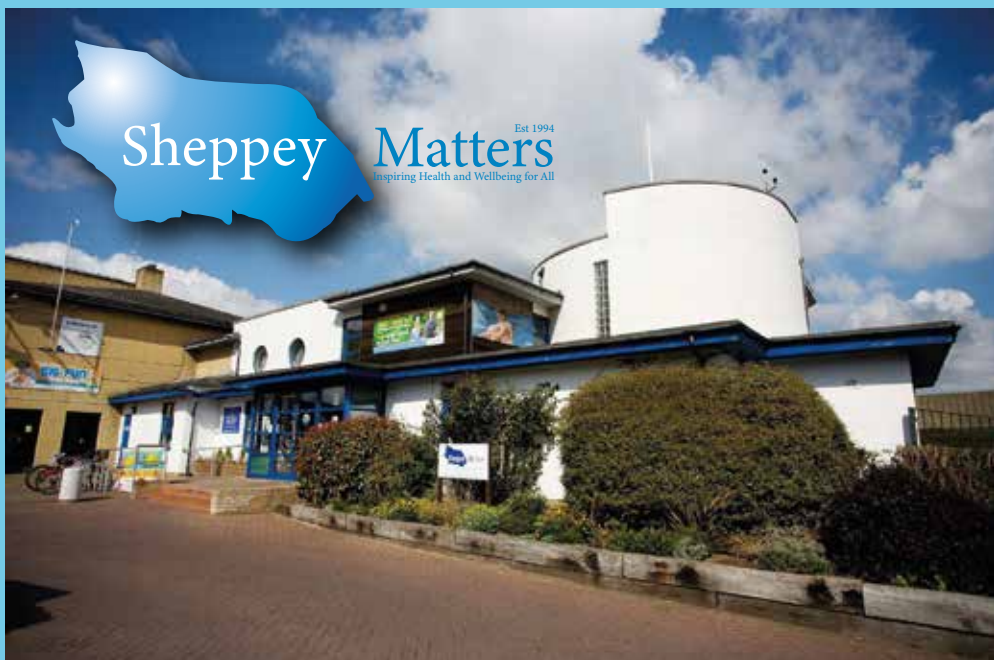


Sheppey Matters

Est 1994

Inspiring Health and Wellbeing for All



SHEPPEY MATTERS

Inspiring Health and Wellbeing for All

EDITION No. 5

YOUR ISLAND - YOUR CHARITY



Hello

During the National Lockdown we had to “reinvent” ourselves to some degree so that we could still support and keep in touch with you. Whilst we worked from home, we had a mobile phone number instead of our usual office number.

As lockdown restrictions eased our staff found ways to reconnect with you through our garden gate visits, phone calls, online crafting, cooking and much more. Our Community Chef and Gardener helped to supply Age UK, the Salvation Army and Holy Trinity Foodbank with fresh meals and produce. Our radio station Sheppey FM broadcast throughout keeping spirits up and the community feel going.

We created this newsletter to keep you up to date and informed instead of our usual brochure and for the time being we will continue to produce our newsletter every two months so that you have up to date information in these changing times.

We are pleased to be able to tell you that some of our day trips out are back on (although reduced in numbers to meet Government rules on social distancing). Since re-launching these trips, we have been encouraged by our regulars who have flocked back. We have also started some of our young people's clubs back up and the Healthy Living Centre is open for business again.

Of course, things are very different, but Sheppey Matters have emerged from lockdown with a new and exciting team – Isle Connect You – plus new members of staff. We are excited for the future and want to reassure you that should further restrictions come into force then we are here for you.



You are receiving this brochure as you are on our member's database.

If you no longer wish to receive newsletters/communications from us, please let the office know using the below contact details.

In the event of a further lockdown or social restrictions you can reach Sheppey Matters staff on the following mobile number: 07402 959 801

Otherwise please continue to use 01795 585335 for now or email office@sheppematters.org.uk

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES

This month Rebecca Becki, Mikaela and Kelly have been promoting our brand new and exciting project Isle Connect You aimed at tackling isolation and loneliness in the over 65s on the Island. We have had meetings with many organisations and service providers to spread the word on what we are doing.

We have started to form a well balanced and collaborative network that ensures residents have access to the supportive services available. We have visited several residents on our summertime Garden Gate Get togethers a fantastic initiative that allows our team to visit a person and talk, a simple yet forgotten skill our fast paced lives have sometimes forgotten.

This is such a vital piece of work for us to deliver , needed now more than Helping to improve wellbeing, increase confidence, and promote independence.

Have you seen us out and about? We have been actively covering the Island on leaflet drops about this project. See page 21 for more information on plans for the winter.

Telephone 07402 959801



Building a shared sense of connection and belonging to enrich individual lives.

The Isle Connect You Team



TAKE A LOOK AT US ON FACEBOOK! WE WERE JUST ABOUT TO LAUNCH AS COVID HIT.

Our Mission

Is to enable dads, step dads, grandparents, uncles, brothers or any other male primary care giver who live on the Isle of Sheppey more time to positively engage with their children, whether it be to read a book with them, play a game or go out exploring the world together.

Our Aims

To allow dads and their children to take part in exciting activities with other like-minded families. To provide a support network for fathers or male care givers. To support the local community and schools in various projects.

Join Us

Due to COVID you can't join us just yet – however, please go to our Facebook page and join to see what we are all about and keep up to date with new information.

Contact Us

Sheppey Healthy Living Centre
Off the Broadway, Sheerness, Kent ME12 1HH

Tel: 01795 585335

Email : Dadsmatters@sheppeymatters.org.uk

Down on the plot with Anita and Paul



Hi all! We hope this finds you safe and well! An old friend once asked me 'What do you do after you finish gardening in the summer? There can't be a lot for you to do ...' My reply was gardening does not stop at the end of the summer. It is a continuous seasonal loop. The autumn is a time of soil amelioration, habitat building, and spring bulb planting. We put to rest and shelter plants. We sterilise and store pots and trays in preparation for the spring.

Most importantly we harvest the hard work of the earlier season. The winter is a time of renovation, repair, and construction, tool maintenance, land management planning, storing and maintenance of hardy annuals, perennials, and biennials all grown from seed. Indeed, it is a tight deadline to the spring when the cycle begins again with seed sowing and potting on. Seasons give us birth and growth in the spring, blossoms and fruits in the summer, matured harvest of our labours in the autumn, and quiet passing or dormancy in the winter. Replete in the knowledge we have used our space to its fullest we look forward to yet another year of nurturing the land, flora and fauna, and our own mental and physical health and wellbeing.

Community
Gardener

Please keep safe and well everyone xx Anita and Paul xx



Gardening is low and high intensity physical exercise. It helps the mind to focus and restores attention. It has social and therapeutic benefits. Interaction with nature and the green environment is a cost-effective therapy.



**Would you like to
join us at the Community
Gardener project?**

Email: anita@sheppeymatters.org.uk
or office@sheppeymatters.org.uk

Phone: 01795 585335

Rural Youth



YOUNG PEOPLE'S ACTIVITIES ARE BACK

Monday Art club Age 8-13 years

at the Sheppey Healthy Living Centre in the Abbey Room 4.30 - 5.30pm

Thursday After school club Age 8-12 years

at Eastchurch Hub 3.30 - 4.30pm



Friday Additional Needs club Age 13-25 years

at the Sheppey Healthy Living Centre in the Abbey Room 4.30-5.30pm

**BOOKING ESSENTIAL FOR ALL ACTIVITIES AS VERY LIMITED SPACES AVAILABLE.
ALL SESSIONS MUST BE BOOKED THROUGH Elaine@sheppeymatters.org.uk**

Only those booked will be allowed entry.

Parent/carer must accompany young people on first visit as new forms to be signed. These forms are in line with COVID-19 regulations and guidelines.

Young people will be met outside and escorted into the building.

Parents must pick young people up from outside the building where they will be with a member of staff.

**PLEASE BE PROMPT ON ARRIVAL
AND COLLECTION OF YOUNG PEOPLE**

WE ARE REALLY LOOKING FORWARD TO SEEING YOU ALL



Sheppey 92.2 FM

COMMUNITY RADIO FOR THE ISLAND

Big congratulations to Volunteer Sadie Caldwell, who has been successful in passing her Arts Award Assessor's course, meaning she can now progress our youth presenters onto the next level!



In other news, Sheppey FM Schools Out Radio Club is back on air and the young people will be starting their Silver Levels in the coming months. They have created their own Facebook page and War on Waste page.

Unfortunately, due to the lockdown restrictions, we cannot accept anymore young people to the Radio Club as we are at full capacity. However, any expressions of interest to join can be made to Julie@sheppeymatters.org.uk

BINGO

& MINGLE

WE ARE ABSOLUTELY DELIGHTED THAT BINGO AND MINGLE HAS STARTED UP AGAIN FOR NEPTUNE HOUSE RESIDENTS!

THEY ABSOLUTELY LOVE ELAINE AND I CAN SEE THAT THE FEELING IS MUTUAL! THE GROUP IS SMALLER WITH ONLY 4 RESIDENTS, ELAINE AND A MEMBER OF STAFF, SO WE MEET THE RULE OF 6 FOR COVID SAFETY, BUT IT'S SO WONDERFUL TO BE OUT IN THE COMMUNITY AGAIN.

THE SESSIONS THAT ELAINE RUNS INCLUDE ART ACTIVITIES AND BINGO. THE JOY ON THE RESIDENTS FACES ON RECEIVING A SMALL PRIZE IS THERE FOR ALL TO SEE AND THEY LOVE A CUPPA AND A BISCUIT TOO!

RACHEL AT NEPTUNE HOUSE



TONY AND EMILY AT THE SESSION,
ENJOYING SOME COLOURING BEFORE THE BINGO



SHEPPEY WHEELS DAY TRIPS

BOOKING LINES OPEN

01795 585335 – The office is staffed between 9am – 2pm

Due to health and safety regulations there will only be a maximum of 7 seats available per trip. Our bus is sanitised before and after every use. Passengers will need to wear a face mask when travelling with us.



Monday 2nd November 2020 – Hempstead Valley – £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. - You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. You will be reminded to stay at least 2 metres apart. There is now a one-way system and you will be asked to 'keep to the left' throughout the centre to maintain social distancing. Hand sanitisers are stationed throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets is restricted and will have a maximum capacity at any one time. Some cubicles may be closed in to help manage social distancing.

Wednesday 4th November 2020 – Chatham Dockside Outlet – £7.50

Located opposite the Historic Dockyard on the Waterfront and is home to over 40 retailers offering a range of fashion to homewares at discounted prices. Please be aware of the store's guidelines that are in place and keep a safe 2m distance when shopping.

Wednesday 11th November 2020 – Romford Market – £16.50

Havering's only open-air department store with lots of stalls for all your bargains, selling everything from clothes and shoes to fresh food. Please remember to shop safely and keep a safe 2m distance from other shoppers.

Friday 13th November 2020 – Faversham Market – £7.75

The oldest Market town in the County and surrounded by maritime history with independent shops and regular markets in the heart of the town. Please follow the queue signs and maintain a 2m distance and respect the Market's rules which will be on display.

Monday 16th November 2020 – Canterbury – £11.00

An historic English Cathedral City and an award-winning shopping district that is in a pleasant open environment. Please adhere to each store's social distancing requirements. One-way systems have been put in place in certain areas to reduce social contact and additional signage and hand sanitisation points have been installed to help keep you safe.



November

Thursday 19th November 2020 - Ashford County Square County - £11.50

Square shopping centre is in the heart of Ashford's town Centre. With more than 50 shops alongside cafes and restaurants, County Square is the local, relaxed choice when it comes to indulging in some retail therapy. A one-way system has been implemented with clear signage to follow.

Monday 23rd November 2020 - Dobbies Garden Centre - £6.50

Dobbies garden centre has got everything you need to enjoy your home and garden from flowers and plants to tools, furniture, and homeware. The stores are limiting the number of people in stores and are asking customers to maintain a safe distance, wash hands and pay with your bank card.

Thursday 26th November 2020 - Hempstead Valley - £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. - You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. You will be reminded to stay at least 2 metres apart. There is now a one-way system and you will be asked to 'keep to the left' throughout the centre to maintain social distancing. Hand sanitisers are stationed throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets is restricted and will have a maximum capacity at any one time. Some cubicles may be closed in to help manage social distancing.



We've received some lovely comments from customers since our trips have been up and running again. One member said:

"the trip to Mount Ephraim Gardens was wonderful. It was nice to be able to get out with others for a day out. I felt safe on the bus as all guidelines have been put into place and the other people kept their distance from one another. To be able to go back out and do this is essential for people's well-being and everyone was very happy to be back on our day trips and to chat to others. We thoroughly enjoyed the day. It was much needed, and I am looking forward to booking another one"

SO WHY NOT JOIN US AND ENJOY A DAY OUT





Thursday 3rd December 2020 – Hempstead Valley – £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. - You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. You will be reminded to stay at least 2 metres apart. There is now a one-way system and you will be asked to 'keep to the left' throughout the centre to maintain social distancing. Hand sanitisers are stationed throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets is restricted and will have a maximum capacity at any one time. Some cubicles may be closed in to help manage social distancing.

Friday 4th December 2020 – Lakeside – £13.00

Indulge in some retail therapy at Intu Lakeside for fashion, homeware and much more, making this an ultimate shopping experience. Shoppers are being asked to follow a marked route in the centre and to keep 2m apart at all times. There are hand sanitisation stands at key points and toilet facilities are open with access to soap and water. Controls are in place at entrances to effectively manage the number of visitors in the centre.

Monday 7th December 2020 – Chatham Dockside Outlet – £7.50

Located opposite the Historic Dockyard on the Waterfront and is home to over 40 retailers offering a range of fashion to homewares at discounted prices. Please be aware of the stores guidelines that are in place and keep a safe 2m distance when shopping.

Thursday 10th December 2020 – Dobbies Garden Centre – £6.50

Dobbies garden centre has got everything you need to enjoy your home and garden from flowers and plants to tools, furniture, and homeware. The stores are limiting the number of people in stores and are asking customers to maintain a safe distance, wash hands and pay with your bank card.

Friday 11th December 2020 – Ashford County Square – £11.50

County Square shopping centre is in the heart of Ashford's town Centre. With more than 50 shops alongside cafes and restaurants, County Square is the local, relaxed choice when it comes to indulging in some retail therapy. A one-way system has been implemented with clear signage to follow.



Monday 14th December 2020 - Maidstone & Eclipse - £7.50

Visit Fremlin Walk, an outdoor shopping experience located in the town centre or you can shop under cover at The Mall which hosts a wide variety of shops. Please be aware of the stores guidelines that are in place and keep a safe 2m distance when shopping. Then moving on to Next and the big new Marks & Spencer at the Eclipse Retail Park. Again, please be aware of the guidelines that are in place at both stores. There may be a queue to maintain social distancing, hand sanitiser is available at points in store and both are accepting the new contactless payment limit of £45.00.

Wednesday 16th December 2020 - Hempstead Valley - £6.00

A popular destination with 50 retailers at the shopping centre and home to a new dining experience. - You will notice, on arrival, that there is new signage around the Centre. Please take time to familiarise yourself with the instructions. You will be reminded to stay at least 2 metres apart. There is now a one-way system and you will be asked to 'keep to the left' throughout the centre to maintain social distancing. Hand sanitisers are stationed throughout the Centre and in stores. Many stores have new protective screens at key points such as checkouts. The use of toilets is restricted and will have a maximum capacity at any one time. Some cubicles may be closed in to help manage social distancing.

Friday 18th December - Maidstone & Notcutts Garden Centre - £7.50

Visit Fremlin Walk, an outdoor shopping experience located in the town centre or you can shop under cover at The Mall which hosts a wide variety of shops. Please be aware of the stores guidelines that are in place and keep a safe 2m distance when shopping. Then on to Notcutts Garden Centre where you can pick up something for the garden or perhaps some last-minute Christmas gifts and decorations. Again, please be aware of the centre guidelines that are put in place with regards to face coverings, sanitisation and keeping a 2m distance.





THE COMMUNITY CHEF HAS SHARED A SIMPLE, WARMING, AUTUMNAL RECIPE FOR YOU TO SERVE WITH SEASONAL VEGETABLES

MEDITERRANEAN CHICKEN WITH POTATOES INGREDIENTS



- 1 tbsp olive oil • 400–500g/14oz-1lb 2oz chicken thighs, skin on and bone in
- 1 onion, diced • 1 carrot, finely diced • 2 garlic cloves, sliced
- 400g tin tomatoes
- 250ml/9fl oz chicken stock
- 1 tsp dried mixed herbs
- 600g/1lb 5oz potatoes, cut into bite-sized pieces
- salt and pepper

Method

1. Heat a large saucepan over a medium heat. Add the oil and, once hot, add the chicken thighs, skin side down. Brown the chicken on each side for 3-4 minutes, or until nicely golden-brown all over. Remove the thighs from the pan and set to one side.
2. Add the onion and carrot with a pinch of salt to the saucepan and stir over the heat. Fry for 6-7 minutes, or until the onions are soft and translucent. Add the garlic and continue to cook for two more minutes.
3. Add the browned chicken back to the pan along with any juices from the meat. Pour over the tomatoes, stock and mixed herbs and mix well to make sure everything is evenly distributed. Season with a little salt and pepper, cover with a lid and gently simmer for 20 minutes, or until the chicken is cooked through and the sauce thickened slightly.
4. Meanwhile boil the potatoes in a saucepan of boiling water for 10-12 minutes, or until tender and cooked through. Drain and serve alongside the cooked chicken.

FREE NORDIC WALKING

✗ No Mountains ! ✗ No big hills !

Gentle exercise with the encouraging support of our fully trained instructor Julie. Nordic poles support your knees and hips to assist you whilst walking.

Enjoy the fresh air and beautiful Sheppey scenery and a chance to chat with fellow walkers. Beginners welcome. Poles available for sessions

For more information Call 01795 585335

Or email Juliec@sheppeymatters.org.uk



Breaking down those barriers to a better health



We find ourselves in unprecedented times!! Never more has it been so important to protect our mental and physical health. When you have a health condition sometimes knowing what to do and how much can be one of the biggest barriers that a person can feel.

That is why we are here to help and support you to have the confidence to get going again or even start your journey into a healthier you



Dorothy said *"I cannot believe I have walked up that slope not only pain free but not having to hang on to my husband for support"*

Angela calls them her magic poles! before being able to Nordic Walk, she was unable to walk up any gradients without being breathless and hanging on to the railing because of the pain in her knee.

Sue can now walk upright and pain free after learning to Nordic Walk, she had not walked for years because of spinal problems and arthritis.

Pam can now walk without feeling like she has a dagger poking her in her hip.

These are just a few example of those that have benefited from Nordic Walking on a physical level, but equally as important their mental health has improved as well, walking and talking in the fresh air is one of the best feelings, especially as we are fortunate enough to have some beautiful walks on this Island of ours

NO JOURNEY IS TOO SMALL, WE ALL HAVE TO START SOMEWHERE





Kent Fire & Rescue Service

If a fire breaks out in your home, you are at greater risk if you are an older person, or if you have mobility problems.

We can help keep you safe with a **free safe and well visit**. If you don't need this service yourself, you can refer a relative, friend or client to us, too. We offer a free Safe and Well home visit service for people living in Kent and Medway. From testing, fitting and relocating smoke alarms, to looking out for potential fire hazards and planning escape routes - one of our friendly home safety officers can help to make your home fire safe. Book a free visit for yourself or a loved one today.

**Contact our friendly
home safety team
to book your visit now: on
0800 923 7000**

show
**you
care**

Join Cheryl Baker and Kent Fire and Rescue Service
and help someone feel safe and well this winter.



Who could you help?



Get involved by searching
KFRS Show You Care



Kent Fire &
Rescue Service

To improve safety in your home, please follow our
simple STEPS to staying Safe and Well.



Kent Fire &
Rescue Service



'A summer to remember'

It's often said that unexpected outcomes can emerge from adversity. This summer of 2020 has given us glorious weather and many opportunities to remain closer together as families. I have lost count of the number of incredible gardens 'self-builds' that have emerged on social media.

Our children have spent, quite probably, the longest period in their lives away from friends and the opportunity to be amongst them and their teachers at school.

At the same time families and individuals have been under immense pressure in terms of 'making ends meet'. I am always deeply saddened by the desperate need families and their children have in terms of one of life's essentials: FOOD.

Tasty Tuesday's ('Holiday Hunger')

With funding support from Kent Community Foundation, a partnership programme with the Salvation Army (Sheerness), Oasis Academy, Fareshare (Ashford) and SCVS volunteers was set up to cover the traditional summer school's holiday period. Families across the island were identified through the joint efforts of the Salvation Army and Oasis Academy. Community chef collected a range of produce from Fareshare redistribution charity and created 77 hot two course meals at each session. In addition, through sheer determination and cunning, our Salvation Army 'hero', Lynne Clifton gathered a range of donated games equipment that included hula hoops and footballs.

Feedback from the series was highly complementary but, at the same time, highlighted the very great need families will continue to have during these unprecedented times.

"OMG! What a beautiful meal and wow! We were really struggling this week and to have all this turn up was amazing. Thank you deeply."

"Thank you so much, yet another tasty dinner. Actually, had my 5-year-old son eating peas! Such a shock of a gift as well. I cannot thank you enough. Xx"

Well that about sums it up! 5 weeks was never going to be long enough but there is an indisputable need for a sustainable feeding programme that is NOT about holiday hunger.....it's all to do with HUNGER and its happening all over Sheppey and beyond.

‘Paella on the Plot’

A fitting end to our unique ‘summer season’ 2020 was a visit to Anita and Paul’s allotment together with Bev Nolker and her ADHD (Anxious Diners, Happy Diners) families.

Armed with an allotment ‘shopping list’ everyone went of a frantic forage and brought back an array of fresh produce, much of which had REAL mud on it, that was washed, fully prepared and ready to be crafted into our signature dish.

It had the nerve to RAIN for some of the time. However, our paella was well sheltered under the cover of Anita’s amazing re-cycled plastic bottle greenhouse and looked after brilliantly by Mason Nolker...what a star.

We sought shelter under a larger gazebo and food was shared in the company of others. After all, that is where the real flavour comes from.

‘Neptune Noshers’

We have missed these wonderful people SO very much and our dynamic duo ‘Lee & Emily’ were a joyful sight at the rugby club as they helped us prepare our very first post-lockdown lunch for all residents who were able to join us.

It was a daunting realisation that this small but very tight knit community had been isolated for almost 6 months. We will be looking at every possible safe way to make sure one of our most favourite groups of people are well looked after.



‘We miss you’

Finally, virtual hugs and love go to every one from our Let’s Do Lunch ‘gang’. I can’t begin to find the right words to express how much we all enjoy both looking after you and feeding you. I am sure, we will find ways to work with the restrictions and meet up soon

Leysdown Over 60s

I am hopeful Evelyn Howell will get to read this latest newsletter. Leysdown village hall on a Thursday has been one of my ‘happy places’ for many, many Thursdays. You have all made Jason, me and Rhys so very welcome and the sense of community is phenomenal. Our blessings to you all. xxx

I am pretty confident that we all dream a lot and much of our dreaming is done quite consciously. I have spent the last 12 1/2 years plus dreaming about my life as a Community Chef. It has been a phenomenal journey and I have met some amazing people and real characters along the way.



What unites all my dreams is a heartfelt belief that good honest simple hearty food is a human right and, as a result, I have always struggled with the harsh reality of food poverty.

I have witnessed, at first hand, huge stockpiles of unused food awaiting redistribution. As much as I am pleased to know that much of this food reaches those in need, I cannot fathom how it is that there would appear to be such a mountain of potential waste in the first place.

In the meantime, Community Chef remains positive and as determined as it was from the outset. The challenges have not changed, and the evidence of impact is seen daily. It is pleasing to hear, more often than not that families have become less suspicious and more adventurous. We celebrate with parents who say, "I didn't think she would like that!" more and more. We place everyone at the centre of their own discovery of a widening range of food. Our days are full of delightful surprises and the satisfaction of sharing an energetic approach pleases me immeasurably. We do not have all the answers but have the time to offer all that we can.

We now find ourselves engulfed by a World pandemic that has launched every one of us into a whole new lifestyle, but not a lifestyle of choice. As naturally sociable beings, we need the company of others both in our family and beyond. Community chef has evolved over recent years as a process of bringing as many people together as possible. Although food figures at every gathering, its role is far more significant. Company and conversation are the real comforters. Of course, the food must be of equal comfort, nourishment for the soul.

I was once asked why I do what I do. It is, without doubt, my faith, and my calling. I visit our village church on numerous Sunday mornings with my wife and try my hardest to sit in full view of the open-door overlooking Romney Marsh. My mind wanders away from the service itself, but I find a short period of immense calm. During that calm I continue to dream. I guess the preparing, cooking serving and sharing of food has great symbolism. Individuals, families, and community groups on Sheppey often feel like a congregation and my responsibility has been to care for them in the only way I know. Technology allows so many of us to communicate at a distance, a process devoid of any real emotional contact.

At the same time there are too many isolated, lonely, vulnerable, and almost invisible people who desperately need to 'talk'. It should not be this way. I was delighted to hear of the successful Lottery grant awarded to the 'Isle Connect You' project at Sheppey Matters which will provide great comfort and support to many of our more vulnerable people. In the meantime, saying 'thank you' to each and every individual I have had the pleasure and privilege to meet since early 2008 would seem woefully inadequate. 'Thank you' is simply not enough. So I dream again of the most ENORMOUS community meal on the LONGEST table the island can muster. A meal that unites everyone, a meal that enables people to cherish the joy company brings. A meal full of laughter, happiness, and lots of great FOOD. My blessings to you all. I am missing too many of you too much.

MIKE



EASTCHURCH ALLOTMENTS & CONSERVATION SOCIETY



Community Warden Debbie took a visit to our Community allotments at Eastchurch to sample the fruits of their labours !



The sun shone and Debs was able to chat to some of the members and see what they are growing. It's been a difficult year with all the restrictions but they have all worked hard to get their plots looking great.



Debbie was so inspired she has asked to be put on the list for a plot ! So, watch this space and let's see how she gets on.

**If you too are interested
Call 01795 585335
or email: office@sheppematters.or.uk**

SWALE

COMMUNITY LEISURE



The New Way to Shape-Up in Sheerness

If you do not feel like the gym is right for you? The Health Studio located in the pool building at Sheppey Leisure Complex offers a welcoming environment for an unconventional and fun way to exercise. Perfect for those that have mobility issues or simply do not feel comfortable in a standard gym environment. With a range of assisted exercise machines suitable for all abilities you can complete a workout in 30 minutes and start to feel the benefit. No workout clothes or sport shoes required just come as you are, and our qualified instructors will help you get started.

Call Sheppey Leisure Complex on **01795 668652** and ask to speak to Jordan about the Health Suite and she will tell you more about it and book you in for a free tour and trial session. Alternatively you can e-mail her on Jordan.Garland@serco.com





We love to TALK - Let's Get Together

The weather may be changing but we are still here. During the summer months we have been able to visit people in gardens and parks. It is a little bit colder now as we approach the winter to do this, so we have made alternative arrangements to still meet. We have several options on how we can connect with you.

Our small and friendly team will be available to chat to over the telephone or in person. We come to you – although we are not able to come into your home, we can meet with you locally. Give us a call and we can arrange a time to talk. Our service is here for anyone that would like some company, for ages 65 and above living on the Isle of Sheppey.

**WOULD YOU LIKE TO HEAR FROM US ?
DO YOU KNOW SOMEONE WHO MIGHT ?**

It is completely FREE - Call us to book on 07402 959801

Isle Connect You is a brand-new project that started on 1st August 2020. The project aims to improve wellbeing for older people through access to local amenities, recreational or social activities as well as increased confidence and self-esteem. We will be working alongside Kent Fire and Rescue Service, Community Wardens and other partners to ensure that those most in need are supported and welcomed onto the programme.



Life events can sometimes leave us feeling withdrawn and alone which can have a detrimental effect on health and wellbeing.

We are here to support you through this. We will walk that journey with you ensuring you find your feet again and become independent once more.

If you know someone that may benefit from this project you can refer them by calling us on **07402 959801**. Or email **Kelly@sheppeymatters.org.uk**

Useful Contact Numbers

Sheppey Matters 01795 585335
Mobile: 07402 959801

Addiction Health Service (Rehabilitation service) 0800 755 5123

Age UK Sheppey (Older people) 01795 662562

Community Wardens (uniformed support service in the community)

Minster (Jacky Swan) 07811 271394

Sheerness West (Dave Osborne) 07813 712803

Warden & Leysdown (Debbie Foreman) 07977 981992

Forward Trust (Drug & alcohol treatment) 01795 411780
or 0300 123 1186

Harmony Therapy Trust 01795 663050
(Support therapy for the seriously ill)

Holy Trinity Church Foodbank 01795 871500
(Feeding those in need)

One You (Better health choices) 0300 123 1220

Porchlight (Supporting the homeless) 07769 137296

SaTEDA (Domestic abuse) 01795 417251

Salvation Army Sheppey 01795 664964
(Practical support in the community)

Samaritans (Supporting people in crisis) 116123

Swale Borough Council 01795 417850

Swale Your Way (Mental health and wellbeing) 07515 099191

Young Persons Sexual Health Service 0300 790 0245
(Contraception and advice)

