



# Hermitage Park Community Centre



**SWALE**  
COMMUNITY LEISURE



# Introduction

Our Shapemaster Studio consists of power assisted exercise equipment which provides a 'helping hand' in a low impact, full-body workout circuit.

The equipment is great for a wide range of individuals, especially those with long term health conditions, mobility issues and disabilities. It is also great for individuals who are uncomfortable or anxious about the traditional gym environment.



## A Social Hub

At Hermitage Park Community Centre a membership isn't just about the physical activity but also about the social aspects too. We host coffee mornings, bingo nights, bacon sarnie mornings, special events to bring our members together to make lasting friendships.





# Sporting Memories



Sporting Memories supports a wide range of people aged 50 plus, including those living with dementia, living with depression or facing isolation and loneliness to improve their mental and physical wellbeing through our regular club sessions, situated within local communities across England, Scotland and Wales.

They are dedicated to bringing older people together with the aim of making a positive difference in their lives by providing them with a welcoming, supportive and structured environment where they can develop confidence to improve their lives for the better.

# Sporting Memories Case Study

## Dave Young

Dave Young participated in our Sporting Memories group at Meopham. He is experiencing early onset dementia and is having difficulty recalling important memories.

As a former professional footballer, Dave was advised to seek out a sporting memories club through his support from the FA in relation to his dementia.


When Dave attended the sessions, he would bring along his memorabilia, including his FA Cup medal. He truly came to life when discussing his football career. His recollections of playing football were remarkably clear, and he took great pleasure in sharing stories about his career and his passion for the game.





# CONTACT INFORMATION

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