

Directory of Local Health Organisations for Patients

Local Self Care Support Groups

Alcoholics Anonymous	Meetings in Sevenoaks. 01622 751842
Al-Anon	Meetings in Tonbridge. 020 7407 02115 and confidential help line 020 743 0888.
Alzheimer's Society	Otford Peer Support Group at Otford library. 01892 559410 Otford Methodist Church hall. 01732 743056 Dementia Cafe at Hollybush Court Day Centre. 01622 747181 Dementia Cafe, peer and home support groups in Tunbridge Wells. TNB1 2 YG. 01892 559410
Bipolar Self Help Group	Meetings at The Hub in Tunbridge Wells. TN1 2BD. 01892 539422
Coeliac UK	Sevenoaks Area Support Group. Coffee and other meetings in Otford and Tonbridge. 07599 833092. National helpline 0845 305 2060
Depression	See Up and Running Group below.
Diabetes UK	Tunbridge Wells, including Sevenoaks area. TN12 6XL. 01892 837185
Health walks by Sevenoaks DC	Edenbridge, Hartley, Lullingstone, Otford, New Ash Green, Sevenoaks, Swanley, West Kingsdown. 01732 227000
Healthy Club - social network	Improve your health lifestyle with the help of local health improvement teams. www.healthyclub.nhs.uk
Older Lifestyle Group by Sevenoaks DC	Information, activities and advice for the over 65s at Eden Centre, Edenbridge. 01732 227000
Mencap	Sevenoaks Leisure Centre. 01732 470700
Mind	Read Well group at Sevenoaks library. 08458 247200

Narcotics Anonymous	Sevenoaks Community Centre. National helpline 0300 999 1212
Parkinson's UK, Sevenoaks	Meetings in Riverhead. 01732 360512
Personality Disorder Self Help Group	Meetings at The Hub in Tunbridge Wells. TN1 2BD. 01892 539422
Reachout Mental Health Support Groups including at Sevenoaks	01892 676285
Royal London Society for the Blind	Support group Dorton House, Seal. 01732 592500
Sevenoaks Area Mind	Support groups for Autistic Spectrum Disorder and struggling mums. TN13 3LW. 01732 744950
Sevenoaks Blind Club	Red Cross Centre, Sevenoaks. 01732 461623
Up and Running Group by Sevenoaks DC	For women with mild depression. Walking and running in Knole Park. 07710 279497, 07855 893863 or 01732 227000

Other Health Organisations Active in Sevenoaks Area

AgeCare Support Group	Residential home at Gloucester House, Sevenoaks, TN13 3XU. 01732 741488
Age UK, Sevenoaks	Support in home, day care centre, transport for older people, advice and much more. TN13 3LR. 01732 454108
Alcohol and Drug Misuse	CRI (West Kent Recovery Service), Tonbridge, TN9 1DH. 01732 367380
Arthritis Research Campaign	Sevenoaks TN13 1TJ. 01732 454862
British Red Cross	Care in the home, transport, shopping, medical equipment etc 01892 616 281 and 07711 469688
Carers First	Support for carers. 01732 357555
Crossroads	Sitting service and support for people with disabilities. 01622 817 114

Cruse Bereavement Care	Free counselling in homes in West Kent area. 01732 353575. Helpline 0844 477 9400
Dementia Helpline	Alzheimer's Society's national helpline 0300 222 1122
Home Start SW Kent	Home visitors to support parenting. 01892 524916
Independent Age	Help for older people in Kent. 01273 696308
Kent Karrier Service	Paddock Wood. Community transport for older people, including Sevenoaks area. 01892 722297
Kent West Dyslexia Association	Meetings and advice. Help line 0845 601 2553
Mental health helpline	0800 107 0160
Remap, Sevenoaks	Technical aids to disabled people. TN15 6YU. 0845 1300 456
Rethink (National Schizophrenia Fellowship)	SW Kent Voluntary Group for carers and people with mental illness. TN13 3UP. 01732 452143
Sevenoaks Community Mental Health Team	Tunbridge Wells. 01892 709211
West Kent Care Navigators	Support for older people, including benefits and housing advice, physical and mental health issues, work and leisure activities. 01732 749451

Note

This Directory was compiled by the Patient Participation Group of Otford Medical Practice in December 2013. If you are aware that some of the information in this Directory has become out of date or you consider that additional information can be included in it then please email us on otfordppg@gmail.com.