

Get SORTed in November 2009

Get S.O.R.T.ed are visiting the following venues in November offering free healthy lifestyle advice and information (including handouts on physical activity and healthy eating).

You are welcome to visit us at any venue below, however, if you would like a free one to one lifestyle consultation please visit a venue where this is available.

Edenbridge Venues:

- Edenbridge Market (advice only)**
 - o Thursday 12th November – 9am – 11am
- Bridges Cafe – High St, Edenbridge (Free one to ones available)**
 - o Thursday 12th November – 11am – 1pm

Sevenoaks Venues:

- Sevenoaks Library (Free one to ones available)**
 - o Monday 9th November – 10am – 12.30pm
- Stag Theatre (Free one to ones available)**
 - o Saturday 14th November – 10am – 3pm

Swanley Venues:

- Swanley Library (Free one to ones available)**
 - o Thurs 5th November – 10am – 12pm
- Swanley Baby Clinic (advice only)**
 - o Thurs 19th November – 10.30am – 12pm
- The Cedars Surgery (Surgery patients only – advice only)**
 - o Thurs 20th November – 10am – 11.30pm
- The Oaks Surgery (Surgery patients only – advice only)**
 - o Thurs 27th November – 10am – 11.30pm

Westerham Venues:

- Westerham Library (Free one to ones available)**
 - o Thursday 12th November – 2pm – 4pm

**Get SORTed
at your group
or workplace!**

If you would like the Get S.O.R.T.ed team to visit your community venue or small business, in the Sevenoaks District, to give healthy lifestyle advice or work one to one with your members/staff, please get in touch.

The Get S.O.R.T.ed initiative is organised by Sevenoaks District Council in partnership with Sencio Community Leisure and is funded by NHS West Kent as part of the Choosing Health Agenda 'making healthy choices easier'.



Get S.O.R.T.ed!

With the Sevenoaks OutReach Team

A HEALTHIER LIFESTYLE HAS JUST BECOME EASIER!

What is Get S.O.R.T.ed?

It is all about helping you to make small changes towards a healthier lifestyle. If you ever wanted tips to improve your diet, help to encourage you to become a little more active or just general information regarding healthier living then just meet the Get S.O.R.T.ed team - it's a great place to start! This project is currently available for people over 16 years old.

How does it work?

Its easy & its free!

A member of the Get S.O.R.T.ed team will chat to you about your current lifestyle. Using their nutrition and fitness expertise, they will work with you and help you begin to make small and manageable changes to improving your health. The team will be able to give nutritional advice and give you ideas of activities and projects in your area that you may want to try. The choice is yours! They will also follow up with a 4 week and 6 month phone call to keep you motivated.

How do I get involved?

The team regularly visits the area, in a variety of venues, so you can just turn up and meet them (see overleaf for more information). The team can also visit community groups or small businesses in the Sevenoaks District, to give advice on physical activity, diet and nutrition.

To find out where and when the Get S.O.R.T.ed will be visiting or to book the team to visit your group, just contact: Sevenoaks District Council on 01732 227000 or email: healthyliving@sevenoaks.gov.uk.