



The Queen's Award  
for Voluntary Service

# Sheppey Matters



Designed by Rudi.



**Inspiring health and  
wellbeing for all.**

Registered Charity:1102847



Welcome to the Autumn/Winter 2023/24 edition of the Sheppey Matters brochure.

Amazingly, next year 2024 is not only our 30th birthday but also our 20th year as a registered charity. There will be more about this celebratory year (including interviews, stories, pictures, and memories from those involved in launching Sheppey Matters back in 1994) in the summer 2024 edition of the Sheppey Matters brochure. In the meantime, please look out for information and details about activities and events throughout the year on our social media pages, local newspaper, community radio Sheppey FM 92.2, noticeboards and through our projects.

If you would like to become a Friend of Sheppey Matters, join the Sheppey Wheels day trip club or any of our other projects, please contact the main office by 'phone 01795 585335 or email [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk).

In the summer 2023 edition, I mentioned that the healthy living centre will be transformed and refurbished following the successful Levelling Up funding application submitted by Swale Borough Council. The exact timescale of the project is still to be confirmed, so in the meantime, project delivery by Sheppey Matters and partners in the building (and around Sheppey) will continue as usual. Once the dates of the healthy living centre's temporary closure are known, we will let you know.

We will continue to be the face within the community that you can rely upon for support and guidance. Our staff and volunteers pride themselves on having local knowledge and have spent time embedding ourselves into our community to ensure we bring the most up to date information to all our beneficiaries.

Thank you for your continued support and involvement in Sheppey Matters.

Nigel Martin  
Chief Executive Officer

Rebecca Gebbie  
Deputy Chief Executive Officer

Our front cover was designed by Rudi who attends our Rural Youth group!

Thank you for your lovely design!



# School Uniform Community Wardrobe



Free school uniform  
Ages 3-16.



24th October 2023\*  
21st November 2023  
16th January 2024  
20th February 2024  
26th March 2024  
16th April 2024



10am-12pm

Waterfront Room of the Healthy  
Living Centre, Sheerness, ME12 1HH

\*Will be running at the Big Bash



If you urgently need uniform outside of the wardrobe dates, please call us and we will try to assist.



# Well Life Community Gardener

## Autumn Joy



The transition from Summer into Autumn, with changing light and weather conditions can tempt us into spending less time outdoors, but actually Autumn is a wonderful time to spend in the garden; with glorious colours, crunchy leaves, cooler temperatures and an opportunity to top up your vitamin D. The allotment is still producing fruit and veg and the soil in your garden is warm enough to plant Spring bulbs - crocus, daffodils and tulips being the most popular.

There is still so much that can be achieved in the garden in Autumn and getting outside is so important, even if it is for just 20 minutes per day to clear your mind and get some fresh air.

## Winter in the garden

Winter may bring less daylight hours and colder temperatures, but this is all the more reason to make the most of those crisp, clear days when we can get outside, albeit at a gentler pace. The time when your garden is resting and recharging for Spring is a great time to do mindful jobs in the outdoors, such as pruning or sowing seeds in the greenhouse. Sowing Sweet Peas is a great investment of your time with rewarding results the following Summer.

Planting Winter flowering containers is a great activity to bring some much needed colour to our gardens. Great Winter plant choices are cyclamen, pansies and Winter heather.

## Spring into Action

Spring is the season when your garden starts to wake up and put on growth daily. It's lovely to take a slow, deliberate walk around your garden on a bright sunny morning, or on your travels during the day to take notice of the Spring bulbs starting to emerge and new shoots popping up everywhere.

With it, Spring brings hope for the busy growing season ahead. It's a good time to start to plan all of the lovely fruit, veg and flowers that you can grow to make your outdoor space, however big or small, whatever you want it to be.

## Community Gardening

Gardening is hugely beneficial for your physical and mental wellbeing, whether it be planting in pots, tending to an allotment plot or working in your outside garden space.

The Well Life Community allotment in Medway Road, Sheerness and our Eastchurch Hub garden are outside spaces where you can come and do as much or as little as you would like or can manage.

If you are interested in getting involved and would like to join our Community Gardening Group to reap the benefits of keeping fit, spending time outdoors in a calm and relaxed setting or connecting with new people, please give Community Gardener Gemma a call for a chat and to find out more.



01795 585335  
[gemma@sheppymatters.org.uk](mailto:gemma@sheppymatters.org.uk)



WELL LIFE PROJECT  
MIND BODY ENVIRONMENT  
HABITS



# Community Gardener Seasonal Activities

Dates, times and locations of activities will be published in advance on our website, social media and radio station Sheppey FM 92.2

For more details please contact Gemma on:



01795 585335  
@ [gemma@sheppeymatters.org.uk](mailto:gemma@sheppeymatters.org.uk)

Plant a  
succulent  
pumpkin



Plant Spring  
bulbs in a  
decorated  
pot



Monthly  
Gardener's  
Coffee Morning  
2nd Thursday  
of each month



Ready Steady  
Grow  
Children's Gardening  
Club  
October half  
term



Create a  
Christmas table  
centre piece  
with natural  
materials



Join us on a  
Well Life garden  
day trip  
in the  
Spring





# ***RURAL YOUTH***



## **Mondays**

Art Squad 4.00-5.30pm

FREE

In the Waterfront Room at the Healthy Living Centre, Sheerness, ME12 1HH

Ages 8-16 years.

Lots of different mediums of arts and crafts

## **Tuesdays**

Senior Group 6.30-9PM

50p entry

At Sheerness County Youth Club, Sheerness, ME12 1TP

for Teens

Chill out play pool, table tennis or just dance along to the music.

## **Thursdays**

Little Puzzlers 6.30-8.30pm

£2.00 entry

A new SEN family group.

At the Healthy Living Centre, Sheerness, ME12 1HH

up to 16 years old. (guardians must be present)

Fun sessions of board games, art and crafts, Lego and much more for the whole family.

## **Fridays**

ADHD Group (term time only) 3.30-5.30pm

FREE

At the Healthy Living Centre, Sheerness, ME12 1HH

Support for Parents/Carers and activities for children and young people

For more information please visit the ADHD Sheppey Facebook page.

Exciting NEW Friday night groups

FREE

For SEN, young carers, and young adult carers.

5.30-6.30pm for 8-14 year olds

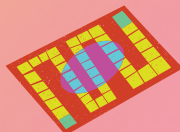
6.30-7.30pm for 14years+

At the Healthy Living centre, Sheerness, ME12 1HH

Board games, arts and crafts, quizzes and much more.

Registration forms to be completed.

For further information please call 01795 585335  
or email [elaine@sheppeymatters.org.uk](mailto:elaine@sheppeymatters.org.uk)



# Eastchurch Community Hub

- Community Workshops
- Community Information
- IT Training
- Local Resources Information
- Bookings for Trips
- Book Club
- Sewing Club
- And much, much more



*Refreshments*



Eastchurch Community Hub  
Warden Road, Eastchurch  
ME12 4EH

Come along and join us for a chat and 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.

**Every Wednesday**  
**10am - 2pm**

Contact: 01795 585335  
or [office@sheppematters.org.uk](mailto:office@sheppematters.org.uk)





# Silver and Spice Cookery Sessions

Join the Community Chef on a **FREE**  
6-week course of fortnightly cookery sessions.

We have fun, cook and eat together.

An opportunity for older members of the  
community to join in and socialise.



**Venue: Leysdown Village Hall**  
**Wing Road, Leysdown ME12 4QR**  
**Time 10am - 1pm**

**Booking Essential - spaces limited**  
**To book for the next group of sessions**  
**please call 01795 585335**

# ASK CHEF



**Stuck in a food rut?**

**Want some cooking tips or recipe  
inspiration?**

**Look no further.**

**Chef is on hand to help you.**

**e-mail**

**askcommunitychef@hotmail.com  
with your food related questions**

?





# ADHD SHEPPEY

## Parent/Carer Support Group

### Has your child received a diagnosis of ADHD?

Don't panic! ADHD is an explanation of a condition which your child has. It doesn't define who they are. You can now begin to find out what you are dealing with and search for help and support to guide you on your ADHD journey. That's where we can help!

### How can we help?

ADHD Sheppey meets every week in Sheerness on the Isle of Sheppey. The group meets at the Healthy Living Centre, every Friday, from 3:30pm onwards (term-time only). It is a friendly, informal gathering of people who have experienced ADHD in its many forms. They've read the book, seen the film and have the t-shirt!

Children are welcome too!  
It helps with their social communication skills and they make new friends!

### What do we offer?

- ADHD Awareness Workshops
- 123 Magic Positive Parenting Programme.
- 1-2-1 Family Support.
- Weekly Parent / Carer Support Group.
- Monthly Adult Support Group.
- ADHD Coaching & Mentoring.
- Coaching Young People for Success Training.
- Empowerment training for Parent / Carers.
- Facebook group & support.
- Certified ADHD & Executive Function Coach.
- ADHD Awesome Programme

**1-2-3 Magic**  
Effective Discipline for Children 2 -12



[www.adhdsheppey.com](http://www.adhdsheppey.com) ~ [info@adhdsheppey.com](mailto:info@adhdsheppey.com)

*Come and learn about our unique*

# 123, ADHD & Me

*programme!*



**Have you received an ADHD diagnosis for your child? Do you need some support and guidance? This course helps you AND your child understand what ADHD is and how it affects you and your family.**

**During the course we will look at how the ADHD brain works, communication strategies and the importance of active listening. Young people will take part in fun and kinaesthetic activities to help maintain motivation.**



**We will explore the myths and facts which surround ADHD and the positive aspects which are often overlooked. This course is full of top tips on how to manage and support a young person with ADHD.**



**"I loved coming each week. It's so much fun and I've learned so much too. It has made me feel normal."**



**"I felt good doing the course. I really liked Bev and learning more about my ADHD."**



**For more information contact: [bev@sheppeymatters.org.uk](mailto:bev@sheppeymatters.org.uk)**



WELL LIFE PROJECT  
MINDBODYENVIRONMENT  
HABITS

# What's next for the Everyday Active Champion & Well Life

You asked we listened! More Trips out to our local green spaces in Kent.

Escape the pain: An NHS recognised programme to reduce the impact on arthritis in the back, hips & knees.

Taster sessions including Tai Chi, Line Dancing and many more great activities to get you smiling!

More Menopausal support.

Christmas trips, gatherings & fun activities.

**Keep an eye on the Sheppey Matters Facebook page, Instagram account & notice board in the Healthy Living Centre for more details**



**You ask we listen! Get in contact at [juliec@shepeymatters.org.uk](mailto:juliec@shepeymatters.org.uk) or leave a message for me at the office on 01795 585335**



**Come & Join Us!**



**WALKING FOR HEALTH**



## **MONDAY at Sheerness**

*Healthy Living Centre ME12 1HH*

**10am**  

*Rushenden Health Hub ME11 5LX*

**1st & 3rd Monday of the Month**

**10 am**   

then join us afterwards for a chat  
with a free tea or coffee

## **TUESDAY at Leysdown**

*The Beach Huts - ME12 4RR*

**10am**  

Please be aware some of our groups are  
weather dependent - Join our Walkers  
What's App Group and keep up with all the  
latest information & stay in contact for  
any other activities - speak to your walk  
leader for details

**Registration is free for our walks in  
the Sheppey Matters Office on the 1st  
Floor of the Healthy Living Centre or  
call 01795 585335**

*Slow Pace* 

*Mixed Pace*  


*Striding out*   

## **THURSDAY at the Leas**

We meet at the top of the slope  
near the Little Oyster Café

**10am**   

We meet at the top of the slope  
near the Little Oyster Café

**11:15am** 

You can also join the group  
afterwards for refreshments at  
the Beach Bar & Restaurant

## **FRIDAY at the Leas**

We meet at the top of the slope  
near the Little Oyster Café

**10am**  

**LOVE TO WALK!**

**All our walks are FREE, fun and sociable!  
You can walk with or without poles, your  
choice! But all our leaders have poles  
that you can try if you would like to!**



**WELL LIFE PROJECT**

**Call 01795 585335 or  
email [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk)**



**Do you  
have difficulty  
using public  
transport  
due to  
disability?**

**Need an  
accessible  
vehicle?**

**Need easy and  
reliable transport  
to get to your  
hospital  
appointments or  
local services?**

# **Miles and Smiles can help**



**07842 244949**



**Milesandsmiles@sheppeymatters.org.uk**





# What is Miles and Smiles?

Miles and Smiles is an accessible transport service. We have a fully accessible minibus and friendly drivers to help disabled people in our community get around. We can take you door-to-door. We charge a fee to cover expenses.

The purpose of Miles and Smiles is to help our disabled community get around. We also work in partnership with Swale CVS Volunteer Transport Scheme, who have volunteer drivers to take people to medical appointments using their own vehicles.



## How to join

Please contact the Miles and Smiles team via:  
Phone- 07842 244949

Email- [Milesandsmiles@sheppeymatters.org.uk](mailto:Milesandsmiles@sheppeymatters.org.uk)

Our coordinator will be able to go through the membership form with you and discuss journey details. Alternatively, you can pick up an application form from our main office, return and then our coordinator will call you.





**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*



PRINCESS ROYAL  
TRAINING AWARD

2022

Sheppey FM 92.2 is your community radio station for the Island, providing local news, community events, weather and traffic and travel and is the voice of Sheppey Matters. On Sheppey FM you will hear a variety of music, banter and competitions for your entertainment. Sheppey FM is an award winning training centre and offers volunteering and training opportunities to people from all walks of life, whatever their ability or needs.

You can contact the studio by calling: 01795665898,  
texting: 07938221617, emailing:  
[contact@sheppeyfm.org.uk](mailto:contact@sheppeyfm.org.uk) or via the Sheppey FM free  
app available on iOS and Android.



Online, On Your Smart Speaker, On The App & On 92.2FM

**COMMUNITY RADIO FOR THE ISLAND**





**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*



PRINCESS ROYAL  
TRAINING AWARD  
2022



**The Schools Out Saturday  
Youth Show, runs from  
9am-12pm every Saturday  
on Sheppey FM 92.2**



**Young people aged 8-18 get the  
opportunity to host their own shows  
live on air, learn radio and production  
skills and partake in community work  
such as beach cleans. Every young  
person has the opportunity to gain  
accredited Arts Awards Qualifications  
up to Gold level.**

**If you know a young person  
interested in joining please email  
[sadie@sheppeymatters.org.uk](mailto:sadie@sheppeymatters.org.uk)**



Online, On Your Smart Speaker, On The App & On 92.2FM

**COMMUNITY RADIO FOR THE ISLAND**



iPad Class:  
Every 1st & 3rd  
Monday  
10am-12am  
Abbey Room, The  
Healthy Living Centre,  
ME12 1HH

We will slowly go through anything from online shopping, down to the basics of using your devices (or a loaned one from us!) and learn how to stay connected safely in this ever changing tech world.

We offer:  
1-2-1 Sessions  
iPad Classes  
iPad Loan Scheme  
Digital Support

We are extremely  
patient and can  
cover as many  
topics as many  
times you may need.



Scan for our  
Facebook Page!



To register your interest:



Georgia: 07435 210915



itsupport@sheppeymatters.org.uk



# Dads' Matters

Sheppey Dads' Matters is a support group to enable dads, step dads, grandparents, uncles, brothers or any other male primary care giver who live on the Isle of Sheppey, to spend 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.



We are delighted to be back at Rose Street School kitchen in Sheerness for our monthly cooking sessions. Follow us on Facebook for more information.

We are always looking for new members  
So if your interested in learning how to cook get in touch



01795 585335

[DadsMatters@sheppematters.org.uk](mailto:DadsMatters@sheppematters.org.uk)



# Volunteer at Sheppey Matters

Are you interested in volunteering, gaining some experience, or looking to meet new people.

We have a wide range of volunteering needs, so please get in touch if you think you would like to gift us with your time.

office@sheppeymatters.org.uk  
01795 585335



Every Monday from the 4th September 2023.

10am-12pm a Coffee Morning will be run by volunteers, for volunteers and anyone else who would like to find out more about Sheppey Matters and enjoy some light refreshments.

Waterfront Room- Healthy Living Centre, Sheerness, ME12 1HH



**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*

## MENTALK TIME TO LISTEN

**Men's talking group  
Run by men for men.**

**Every Tuesday 6pm-8pm**

**Waterfront Room, Healthy Living Centre,  
Sheerness, ME12 1HH**

mentalk@sheppeymatters.org.uk  
01795 585335



# Sheppey WHEELS



**COMMUNITY  
TRANSPORT**  
**01795 585335**



## Booking Information Terms and Conditions

**There are no trips in January  
due to drivers leave.**

### **Booking your day trip**

To book a day trip you must be registered as a Sheppey Matters member.

Membership is free and you can request an application by calling 01795 585335 or email [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk)

Once registered you can reserve places by calling our booking line or visiting our office at Sheppey Healthy Living Centre. We accept most major credit/debit cards, cheques and cash.

### **Fares Advertised**

Fares are for minibus travel ONLY. No entrance fees or refreshments are included UNLESS OTHERWISE STATED. These trips are indicated with a ticket in the brochure description.

**All information quoted is correct at  
time of print.**



### **Cancellation by the customer**

If you wish to cancel a trip you must inform us as soon as possible and no later than 7 days before travel to obtain a refund. In instances where admission ticket is included we reserve the right not to issue any refund in the event of cancellation by the customer for whatever reason.

**WE RESERVE THE RIGHT TO CANCEL  
MEMBERSHIP WHERE TRIPS ARE  
REPEATEDLY CANCELLED AT SHORT  
NOTICE.**

### **Cancellation by us.**

Sheppey Matters reserves the right to cancel any excursion at any time for whatever reason, but will ensure that passengers are advised as early as possible. All monies paid for that particular excursion will be refunded in full.

### **GDPR Your Privacy**

We retain your full contact details and other information in secure files and electronic storage facilities. We may use this information to contact you by mail, telephone or electronic means.



# OCTOBER

SUN 1st  
£16.00

## Broadstairs Food Festival

A celebration of food and drink. Hand-picked exhibitors from Kent, and the neighbouring counties, make these free festivals landmark events on the foodies' calendar.

SAT 7th  
£18.00

## Knit and Stitch - Alexandra Place

Meet up with like-minded crafters, discuss ideas, learn new skills and shop for your annual craft supplies, including wool, beads and beyond. All under one roof at The Knitting & Stitching Show, Alexandra Palace, London. **Tickets not included.**

WED 11th  
£8.00

## Hempstead Valley

A popular destination with Wheels' customers. Home to over 50 retail outlets and a variety of dining experiences.

TUE 17th  
£15.00

## Lakeside

With over 250 shops, restaurants and leisure attractions, including top brands like Apple, Zara, and Mac. They have everything you need to keep you entertained from morning to night.



To Book Call 01795 585 335

# OCTOBER

MON 23rd  
£12.00

## Canterbury

Enjoy Canterbury's award winning shopping district, with over 70 leading fashion and lifestyle retailers, or just wander around the historic heart of the city and beyond.

WED 25TH  
£13.00 adult  
£6.50 child

## Kent Life

Kent Life is an English open-air museum located at Sandling, next to Allington Locks, on the east bank of the River Medway.

Where heritage and family fun sit side by side. Come and explore 28 acres of Kentish history, play areas & plenty of animals to see! **Entry not included.**

SAT 28th  
£10.00 adult  
£5.00 child

## Eastgate House- Ghostly Treasure Hunt

Have a frightfully fun half-term holiday with our friendly ghosts at Eastgate House Rochester.

Follow the clues around the house to discover a hidden treasure.

FREE admission for up to three children with one paying adult(£6.10). **Entry not included.**

MON 30th  
£14.00

## Bluewater

Bluewater has 300 stores, over 50 bars, restaurants and cafes, Marks & Spencer, John Lewis and House of Fraser plus many more - over two levels make shopping a breeze.



To Book Call 01795 585 335



# NOVEMBER

**FRI 3rd**  
£16.00

## **Westwood Cross**

With more than 50 stores, restaurants and entertainment venues, Westwood Cross Shopping centre in Broadstairs has plenty going on. Dine out at one of the many restaurants, have fun at the 10 screen cinema or try your luck at the casino or playing bingo.

**SAT 11th**  
£12.00

## **Canterbury Christmas Market**

Stunning Christmas market in the medieval city, with wooden huts dotted throughout the city centre and beautiful festive lights twinkling in the historic cobbled streets and around the cathedral.

**TUE 14th**  
£8.00

## **Dobbies and Hempstead Valley**

Dobbies Garden centre in the morning, to browse a big selection of gardening essentials, plants and homeware, then we will head to Hempstead Valley for another few hours.

**FRI 17th**  
£16.00

## **Romford Market**

The historical market offers customers from near and far the perfect place to spend the day and pick up great priced items ranging from fresh fruit and vegetables to gifts and quality clothing



**To Book Call 01795 585 335**



# NOVEMBER

SAT 18th  
£8.00

## Kent Festive Gift & Food Show

The Kent Festive Gift & Food Show at Detling Showground is the region's biggest festive shopping fair, packed with Christmas gifts, presents for all ages and delicious festive food & drink, this really is a festive shopping day out that everyone can enjoy. **Tickets not included.**

WED 22nd  
£16.00

## The Glades-Bromley

With over 100 stores, you are sure to find just the thing you are looking for and when it comes to dining, there's something for everyone.

SUN 26th  
£10.00

## Rochester Christmas Market

Set in the picturesque Rochester Castle gardens, browse the stalls for unique gift ideas and unusual stocking fillers.

Come and wander the Bavarian food village or visit the funfair. There will also be live performers keeping you entertained.

THUR 30th  
£8.00

## Maidstone

Fremelin Walk, Royal Star Arcade and The Mall, characterful streets of open air and pedestrian friendly shopping with all your high street favourites



To Book Call 01795 585 335

# DECEMBER

**FRI 1ST**  
£13.00

## **Millbrook Garden Centre- Gravesend**

The centre has all you need to help you grow your garden, plus a great range of giftware, home furnishings as well as furniture, seasonal products and accessories. It also boasts a brand new Food Hall and Butchers.

**SUN 3rd**  
£10.00

## **Rochester Dickensian Christmas**

Step back in time and start the festive season in Dickensian style at the popular Rochester Dickensian Christmas festival

**WED 6th**  
£14.00

## **Ashford Outlet**

Ashford designer outlet is home to the world's most prestigious luxury, designer and premium brands offering the fashion- love shopper year-round savings of up to 70% on recommended retail prices.

**SAT 9th**  
£12.00

## **Canterbury Christmas Market**

Stunning Christmas market in the medieval city, with wooden huts dotted throughout the city centre and beautiful festive lights twinkling in the historic cobbled streets and around the cathedral.



**To Book Call 01795 585 335**

# DECEMBER

**MON 11th**  
£16.00

## Westwood Cross

With more than 50 stores, restaurants and entertainment venues, Westwood Cross Shopping Centre in Broadstairs has plenty going on. Dine out at one of the many restaurants, have fun at the 10 screen cinema or try your luck at the casino or playing bingo.

**WEDS 13th**  
£15.00

## Lakeside

With over 250 shops, restaurants and leisure attractions, including top brands like Apple, Zara, and Mac. They have everything you need to keep you entertained from morning to night.

**FRI 15th**  
£8.00

## Hempstead Valley

A popular destination with Wheels' customers. Home to over 50 retail outlets and a variety of dining experiences, all accessible on ground level.

**MON 18th**  
£14.00

## Bluewater

Bluewater has 300 stores, over 50 bars, restaurants and cafes, Marks & Spencer, John Lewis and House of Fraser plus many more - over two levels make shopping a breeze.



**To Book Call 01795 585 335**



# FEBRUARY

MON 5th  
£5.00

## Sheerness Dockyard Church

Come and look at the newly refurbished Dockyard church, and enjoy a coffee or lunch in the Island Works Coffee Lounge located inside the church.

FRI 9th  
£8.00

## Hempstead Valley

A popular destination with Wheels' customers. Home to over 50 retail outlets and a variety of dining experiences.

TUE 13th  
£5.00

## Eastchurch Aviation Museum

Eastchurch Aviation Museum showcases the rich history of aviation on the Isle of Sheppey. Visit the Coffee Shop for a drink and a light bite. **Entry tickets not included.**

THUR 15th  
£5.00

## Bluetown Criterion

The Criterion Bluetown encompasses Bluetown Heritage Centre, Criterion Music Hall and Criterion Community Cinema. It is entirely run by volunteers. The centre has a number of displays showing the vast historical significance of the area. **Entry tickets not included.**



To Book Call 01795 585 335





# FEBRUARY

**MON 19th**  
£14.00

## Bluewater

Bluewater has 300 stores, over 50 bars, restaurants and cafes, Marks & Spencer, John Lewis and House of Fraser plus many more - over two levels make shopping a breeze.

**THUR 22nd**  
£12.00

## Canterbury

Enjoy Canterbury's award winning shopping district, with over 70 leading fashion and lifestyle retailers, or just wander around the historic heart of the city and beyond.

**FRI 23rd**  
£8.00

## Maidstone

Fremelin Walk, Royal Star Arcade and The Mall, characterful streets of open air and pedestrian friendly shopping with all your high street favourites

**TUE 27th**  
£10.00

## Dockside Outlet

Dockside Outlet, in Chatham has wide variety of shops such as Marks and Spencer Outlet, The Range, The Works, Clarks and Cotton Trader, plus lots of places to grab a bite to eat.



To Book Call 01795 585 335

# MARCH

**SUN 3rd**  
£8.00

## Faversham Antiques Market

Faversham is becoming renowned for a centre for antiques and vintage items offering one of the best antiques markets and street markets in the South East of Kent. Lively, interesting with plenty of quaint cafes and eateries.

**TUE 5th**  
£15.00

## Lakeside

With over 250 shops, restaurants and leisure attractions, including top brands like Apple, Zara, and Mac. They have everything you need to keep you entertained from morning to night.

**FRI 8th**  
£12.00

## Canterbury

Enjoy Canterbury's award winning shopping district, with over 70 leading fashion and lifestyle retailers, or just wander around the historic heart of the city and beyond.

**WED 13th**  
£8.00

## Eclipse Park and Notcutts

Visit your favourite stores such as Marks & Spencer, and Next at the Eclipse Retail outlet followed on by a stop at close by Notcutts Garden Centre for a top quality plants, garden furniture and inspiration.



**To Book Call 01795 585 335**

# MARCH

MON 18th  
£8.00

## Hempstead Valley

A popular destination with Wheels' customers. Home to over 50 retail outlets and a variety of dining experiences, all accessible on ground level.

SAT 23rd  
£14.00

## Stoneacre Maidstone

Fifteenth-century half-timbered yeoman's house, and a perfect example of a Wealden Hall-House. Highlights include the Great Hall and the Solar. Stoneacre is a National Trust site- **Entry tickets not included**

TUE 26th  
£15.00

## Sissinghurst Castle Garden

Historic, poetic, iconic: a refuge dedicated to beauty. Vita Sackville-West and Harold Nicolson fell in love with Sissinghurst Castle and created a world-renowned garden.

Sissinghurst Castle Garden is a National Trust site- **Entry tickets not included**

WED 27th  
£8.00 adult  
£4.00 child

## Bredgar & Wormshill Light Railway

Enjoy the short train ride from Warren Wood Station into the Woods at Stony Shaw. No requirement to book, book your train on arrival at the Shop. £4 per adult, £2 per child (aged 4-16yrs) , FREE for 0-3 year olds, 2023 Prices. **Entry not included.**



To Book Call 01795 585 335



# APRIL

**WED 3RD**  
£12.00

## Canterbury

Enjoy Canterbury's award winning shopping district, with over 70 leading fashion and lifestyle retailers, or just wander around the historic heart of the city and beyond.

**SUN 7TH**  
£8.00

## Faversham Antiques Market

Faversham is becoming renowned for a centre for antiques and vintage items offering one of the best antiques markets and street markets in the South East of Kent. Lively, interesting with plenty of quaint cafes and eateries.

**TUE 9TH**  
£8.00

## Riverside Country Park

Riverside Country Park offers 100 hectares alongside the Medway Estuary including Motney Hill, and Berengrave Local Nature Reserve. There are various habitats within the park, including mudflats and salt marsh, ponds and reedbeds, grassland and scrub, which provide a haven for wildlife.

**FRI 12TH**  
£8.00

## Hempstead Valley

A popular destination with Wheels' customers. Home to over 50 retail outlets and a variety of dining experiences.



To Book Call 01795 585 335





# APRIL

WED 17TH  
£14.00

## Bluewater

Bluewater has 300 stores, over 50 bars, restaurants and cafes, Marks & Spencer, John Lewis and House of Fraser plus many more - over two levels make shopping a breeze.

SAT 20TH  
£5.00

## Queenborough Guildhall Museum

Queenborough Guildhall tells the fascinating story of this historic town of Queenborough.

From a small Saxon settlement to a wealthy Borough and Royal Castle built by Edward III, Queenborough is full of Victorian industrial heritage still evolving to this day. **Entry not included.**

TUE 23RD  
£15.00

## Scotney Castle

Romantic Picturesque garden with a 14th century moated castle and a Victorian country mansion - all in a beautiful wooded estate in Tunbridge Wells. Scotney Castle is a National Trust Site- **entry tickets not included.**

TUE 30TH  
£15.00

## Ightham Mote

Hidden away in a secluded Kent valley, is this perfectly preserved medieval moated manor house. Emerging from the natural landscape almost 700 years ago, Ightham Mote is built from Kentish ragstone and great Wealden oaks. Ightham Mote is a National Trust Site- **entry tickets not included.**



To Book Call 01795 585 335

# Sheppey Wheels

## Private Group Hire



Our community transport scheme provides a helpful, affordable service to local community groups and organisations to hire vehicles.

Enquire to find out more:



01795 585335



[anna@sheppeymatters.org.uk](mailto:anna@sheppeymatters.org.uk)

# Sheppey Matters

## Room Hire



**Looking for a meeting space or somewhere to hold your event or activity?**

**Sheppey Matters has a number of rooms based in the Healthy Living Centre and at our Eastchurch Hub which can accommodate groups of up to 30 people as well as small cosy rooms for one-to-one meetings. Our hire rates are very competitive and prices can be discussed by calling the Sheppey Matters Office on 01795 585335 or emailing [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk)**

**The Healthy Living Centre has good transport links as it is only a 5-minute walk from the railway station and buses. There is also free parking at our Eastchurch Hub and a pay and display car park at the Healthy Living Centre.**





## Useful Contacts:

<b>Sheppey Matters:</b>	01795 585335
<b>Addiction Health Service:</b> (Rehabilitation service)	07875 413111
<b>Age UK Sheppey:</b> (Older People)	01795 662562
<b>Citizens Advice:</b>	General Advice: 0808 278 7979
	Debt Advice: call back service at <a href="http://citizensadvice.org.uk/debt">citizensadvice.org.uk/debt</a>
<b>Community Wardens:</b> (Uniformed support in the community)	
	Minster (Jackie Swan) 07811 271304
	Sheerness West ( Dave Osbourne) 07813 712803
<b>Forward Trust:</b> (Drug & Alcohol Treatment) :	01795 411780
	0300 123 1186
<b>Fuel and Water Home Support:</b>	<a href="mailto:fwha@children-families.org">fwha@children-families.org</a>
<b>Harmony Therapy Trust:</b> (Support for the seriously ill)	01795 663050
<b>Holy Trinity Food Bank:</b>	01795 871500
<b>New Leaf:</b> (Adults and children suffering domestic abuse)	01795 608028
<b>One You:</b> (Better health choices)	0300 123 1220
<b>Porchlight:</b> (Supporting the homeless)	0800 567 7699
<b>Queenborough Town Council</b>	
<b>Food Bank:</b> (Weekdays 9am-1pm)	01795 668509
<b>Sateda:</b> (Domestic Abuse)	01795 417251
<b>Salvation Army Sheppey:</b> (Practical Support in the Community)	07552 874375
<b>Single Point of Access:</b> (Mental Health Support Kent and Medway 24HR)	0800 011 3474
<b>Swale Borough Council:</b>	01795 417850
<b>Samaritans:</b> (Supporting People in Crisis)	116 123
<b>Swale Food Bank:</b>	07486 370709
	<a href="mailto:info@swale.foodbank.org.uk">info@swale.foodbank.org.uk</a>
<b>The Compassionate Friends:</b> (Supporting bereaved parents and their families)	0345 123 2304
	<a href="mailto:helpline@tcf.org.uk">helpline@tcf.org.uk</a>

