



How to book and terms and conditions

(01795) 585335/583547

Monday - Friday (9 – 3)

office@sheppeyhlc.org.uk

If you wish to receive more information via email, helping us to save paper, then please email us directly. All cheques should be made payable to 'Sheppey Matters'.

Postal address is: Sheppey Matters, Sheppey HLC, off The Broadway, Sheerness, Kent, ME12 1HH. To book on the day trips you must fill in a registration form, which contains terms and conditions of Sheppey Wheels.

- All trips are subject to change/cancellation with minimum notice.
- Each trip has a set minimum number of places that must be booked and paid for to run, if this level is not reached the trip may be cancelled.
- All daytrips must be paid for two weeks before they run, otherwise the place will be lost.
 - If your trip is cancelled by Sheppey Matters, for any reason, you will receive 7 days' notice and a full refund.
 - Should you wish to cancel your place on a trip, you must give at least 7 days' notice to obtain a refund.
- If you do not give the required notice or if you do not turn up to your trip, no refund will be given.
- We reserve the right to remove anyone from their trip if they are under the influence of alcohol or drugs.
- We also reserve the right to remove anyone from their trip if they demonstrate threatening or abusive behaviour.
 - All our minibuses operate strict no smoking policies
- Pickups for day trips start at 9am and the minibus will leave destination after at least 4 hours, unless stated otherwise.
 - Day trip prices are per person, **no concessions available**.
 - **Price is for travel only.**
 - Entrance fees and refreshments are payable by passenger.
 - No pets allowed on the mini bus with the exception of guide dogs etc



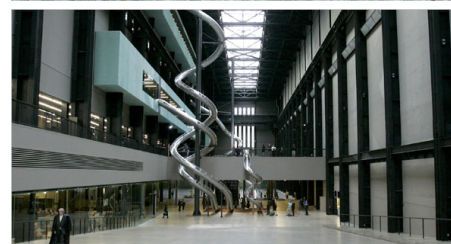
BOOKING LINES OPEN ON MONDAY 5TH SEPTEMBER

AT 10 AM



wheels
Sheppey

SHEPPEY WHEELS
OCTOBER 2016 – APRIL 2017



IMPORTANT NOTICE



No trips in January except for the Eastern Shopper.

We will be asking every customer for an Emergency Contact Name and Number when booking. Please have this ready when you book

October 2016

Monday 3rd Oct 16	Whitstable - A small fishing town famous for its oysters, with a working harbour. Whitstable is full of history and character.	£10
Thursday 6th Oct 16	Penshurst Place & Gardens - A 14 th Century Manor House and its gardens. The House, once property of King Henry VIII.	£12
Wednesday 12th Oct 16	Lakeside Shopping - Contains some of the most sought after retailers in the UK. If you are looking for something for home, fashion or beauty you should find it here.	£12
Sunday 16th Oct 16	Rochester Farmers Market - Offers a wide range of fresh, local produce with taste before you buy available.	£7
Wednesday 19th Oct 16	Hempstead Valley - Newly added shops and restaurants make this popular destination even better than before.	£5
Saturday 22nd Oct 16	Halloween Fun at The Hop Farm - Treat the kids to a spook-tastic feast of fun for the half term holidays! Dress up in your best Halloween fancy dress and join in.	£9
Sunday 23rd Oct 16	Cobham Hall & Gardens - Afternoon trip - An outstandingly beautiful Red Brick Mansion dating from 1584 and 18 th Century styles. 2-5pm.	£7
Friday 28th Oct 16	Godinton House Autumn Family Week - Afternoon trip. Activities for families to enjoy, with traditional treasure hunt, garden games, children's crafts. From 1-4pm	£10
Saturday 29th Oct 16	The Canterbury Tales Halloween Event - Late Pick up An evening trip - Contagious! Returns for its second year, transforming the much-loved attraction into something more sinister. 7-9pm	£10
Sunday 30th Oct 16	Cliftonville Farmers Market - The Market has been voted: 'Best Farmers' Market in Kent' dedicated to promoting good quality food at fair prices. Producers sell meat, speciality pies, seasonal fruit and vegetable, cheese, bread, eggs, cakes, fudge, honey, chocolates, preserves, wild game, juices, plants, fair trade coffee and much more.	£14

Screamland at Dreamland Margate 4-8pm



Did you know that we have a NHS Health Trainer with us at the Eastchurch Hub on Wednesdays and at the Healthy Living Centre on various days throughout the week?

Call us for more information 01795 585335

Kent Community Health 
NHS Foundation Trust

Live Well, Live Longer!

Health Improvement Services in Kent

Call 0300 123 1220 or visit www.kenthealthandwellbeing.nhs.uk for more information on all of our local health improvement services.

Health Trainers Health Trainers work with you to develop a personalised lifestyle plan that is easy to stick to and works around your needs. Useful for anyone who wants to set manageable goals around smoking, losing weight, getting more active or just feeling better about life. You can get up to six free sessions. Health Trainers work as part of your local community, so they're easy to find and even easier to talk to!

Stop Smoking Service Stopping smoking is the single most important thing you can do for your health, and you're ten times more likely to succeed with help! We offer 1:1 clinics, Quit Clubs or workplace support. We can even supply NRT products such as patches or gum for the cost of a prescription charge.

Fresh Start For anyone with a BMI of between 25 - 35. This is a 12-week plan to support you to make long-term lifestyle changes using British Heart Foundation guidelines, with support from weight management advisors in community venues. Fresh Start helps you to lose weight safely and keep it off - for life. Not sure of your BMI? Call us or ask your GP or a pharmacist to check. EAST KENT ONLY.

Health Walks These are free, volunteer-led, regular local walks, aimed at anyone wanting to be more active. Get out and about and meet new people, or you could even become a Volunteer Walk Leader! Not ready to walk in a group? We've got FREE local walking guides with calorie maps to help you keep track of your walk.

Specialist Weight Management Swale only, for anyone with a BMI of 35+ and a long-term condition, or 40+ without a long-term condition. This programme includes specialist support from a dietitian, exercise physiologist and a therapist to achieve weight loss by improving diet, eating behaviours, physical activity levels and emotional well-being. Health professional referral ONLY. In another area? Ask your GP or call 01322 220299.

NHS Health Checks If you're aged between 40-74 you may be entitled to a FREE NHS Health Check. Health Checks take just 30 minutes and can help you to prevent heart disease, stroke, diabetes, kidney disease and dementia. You can have your check at your GP surgery or in a local venue. Speak to your GP or email: healthchecks@kentcht.nhs.uk.

Ready Steady Go! Fun, free weekly sessions to get you and your family on the right track to a healthier future. Ready Steady Go! will give you all the support, advice and help your family need to get fit, eat healthy foods and enjoy life together. It's a free, after school club for children aged seven to 11 who are above a healthy weight, and their grown-ups, who need some extra help getting fit and healthy. We offer help, support and top tips in a fun and friendly atmosphere. EAST KENT ONLY

Exercise Referral This scheme supports people to make long-term lifestyle changes. You can get a minimum of 12 weeks exercise at a discounted price at a range of local leisure centres (activities can vary). Tailored, individual programmes are based on your health status and personal preferences. Referral by a GP/health professional. EAST KENT ONLY.

Expert Patients Living with a long-term condition? The Expert Patients Programme can help you take more control of your health by learning new skills to manage your condition. This six-week course covers: dealing with pain and tiredness, coping with negative emotions, relaxation techniques, healthy eating and more. EAST KENT ONLY

Eastchurch Community Hub

- Community Workshops
- IT Training
- Local Resources & Information
- Free Health Checks
- Mental Health Team
- Stop Smoking Service
- Healthy Weight Team
- Baby Massage
- Baby Yoga
- Baby Bounce & Rhyme
- Children's Centre Information
- Drug and Alcohol misuse team
- Bookings for Trips
- Youth Club and activities Information
- And much, much more...



For more information call 01795 585335

Eastchurch Village Hall (Annexe)

Warden Road, Eastchurch.

Come along and join us for a chat, find out how you can improve your wellbeing and health. Learn how to make changes to your own life and that of your family.

Local information for services and events for all ages

We are here to help you

November 2016

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| Thursday
3 rd Nov 16 | Tonbridge castle & Royal Tunbridge Wells Shopping - Tonbridge Castle - England's finest example of a Motte. Then browse among the chic independent shops in Royal Tunbridge Wells. | £12 |
| Saturday
5 th Nov 16 | Leeds Castle - Fireworks - Be amazed at the biggest and best firework display in the South East of England. Evening Event | £7 |
| Monday
7 th Nov 16 | County Square Shopping Centre Ashford - The Kent shopping Centre has a fantastic range of stores in a pleasant and relaxed environment. | £10 |
| Wednesday
9 th Nov 16 | Pie, Mash, Fan Museum & Greenwich Market - London's only historic market set within a world heritage site, Visit The Fan Museum in Greenwich which houses an extensive collection of fans from around the world. Stop off at Goddard's of Greenwich restaurant for traditional pie, mash & liquor. | £14 |
| Wednesday
16 th Nov 16 | Bluewater - Shop till you drop with over 300 stores and 60 restaurants. One of our most popular destinations. | £9.50 |
| Saturday
26 th Nov 16 | Faversham Christmas Lights & Night Market - The lights will be switched on by Father Christmas and his friends at 5pm then at 6pm the night market will start with local food, produce and entertainment. | £7 |
| Tuesday
29 th Nov 16
TBC * see notes | Christmas Market at Tate Modern - This Christmas Market with 70 wooden chalets is held in the most visited modern art gallery in the world: the Tate Modern. | £15 |



BREAKING NEWS!! Sheppey Matters radio station Sheppey FM has now been awarded an FM Community Radio Licence!! Thanks to the fantastic team of volunteer presenters and the local businesses that believe in us...and so many more.

We love our Island and believe it deserves a local radio that truly cares about it. Frequency coming soon!



December 2016

Saturday 3rd Dec 16	Christmas with the Crooner - Popular singer and entertainer Martin Farbrother makes a welcome return to the Blue Town Criterion with this festive show. Join in with a sing along and leave with a warm glow ready for the Christmas season. Price includes a fish & chip supper.	£14
Sunday 4th Dec 16	Rochester Dickensian Christmas Celebration - Packed with shopping stalls, Rochester becomes a feast of delights.	£7
Sunday 11th Dec 16	Dagenham Market - Grab yourself a bargain at Dagenham Sunday Market! Traders have top quality brands for sale at the best prices around.	£14
Monday 12th Dec 16	Dobbies & Hempstead Valley - Come take a look around the garden centre in Gillingham then off to the Hempstead Valley for some undercover shopping.	£5
Wednesday 14th Dec 16	Camden market - Open air and indoor markets- each within its own distinctive flavour, Street shops, bars and restaurants.	£15
Friday 16th Dec 16	Bluewater - With over 300 stores and 60 restaurants.	£9.50
Saturday 17th Dec 16	The Reindeer Centre - A pre-Christmas treat that's as magical as the day itself, Visit the famous Reindeer Grotto at Capralama Farm, Bethersden. (Awaiting confirmation of dates and times as this went to print please call the office for more information)	£12
Sunday 18th Dec 16	Winter Wonderland - London's spectacular Christmas destination, family friendly Hyde Park Winter Wonderland.	£15
Monday 19th Dec 16	Canterbury Cathedral & Christmas Shopping - A beautiful and historic city with a magnificent Cathedral. Canterbury has a vast array of shops for some last minute Christmas shopping.	£10

Eastern Shopper Trips

Pickups

9am @ Rose and Crown, Leysdown

9.10am @ Oasis Stores, Warden Bay

9.20am @ Eastchurch War Memorial



£7.00 per seat on the 2nd FRIDAY OF EVERY MONTH

This is a service provided for residents living in the eastern end of the island. We will take you to Maidstone once a month from the above collection points. Pre book and pay only.

Call 01795 585335 for more details.

Wellie Club

Running every
half term and
summer holiday



Gardening and creative sessions
for families with children of all ages and abilities.
Mud and Mayhem

Designed to engage everyone in the importance of **Wildlife**,
Recycling, **Growing fruit, veg and flowers**
as well as **food tasting**.

Outdoor activities and our

New Purpose built learning Centre,

enabling this to be a great
all year round space.

Wheelchair accessible facilities.



Follow signs to Old Mill Cafe
Brabazon Road
Off Church Road
Eastchurch ME12 4AA

For details of events

Call Sheppey Matters 01795 585335/01795 662878

Or email office@sheppemhl.org.uk





MEET THE TEAM



February 2017

Wednesday 1 st Feb 17	Hempstead Valley - Newly added shops and restaurants make this popular destination even better than before.	£5
Monday 6 th Feb 17	Greenwich Market - London's only historic market surrounded by independent shops and cafes. An easy stroll to find something special.	£14
Friday 17 th Feb 17	Coastal Historic Tour & Soup Afternoon - Take a tour around the Isle of Sheppey - Enjoy a talk with our amazing tour guide and finish off in the Waterfront Café for a bowl of soup and crusty roll.	£8
Monday 20 th Feb 17	County Square Shopping Centre Ashford - A shopping centre with a fantastic range of stores in a pleasant relaxed environment.	£10
Thursday 23 rd Feb 17	Chatham Town Centre Shopping - Chatham is in the heart of Medway and the largest of its shopping town Centres. The high street and Pentagon Centre boast lots of household and independent retailers.	£7
Sunday 26 th Feb 17	Dagenham Market - Grab yourself a bargain at Dagenham Sunday Market! Traders have top quality brands for sale at the best prices around.	£14

Thank you to all of our customers and the new customers that came along to our Sheppey Wheels Coffee Morning in July.

You gave some great feedback and we are incorporating your ideas and thoughts into this brochure and following brochures.

We really enjoyed meeting each and every one of you.

We would like to hold another coffee morning at the Healthy Living Centre in the New Year

So a date for your diaries

FRIDAY 24TH FEBRUARY 2017 drop in from

10 am- 12 - Abbey Room



March 2017

Wednesday 1 st Mar 17	Westwood Cross Shopping Centre , Thanet - Full of High Street shops, plus a multiplex cinema and dining options.	£14
Wednesday 8 th Mar 17	Romford Market - Set in a high street location with the sights and smells of a traditional, vibrant market.	£16
Monday 13 th Mar 17	Canterbury - A beautiful and historic city with a vast array of shops and market stalls.	£10
Wednesday 22 nd Mar 17	Maidstone Shopping - Everything from a huge shopping mall to museums and cultural activities. This is a popular trip so booking is essential.	£7
Saturday 25 th Mar 17	Hampton Court Palace & Gardens - With over 60 acres of beautiful gardens that run down to the River Thames, sparkling fountains and glorious displays of flowering bulbs.	£18
Sunday 26 th Mar 17	Cliftonville Farmers Market - Award winning farmers market where producers will be selling bread, cheese, honey, fruit, vegetables, wild game, fruit juices, fresh meat and much more.	£14
Wednesday 29 th Mar 17	Kew Gardens - Take in the glorious sights set amidst some of London's most iconic attractions. It's an enchanting time to visit Kew.	£15

April 2017

Monday 3 rd Apr 17	Lakeside Shopping Centre - Shopping and dining in style, everything under one roof for the whole family.	£12
Wednesday 5 th Apr 17	Hever Castle & Gardens - An Enchanting double moated castle and 125 acres of spectacular gardens to explore. It offers visitors plenty to discover.	£15
Friday 7 th Apr 17	London's Natural History & Science Museum - Exhibitions cover all areas of science and technology for young and adults alike.	£15
Sunday 9 th Apr 17	Dagenham Market - Grab yourself a bargain! The traders at Dagenham market have top quality brands for sale at the best prices around.	£14
Tuesday 11 th Apr 17	Dover Castle / De Bradelei - A choice of two locations on this trip - Roam through centuries of history at Dover Castle, from the Romans to the cold war, In an action packed day out. Or opt for De Bradelei Wharf provides a great days shopping by the sea at one of Kent's leading shopping attractions. Situated just off Dover promenade within a superb maritime setting in the shadow of Dover Castle & the famous white cliffs, De Bradelei Wharf offers a relaxing atmosphere in which to shop and save. <u>If you are an English Heritage member you get in free!</u>	£14
Thursday 20 th Apr 17	Folkestone - Visit this beautiful town and see all it has to offer from tasty and delicious snacks to freshly caught fish and chips down by the harbour.	£14
Saturday 29 th Apr 17	Sweeps Festival Rochester - a colourful mix of music, dancing and entertainment. Recreating the joy and laughter enjoyed by the chimney sweeps. Definitely not one to be missed.	£7