

Edenbridge Memorial Health Centre

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



Edenbridge Memorial Health Centre Newsletter - Spring Edition 2026

Update from Kent Community Health Foundation Trust

We are delighted to share that we are now working in collaboration with the local police force, who will be using the centre as a hub during the week and on an as-needed basis.

We have just completed a Spring Food Drive at the centre for the Edenbridge Food Bank and will be repeating this again later in the year. Thank you for your support and donations received.

This Autumn, the Recovery and Wellbeing College, part of NHS Kent and Medway Mental Health NHS Trust, will be coming to the centre. They will be offering a range of free health and wellbeing workshops and courses for anyone aged 18 and over across Kent and Medway. We look forward to sharing more details in our next newsletter.

The Ageing Well Clinic have just finished a series of talks and will be repeating these in September to include:

Falls Prevention, Managing Stress, Cognition, Physical Health Stressors, Mental Health Stressors, Carers Support, Technology Stressors, Ageing Well and Occupational Therapy

In addition to this we will be starting a 6 week Strengthening Exercise Class from Thursday 7 May, 2pm to 3pm, as well as a 6 week Balance Exercise Class from Monday 1 June 2026. If you would like further information or to reserve a place on any of these please contact us on 0300 013 2191. These classes are for anyone aged 65 and over and limited to six attendees per class.

Sherree Kempton

Site Lead/Operational Manager for Edenbridge Memorial Health Centre

Kent Community Health NHS Foundation Trust



Edenbridge Medical Practice Update:

After the retirement of two of our receptionists we are pleased to welcome three new ladies to the team. Sharon, Maria and Mollie will be joining us at the end of April.

Upcoming staff and GP training days:

Tuesday 12th May

Thursday 11th June

Wednesday 8th July

Karen Copping

Practice Manager

EDENBRIDGE PATIENT PARTICIPATION GROUP



Please see details in this newsletter of the Health and Wellbeing Roadshow taking place on Thursday 14 May 2026 in Sevenoaks. Organised by Sevenoaks Primary Care Network, this is a fabulous free event for anyone looking to support their health and wellbeing.

If you are able to volunteer some time on the day please see the link below for information and to sign up:

<https://volunteersignup.org/HEQDW>

If you have any queries for the Patient Participation Group, please do contact us on ppg.edenbridge@hotmail.com or leave a note with reception.

HEALTH & WELLBEING ROADSHOW



Thursday 14th May 2026
10am - 4pm
The Stag Theatre, Sevenoaks
TN13 1ZZ



CANCER AWARENESS
Talks from Bowel
Cancer & Prostate
Cancer UK at 1:30pm
Join us for an all-day
Macmillan Coffee
morning!

ACCESS TO HEALTHCARE
Talks on NHS services
and
Meet your GP's
Patient Participation
Group.

**CHILDREN AND YOUNG
PERSONS SERVICES**
Find out about and meet
representatives from
health, community and
charity services for children
and young people

MENOPAUSE
Talk on Menopause by
Dr O'Neill, GP and
Special Interest in
Women's Health at
Borough Green
medical practice

LIFESTYLE
Free Mini Health
checks
Exhibitions from
Diabetes UK and
Everyone Active

MENTAL HEALTH
Representation from Kent
and Medway Talking
Therapies, Sevenoaks
Mens Sheds
and
Domestic Abuse services.

AGEING WELL
Hear about the Ageing Well
service in Edenbridge at
11am and Hospice in the
Weald at 11:50am
Representation from
Alzheimer's and Dementia
Support Services

**Scan the QR code for a
full list of exhibitors and
talk times**



A FREE NHS EVENT organised by Sevenoaks Primary Care Network

Website: <https://sevenoakspcn.gpweb.org.uk>
Facebook: 7oakspcn

List of Exhibitors:

- Alzheimer's and Dementia Support Services
 - Bowel Cancer UK
 - Crossroads Care
- DAVSS (Domestic Abuse Volunteer Support Services)
 - Diabetes UK
- Everyone Active Sevenoaks Leisure Centre
 - Hospice in the Weald
 - House in the Basement Youth Café
 - Imago – Young Carers
- Kent & Medway Recovery and Wellbeing College
 - Kent & Medway Talking Therapies
- Kent Community Health Foundation Trust – Ageing Well Clinic and Day Centre
 - Kent County Council – Adult Social Care Services
 - Kent County Council – Connect2Work scheme
- Kent County Council – Technology Enhanced Lives
 - Layberry Foundation
 - OneYou Kent
 - Prostate Cancer UK
 - Pure Physiotherapy
 - Sevenoaks Counselling
 - Sevenoaks Men's Sheds
 - West Kent Primary Care

To register for this event and specific talks, please [follow this link](https://sevenoakspcn.gpweb.org.uk) to book your FREE ticket

[Health & Wellbeing Roadshow](https://sevenoakspcn.gpweb.org.uk) <https://sevenoakspcn.gpweb.org.uk>



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

APRIL 2026

It seems to have been a long and dreary winter, but in the gardens the bulbs have come into flower and blossom is appearing on the trees. Similarly, there are signs of some of our plans coming into bloom.

Our initial plans for a Parkinson's Singing Group sadly came to nothing but we are well advanced with Plan B: we have a venue (the parish room in St Lawrence's Church in the High St), a start date (May 6th), and an experienced director of music to lead the group, with some assistants lined up. Although primarily aimed at people with Parkinson's, the Group would be open to e.g. people with memory issues, social isolation etc. I don't want to tempt fate but hope that the EMHC Summer Newsletter, and our own AGM, will confirm that the Group is in full flow.

Plans for our Couch to Park Run project continue, in concert with the Edenbridge Leisure Centre. We intend to recruit some non-runners who would benefit from physical exercise and support and subsidise their progress towards a 5k Park Run. In an ideal world, we could build on that to form an Edenbridge Running Club. All being well, we plan to be up and running (sorry about that!) in May.

One of the silver trophies the War Memorial Hospital had is the Edenbridge Hospital Darts Challenge Cup. We decided to keep this in the hope of launching an annual Darts Tournament, perhaps with an inter-pub format. You may reasonably wonder quite what Darts and pubs have to do with Health. Darts is regarded as a sport, and one could argue that mental health is improved by getting together for social occasions etc. In reality, we just wanted to honour the original idea behind the Hospital's trophy, to add to the gaiety of the nations (or at least Edenbridge) and to put the Friends in touch with a younger demographic, while also raising some funds to boost our coffers. James, the excellent Manager at The Swan in Marlpit Hill is kindly organising and hosting the event which will take place at the Swan on Saturday May 16th starting at midday.

More conventionally, we continue to support EMHC with funding for activities at the Day Centre and the purchase (£450) of some physical activity equipment for the Ageing Well Clinic. In addition we gave the Edenbridge First Responders £1200 to complete the purchase of some essential training equipment. We also agreed to pay for an external speaker specialising in presentations on substance abuse to give a talk to the Eden Christian Trust Youth Group (£150).

Our Members will receive separate notification of our Annual General Meeting on July 11th at 10.00am at Rickards Hall. Non-members are welcome to attend and very welcome to join up as Friends!

We continue to be open to ideas for health-related projects in need of funding or fund-raising projects in and around Edenbridge.

Best wishes,

Simon Morrison (Chair) and the Friends' Committee

Registered Charity No. 231789

Join us in

Parkinson's Singing Group, Edenbridge

Fortnightly on Wednesdays: Starting 6 May 2026 (5 session pilot)

3 – 4:30pm

St Lawrence's Church, High St, Edenbridge TN8 5AQ

Join us—no experience needed. Families and partners welcome. Free during pilot. Meet in the **St Andrew's Room**. Includes a 30-minute refreshment break. Supported by Friends of Edenbridge Memorial Health Centre.

To confirm a place, please call 01732 865055 followed by Option 2 and ask for Holli or Sarah



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037554).

Dates: Wednesdays 6 May, 20 May, 3 June, 17 June, 1 July

★ **CHARITY.** ★
INTER-PUB
DARTS
TOURNAMENT

Saturday 16th May 2026

12:00 PM START
THE SWAN, EDENBRIDGE

DOUBLES EVENT

£15 per pair to enter

★ Contact James at The Swan if interested!

★ Prizes to be won!

★ All funds raised go to a great cause!

TO SIGN UP OR FOR MORE INFORMATION CONTACT JAMES:

info@swaninnedenbridge.co.uk
/ 01732 252488

★ Come along for a fantastic day of
darts, drinks, and community spirit! ★

COUCH TO PARK RUN

The Friends of the Edenbridge Memorial Health Centre have just joined with the Everyone Active Leisure Centre to offer twelve places on a special “Couch to Park Run” Running Group.

The idea is to get twelve people who are not very active physically to be able to complete a 5K Park Run after 8 weeks. We will use the excellent, proven NHS Couch to 5k app, with the possibility of additional fitness sessions at the Leisure Centre. People taking part will benefit from 8 weeks of free membership of the Leisure Centre, so that they can try a range of fitness activities (and avoid any bad weather if they want!).

The group will start on Saturday May 9th. We will aim for a group walk/run every Tuesday and Thursday evening at 6:30pm and every Saturday morning at 9.30am and end with the group running a local Park Run e.g. Tonbridge or Squerryes on July 4th.

We say “end” but we hope that many of the group will want to continue running and help start an Edenbridge Running Club. It’s crazy that our town does not have a running club, when every day sees so many lone individuals pounding the streets or heading off to the footpaths around town – it’s more fun with company!

If you are interested in taking up this great opportunity or just want to find out more, then then contact us:

Email: info@ehlof.org.uk

Phone: 07793 083318

A promotional poster for the Couch to Park Run program. At the top, the title 'COUCH TO PARKRUN' is displayed in large, bold, 3D letters. Below the title, the tagline 'Get fit, have fun and meet new friends' is written. The central image shows three people (two men and one woman) running along a path in a park. To their left, a brown sofa is placed on the grass, symbolizing the 'couch' part of the program. In the background, a clock tower is visible. At the bottom, a yellow banner reads '8-WEEK PROGRAMME STARTING 9TH MAY 2026'. Below this, it says 'Supported by Friends of Edenbridge Memorial Health Centre and Edenbridge Leisure Centre'. Another orange banner states '12 FREE LEISURE MEMBERSHIPS AVAILABLE!'. The contact information 'For further info or to sign up contact: info@ehlof.org.uk / 07793 083318' is provided, followed by the slogan 'Take the first step towards a healthier you!' at the very bottom.

**COUCH TO
PARKRUN**

Get fit, have fun and meet new friends

**8-WEEK PROGRAMME STARTING
9TH MAY 2026**

Supported by Friends of Edenbridge
Memorial Health Centre and Edenbridge Leisure Centre

12 FREE LEISURE MEMBERSHIPS AVAILABLE!

For further info or to sign up contact:
info@ehlof.org.uk / 07793 083318

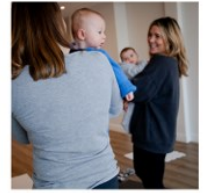
Take the first step towards a healthier you!

Are you a keen local gardener? Do you have any of the following that you could donate to a new Therapy & Wellbeing Garden here at the health centre:

- * Cuttings or plant plugs of nepeta, dahlias, erigeron, sunflowers, any herbs and/or lavender.
- * Spare alium bulbs or plants.
- * Flowers to cut; sweet pea plug plants, cornflowers, ammi majus.

Please contact Rachael at the Ageing Well Clinic on 0300 013 2191 who will be happy to collect.



  kmicb.7oakspcnhwb@nhs.net  07742880437  https://sevenoakspcn.gpweb.org.uk  https://www.facebook.com/7oakspcn SPECIALISATIONS • Diet & Eating Habits • Physical Activity • Sleep Hygiene • General Wellbeing • Long term condition management EXPERIENCE • NHS Health Coach • Level 2 Nordic Instructor • Food Technology teacher • Surrey Wellbeing Advisor • Mental Health First Aid 	 SALLY SALTER <i>Health & Wellbeing coach</i> Hello! My name is Sally and I work as a Health and Wellbeing Coach with Sevenoaks Primary Care Network (PCN). I support the local community in Edenbridge, Westerham and Sundridge. My work is holistic and I focus on the 5 pillars of health to support the patient; eating, moving, sleeping, connectivity and relaxation. I actively listen, encourage, support and, together in a therapeutic setting, work on goals to improve your overall lifestyle. I am very passionate about my work, supporting others and helping people to grow and improve their health. This is a FREE NHS service and I would love to hear from you! Please scan the QR code or access the link below to self-refer yourself to my service. https://sevenoakspcn.gpweb.org.uk/services/health-and-wellbeing-coach-service 	Mother AND Baby POSTNATAL PILATES  Take time for yourself with this gentle Pilates class designed specifically for mums with babies. Step into a safe and supportive environment that allows you to reconnect with your body after birth. Leaving you feeling calmer and more connected. Focus on alignment and posture Breathing to regulate the nervous system Rebuilding core strength and pelvic floor work Join a supportive community and connect with other mums Suitable for babies from 6 weeks to crawling (or 8 weeks if you had a c-sec delivery)   <table border="1" data-bbox="813 1758 1492 1870"> <tr> <td>Thursday's 11-11.45am</td> <td>Eden Mind Body Spirit 1 Church Street Edenbridge, Kent TN8 5BD</td> </tr> <tr> <td colspan="2">6-week block begins 16th April 2026</td> </tr> </table> Space for 4 mums & babies. Herbal tea and biscuits afterwards. Scan the QR code and fill out the form to book your place today. 	Thursday's 11-11.45am	Eden Mind Body Spirit 1 Church Street Edenbridge, Kent TN8 5BD	6-week block begins 16 th April 2026	
Thursday's 11-11.45am	Eden Mind Body Spirit 1 Church Street Edenbridge, Kent TN8 5BD					
6-week block begins 16 th April 2026						

Spotlight on Local Community Events and Services



☀️ Looking for a new venue for your class, workshop, or group? Or thinking about starting something new? ☀️

We've got you covered!

We have weekday availability across a range of halls (including two with air conditioning – perfect for the warmer months ☀️)

- ✓ Flexible spaces to suit different group sizes
- ✓ Ample parking on site
- ✓ On-site café for refreshments
- ✓ We're happy to offer your first session completely free

Whether you're running fitness classes, meetings, or community groups, our spaces are ready for you.

☀️ Email us theedencentre@kent.gov.uk or call us on 03000 414010 for more details, or how to book ☀️

Weekdays

Monday - Friday

Room	9am to 4.30pm
Hall 1	£16 per hour
Hall 1 and small kitchen	£18 per hour
Hall 2	£15 per hour
Hall 2 and small kitchen	£17 per hour
Halls 1 & 2	£22 per hour
Halls 1 and 2 and small kitchen	£24 per hour
Hall 3	£19 per hour
Hall 3 + kitchen	£22 per hour
Sensory Room - non sensory public days Monday + Friday	£20 per hour
Sensory Room (for meetings)	£15 per hour
Office G (min 2 hours)	£9 per hour

What happens at the Eden Centre Library...



Every Wednesday morning we have Talk Time, which is for anyone who wants to meet new people. There are guest speakers that come 10.30am to 11.30 on a variety of subjects.

We also run a Home Library Book Delivery, so if you are unable to attend there are volunteers who can deliver books to you. For more details please contact your local library and to apply.

Coming up soon at the library, Knit and Natter on a Thursday morning, with dates and times to be confirmed soon.

Spotlight on local community events and services

Forget-Me-Not Café, Last Friday of the month, 10.30am -12 noon, Stangrove Room, attached to Edenbridge Leisure Centre, free to attend, please email forgetmenot.sadfc@gmail.com to join in.

Over 55 Games Club, Mondays 10am to 12 noon at Rickard's Hall (TN8 5AR), all welcome, refreshments included, £2 donation per person.

Free digital training by Compaid at BRIDGES (TN8 5AJ), Wednesday mornings, book your one-to-one training on 0751 4058740 or email outreach@compaid.org.uk

Hi Kent free NHS hearing aid clinic at BRIDGES (TN8 5AJ), usually 2nd and 4th Mondays 10-11.30am, call in to have your NHS hearing aids cleaned, retubed and collect new batteries.

Place of Welcome at BRIDGES (TN8 5AJ), Fridays 2-4pm, all welcome, drop in, no need to book. Offering free refreshments, friendship and varies activities.

Edenbridge Foodbank via referral, Tuesdays, Rickards Hall, 9.30-11.30am. Or to drop your donation.



Have you been bereaved?

If so, would you like to pop in for
a friendly chat and a cuppa? ☕

Our Bereavement Café is open to all
at BRIDGES, Edenbridge High St, TN8 5AJ

2.00-4.00 pm on the third
Monday of the month in 2026:
20th April, 18th May, 15th June,
20th July, 17th Aug, 21st Sept,
19th Oct, 16th Nov, 21st Dec.

To find out more, please call Hilary on 07711
681224 or e-mail hilaryjmorgan@outlook.com

Bereavement Café at BRIDGES
(TN8 5AJ), third Monday of the month,
2-4pm.
Drop in, no need to book.

Helping local people in crisis:

Spring Food Drive

Monday 20 April to Friday 8 May 2026

@ the Edenbridge Memorial Health Centre

Thank you so much for all your donations, they are very much appreciated.

We will be doing further Food Drives later in the year at the centre and will advertise the dates shortly.

[Edenbridge Foodbank | Helping Local People in Crisis](https://edenbridge.foodbank.org.uk)

For more information about the Edenbridge Foodbank and how to support it, please click on the link above or access via the QR code to the right.

Or via the website:

<https://edenbridge.foodbank.org.uk>

