

Summer 2025

Actively Involved

Newsletter

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Activities**

 03000 810005

 hello@involvekent.org.uk

Welcome to the Actively Involved Summer Newsletter 2025

Welcome to the Summer edition of our Actively Involved newsletter!

Please find up-to date information about our upcoming groups in the borough of Maidstone, Tonbridge and Malling, Sevenoaks, Tunbridge Wells, and The Weald. Please get in touch if you have any questions.

Our Actively Involved service is specifically for people aged 55 and over, or under 55 living with a complex health condition.

We partner with local organisations from West Kent to provide activities such as exercise and gardening groups, to name a few.

We also set up in your local community coffee mornings/ afternoons as well as craft and games groups.

Our aim is for you to meet new people, form friendships and choose what activities you would like to get involved with.

Please get in touch if you are looking for support, information, or groups in your area. We also welcome and value your feedback, comments and suggestions. There are several ways to get in touch with us, and these details are included below.

Contact Us

How to get in touch:

Opening Times:

Monday to Friday 9:00am - 5:00pm

Telephone: 03000 810005

General Email:

hello@involvekent.org.uk

Website: **www.involvekent.org.uk**

Address: **30 Turkey Court, Turkey Mill
Ashford Rd, Maidstone, ME14 5PP**



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What We've Been Up To

Volunteer Celebrations

Friday 6th June was dedicated to our wonderful volunteers with an afternoon lunch in the beautiful grounds of Allington Castle. Volunteers from across the organisation came together to chat to one another and be awarded with a certificate for their ongoing support, from our very own CEO, Gary Wells.

This special occasion was also an opportunity to commemorate Involve's 50th anniversary.



A Spotlight on Local Groups



One of our Maidstone Actively Involved Groups has blossomed into a well-established group of friends. Starting with just one person last year, the group is now around 8-10 people every week.

They've become such good friends that they have arranged their own Christmas Party and are thinking of arranging a trip to Hastings and a picnic in the near future!

A Spotlight on Local Groups

Established in Autumn 2024, the Games Group in Tonbridge have become a well-rounded little community of game fanatics, with regular weekly attendance every Friday.



Over 50's Forum

The West Kent Actively Involved team hosted another successful over 50's Forum recently for our Maidstone residents.

Speakers included Communigrow, who shared information about their latest projects and workshops; Kent Fire & Rescue, who spoke about fire safety in the home and home checks they can provide; Digital Kent who provided information about support and local digital hubs; the Help You Home team from Maidstone Borough Council; and finally Involve, who helped to encourage some of our participants to engage with health research projects. It was a great day, with lots of conversation, clients getting the support and signposting they need, and a yummy buffet lunch to complete the day!



Waitrose Community Café



The Director of Development for Involve, Emma, had a very positive meeting with the chain Waitrose recently, who are looking to help support local community initiatives and are particularly interested in working with Involve moving forward. To date they've worked with a few different charities in small ways, and in the future they would like to build something more substantial with Involve.



On Tuesday 24th June, some of our West Kent Actively Involved clients were invited to the Community Café site at the Waitrose Aylesford Depot. This was a great opportunity for Waitrose to meet our clients and to begin building a relationship with them to open the door for more collaboration in the future.

Our Partners

Blackthorn Trust



T: 01622 828382

E: info@blackthorn.org.uk

Fusion



T: 01622 691177

E: enquiries@fusionhlc.org.uk

The Chatty Café



Hadlow St Marys



T: 07570941809

Citizens Advice North Kent



T: 0808 2787810

Heart of Headcorn



E: enquiries@heartofheadcorn.org

Communigrow



E: info@communigrow.org.uk

Heart of Kent Hospice



T: 01622 792200

E: enquiries@hokh.co.uk

East Malling Centre



T: 01732 846314

Spadework



T: 01732 870002

E: info@spadework.org.uk

Kent Arts & Wellbeing



T: 07884497478

E: info@kentartsandwellbeing.org.uk

Tonbridge Baptist Church



T: 01732 352824

E: hello@tonbridgebaptist.church

Groups

Area	Day	Time	Peer/ Volunteer	Activity Leader	Activity
Ditton	Mondays	12:30-14:30	Mari Paul	Claudie	Fish & Chips
Aylesford	Wednesdays	10:30 - 12:00	Cathy, Carol & Vic	Claudie	Coffee
Aylesford	Tuesdays	14:00 - 15:30	Barry (Peer)	Claudie	Coffee
Aylesford	2 nd / 4 th Tuesdays	13:30	Carol, Siobhain & Vic	Claudie	Lunch
West Malling	1 st / 3 rd Tuesdays	13:30	Carol, Siobhain & Vic	Claudie	Lunch
Snodland	Wednesdays	11:30	Paulette (Peer) & Ruth (Peer)	Claudie	Craft & lunch
Snodland	Fridays	10:30	Paulette (Peer) & Ruth (Peer)	Claudie	Coffee
Maidstone	3 rd Mondays	12:00		Natalie	Lunch
Maidstone	Mondays	14:00	Jean and Diane	Natalie	Coffee
Maidstone	Mondays	9:30	Karen	Natalie	Coffee
Maidstone	Mondays	14:00 - 15:30		Natalie	Coffee

Area	Day	Time	Peer/ Volunteer	Activity Leader	Activity
Bearsted	Mondays	10:00 - 11:30		Natalie	Coffee
Maidstone	Tuesdays	12:30	Andy, Keith, Carol	Natalie	Lunch
Maidstone	Tuesdays	10:30	June	Natalie	Coffee
Lenham	Tuesdays	10:00	Karen	Natalie	Coffee
Allington	Tuesdays	12:00 - 14:00	Andy & Keith	Natalie	Lunch
Maidstone	Tuesdays	10:00 -12:00		Natalie	Men's Lunch Club
Maidstone	Wednesdays	10:30	Helen/ Nathalie	Natalie	Coffee
Langley	Wednesdays	12:30	Rob & Theresa	Natalie	Coffee
Coxheath	Wednesdays	10:00	Carole & Piers	Natalie	Coffee
Maidstone	Thursdays	10:00	Piers	Natalie	Coffee
Maidstone	Thursdays	12:00	Cathy & Vic	Natalie	Lunch
Maidstone	Fridays	10:30	Kay & Evsen	Natalie	Craft
Maidstone	Fridays	13:30	Jeremy & Margaret	Natalie	Games
Sevenoaks	Wednesdays	10:30	David	Claudia	Coffee
Borough Green	Fridays		Christine & Jane	Claudia	Lunch
Tunbridge Wells	Mondays	11:30 - 13:00	Nicole	Helen	Lunch
Tunbridge Wells	Tuesdays	11:30 - 13:00		Helen	Coffee

Area	Day	Time	Peer/ Volunteer	Activity Leader	Activity
Tunbridge Wells	Tuesdays	13:30	Lynn	Helen	Coffee
Cranbrook	Wednesdays	11:30	Christine	Helen	Coffee
Hawkhurst	Wednesdays	14:00-15:30		Helen	Coffee
Hawkhurst	Thursdays	11:00	Graham & Diane	Helen	Lunch
Paddock Wood	Mondays	12:30	Marie	Helen	Lunch
Paddock Wood	Thursdays	12:30	Marie	Helen	Lunch
South-borough	Thursdays	13:00		Helen	Lunch
Tonbridge	Mondays	10:30	Carol	Helen	Coffee
Tonbridge	Thursdays	10:30	Victor	Helen	Coffee
Tonbridge	Fridays	13:30 - 16:00	Victor	Helen	Games
Online	Tuesdays	13:00-14:30		Claudia	Crochet

***The full address of the activity will be given at point of booking.**

We continuously consult with clients on our future programme of groups, activities and events. If you have any suggestions please get in touch.

If you would like to find out more about our Actively Involved service, or would like to join one of our clubs, contact us using the details below.

Get in touch!

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