tel:01732_862999)

Eden Ara Whist Fortnightly 2pm-4.30pm

Tuesdays

Jane Young —Yoga 9.45—11 am

07984 687058

Line Dancing 12pm—1.15pm £2.50 drop in. Casual friendly beginner line dancing group.

Melanie Davies Chair Yoga 1.30pm—2.30pm Maximising your balance, flexibility and range of movement. Learning ways to relax, destress and find a sense of calm.

Contact Mel [07977 187170](tel:07977_187170)

Wednesdays

Angie Moore Pilates— 9am-10am Targets stabilising muscles, improve posture, strength and movement

Contact [07775_841629](tel:07775_841629)

Postnatal Fitness - 9.45—12pm

(2 sessions) info@yumymummiesfitness.co.uk

The Quilters 10.30—1pm weekly

Songsters 2.00 - 3.30 pm jacky.hintze@outlook.com or give

Jacky a call on [07708 237415](tel:07708_237415)

Reachout group fortnightly 11am-12.30pm

Thursdays

Jane Young Yoga 9.15-10.15am

Contact [07984 687058](tel:07984_687058)

Age UK Exercise, Balance, Strength, and Chat fortnightly

Drop in 10.15—12pm [01732 454108](tel:01732_454108)

Cameo 2.30pm-4pm Carole [01732 863564](tel:01732_863564)

Bible Study BSM 9am-11.30am

Fridays

JP Quilters 1.30pm-4pm once a month

Eden Ara 1:30-4:30pm once a month

Retired, semi-retired or over 50. Organised days out, events, Whist and many other activities.

Contact Marion [01424 843402](tel:01424_843402)

Friendship group in the Church weekly 10am-11.30am

All welcome (last Friday of the month meets in the Café)

Forget Me Not Café last Friday of every month

10-12:30pm

Saturdays

Board games 10am-4pm Every second Saturday of the month A range of games for both adult, teens and children.

Repair Café 10am-1pm Do you have something that needs repairing, don't throw it away, bring it along to the Repair Cafe and see if we can bring it back to life. 4th Saturday of each month
edenbridgerepaircafe@gmail.com

What's on for Children

Mondays

Playground 10.30am

Exploring music, light, textures and sounds to movement and smells, these exciting sessions are a perfect opportunity for families to engage with new experiences, sensations and connect with each other. Children must be accompanied by an adult. Must be booked online - please include slot for adult and child. [Playground](#) 0 to 18 months. Free

Tuesdays

Baby Rhyme Time 10.30am

Come along to our free Baby Rhyme Time and join in with songs and play. Suitable for 18 months and younger. All children must be accompanied by an adult. Drop in, free

Wednesdays

Sensory room 1pm + 2.15 1-hour session, booking required, £3 per child, 1 Adult to 1 Child

Thursdays

Sensory room 10am (under 1's only), 11.15am, 12.30pm and 2pm 1 hour session, booking required, £3 per child, 1 Adult to 1 Child

Fridays

Saturdays

Crafts in the Library 10:30am to 11:30am Drop in and free

Board games 10am-4pm Every second Saturday of the month A range of games for both adult, teens and children.

Where we are

Visit us to explore what's on offer and get involved. Our address is [The Eden Centre, Four Elms Road, Edenbridge, Kent, TN8 6BY.](#)

Follow us on Facebook for information about events for children and adults throughout the year or go to

[The Eden Centre - Kent County Council](#)

<https://www.kent.gov.uk/edencentre>

