

# SWALE SENIORS FORUM

Good ideas are not the preserve of politicians as we all recognise, so why not use your idea to help your local forum

## MEMBERSHIP FORM

I wish to become a member of the Swale Seniors Forum (Membership is free)

Name & Title:

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Address:-----

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Postcode:-----

Tel:-----

Email:-----

Please return to:

SWALE SENIORS FORUM  
C/O SWALE CVS  
CENTRAL HOUSE, CENTRAL AVENUE  
SITTINGBOURNE, ME10 4NU

Email: [swaleseniorsforum@hotmail.co.uk](mailto:swaleseniorsforum@hotmail.co.uk)

WEBSITE: [www.swaleseniorsforum.org.uk](http://www.swaleseniorsforum.org.uk)

## WORKING TOGETHER TO OBTAIN A BETTER LIFE

Your support will be most welcome. In isolation we cannot be heard; together we can and will!

### Join Swale Seniors Forum, You will :

- Receive a quarterly newsletter
- Be invited to Forum Open Events
- Be invited to discussion groups

We are an independent, voluntary community group representing the views of our members.

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We liaise with and assist other groups when a common theme is identified.

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Our special interest groups will get together with others to put a strong case forward to fight our corner.



South East Coastal Communities ((SECC)



# SWALE SENIORS FORUM

c/o Swale CVS

Central House, Central Avenue,

Sittingbourne, ME10 4NU

Email: [swaleseniorsforum@hotmail.com](mailto:swaleseniorsforum@hotmail.com)

Website: [www.swaleseniorsforum.org.uk](http://www.swaleseniorsforum.org.uk)



## GUIDE TO AVAILABLE TRANSPORT IN SWALE

This information has been produced with the aim of simplifying any travel arrangements you may be considering by giving details of various public transport operators names and telephone numbers that you may find useful in planning your trip.

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Below are some of most frequently used numbers:

Arriva	08712002233
Chalkwell Coaches/Buses	01795423982
Eurostar	08701606600
Le Shuttle	08443551645
London Bus	01474361199
National Rail	08457484950
P&O Ferries	08712002444
Traintracker	08712004950
Rail Europe	08448485848



Timetable leaflets for the various bus operators are freely available from the Public Library or on operators buses. For Concessionary Travel enquiries, please contact Swale Borough Council on 01795 424341

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For travel further afield within the UK.

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Telephone numbers for Airports and Traveline information line can currently be found on page 2 of the Medway "Phone Book.

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Airport Taxis can be contacted on 0800 525309

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Taxis within the Borough of Swale are located at all railway stations and there are ranks throughout the Borough. To hire a taxi from your home by telephone may we suggest you refer to the current "phone book for details.

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SUN bus, provides a wheelchair accessible, low floor minibus shopping service in Swale, depending where you live. To use this service you will need to join the SUN travel club. for further details ring: 01622 605349

Swale Council for Voluntary Service (CVS) runs a Volunteer Car Service for those who are unable to use public transport due to age or infirmity and need to get to essential appointments, such as hospital, dentists or doctors.

For further information ring  
01795 426647  
9.30am - 12.30pm, Mon - Fri.

(There is a registration fee and a mileage charge. The driver will wait and bring you home.)

\*

A "Buddy Service" is available to enable a companion to travel with you on any journeys you may wish to undertake (A charge is made for this service). for details please contact Swale CVS Tel: 01795 473828.

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Swale CVS also holds information to help you contact local transport providers, you can ring them on:  
01795 473828  
9.30am - 12.30pm, Mon - Fri.

