

inshape

ISSUE 71 **Summer 2008**

www.sevenoaks.gov.uk

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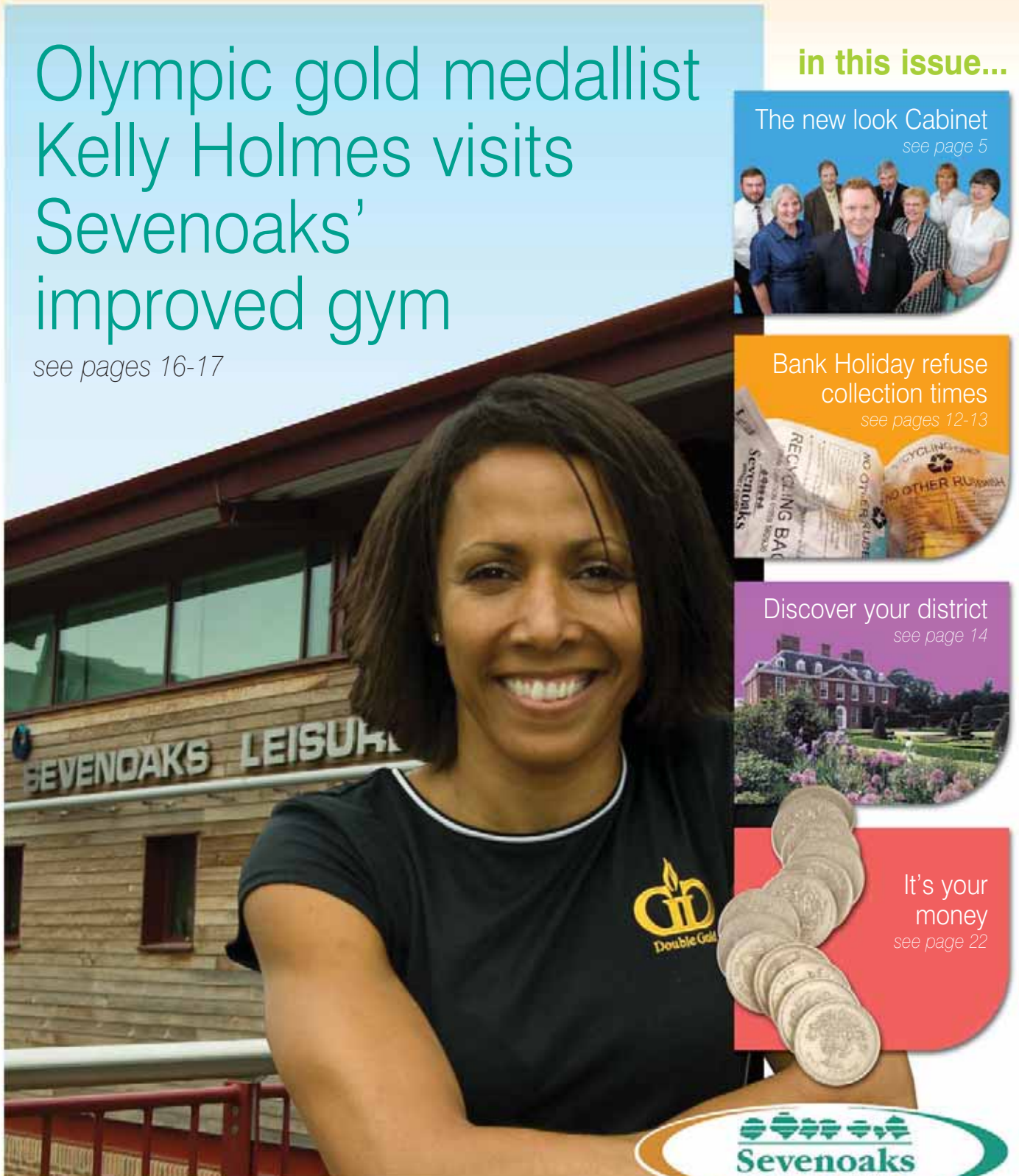
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It's your
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**KENT VOLUNTEERS 2008
AWARDS**
FOR VOLUNTEERING EXCELLENCE

**Our
Challenge
to you...**

Last date for entries
**Friday
19**
September 2008

... is to find the volunteers who are the **Link People** in your community and let us **Reward** them

There are 8 categories to capture the widest range of volunteering activities:

- | | |
|--|---|
| 1 The Marlowe Theatre Awards
For the Arts | 5 Kent County Council Awards
For Voluntary Work in Education and Schools |
| 2 Environment Agency Awards
For the Protection and Enjoyment of the Wild, Semi-Natural and Built Environment | 6 Volunteering England Awards
For Voluntary Committee Support and fundraising |
| 3 Kent County Council Awards
For Welfare and Disability | 7 Kent Sports Development Awards
For Sport and the Support of Sport |
| 4 Pfizer Awards
For Community Support and Development | 8 Clive Emson Awards
For Mentoring |

Mini Nomination Form

Your Details as Nominator	Nominee Details Individual / Group Name
.....
Address	Address
.....
Postcode	Postcode
Tel. No. Day / Evening	Tel. No. Day / Evening
Email Address	Email Address
Category	Last date for entries Friday 19th September 2008

Please attach a separate sheet of paper to tell us more about the person or group you are nominating.

Please send your nomination to: **Kent Volunteers**, 3rd Floor Communities, Invicta House, Maidstone, Kent, ME14 1XX

or nominate on line:

www.kent.gov.uk/volunteerawards **01622 694844**



Your new look *In Shape*

Welcome to your new look in Shape which is now produced in a magazine format making it easier to read whilst at the same time saving you money. Each copy now costs less than 17p to produce and distribute.

If you have any comments about In Shape or you would like to suggest an topic we could cover in a future issue, please e-mail communication@sevenoaks.gov.uk or call the Communications Team on **01732 227414**.

Granting success to local voluntary groups

This year 41 voluntary groups operating in the District were awarded over £230,000 to help them with their important work in the community.

These grants, the voluntary groups to carry on their work with the vulnerable, elderly and disabled people and continue to provide community safety, youth work and health improvement services.

Here are a few examples of how the money is spent:

Swanley Volunteer Bureau

Swanley Volunteer Bureau recruits, trains, places and supports volunteers as well as providing community transport services and a befriending scheme for elderly residents. Last year 2000 people directly benefited from contact with the Bureau. Last year they were awarded a grant of £9,600 thanks to 117 volunteers.

The North Kent Crime Prevention Panel

The North Kent Crime Prevention Panel (NKCPP) works to help raise the awareness of crime prevention and community safety. The Panel helps give advice on ways to reduce the risk of crime and of being a victim of crime. The NKCPP works closely with the Sevenoaks District Community Safety Partnership and has a range of crime reduction devices including shed alarms, personal attack alarms, purse chains and marking pens. This year they were awarded £750 towards providing crime reduction advice to residents in the District.

One to One Youth Befriending

This organisation offers a befriending and mentoring service to young people in need of support. They also offer respite activities for young carers. This gives them a break from caring for their parents or other members of their family and helps them have fun with young people in a similar position to themselves. Last year 14 volunteers were recruited from within the Sevenoaks District and gave support to 21 young carers living in the District. This organisation was awarded a £1,500 grant towards running costs.

Edenbridge Voluntary Transport Service

Edenbridge Volunteer Transport Service provide transport by volunteer drivers to enable people to get to hospital and other medical appointments or to day centres. They have been awarded a grant of £500 towards the running of their service.



Swanley Volunteer Bureau, one of the organisations to benefit from community grants

Advertise with *In Shape*

In Shape is produced by the Council and distributed to some 48,000 homes and businesses throughout Sevenoaks District by Royal Mail three times a year.

A limited amount of space is available for local companies or organisations to promote their goods and services.

If you would like to know more about our competitive advertising rates, please call Bob Gray on **07788 191306**.

New Chairman's healthy message

Sevenoaks town resident Cllr Mrs Felicity Broomby, a District resident for the past 25 years, was elected as the Chairman of Sevenoaks District Council in May.

During her year as Chairman, Cllr Mrs Broomby looks forward to raising the profile of the Sevenoaks District and the work of the Council especially in its promotion of healthy lifestyles and volunteering.

Cllr Mrs Broomby spent her early years in Kent before moving to Cheshire. After secondary school, she moved to London where her first job was as a trainee accountant at Vogue magazine.

The first ten years of married life were spent in Amersham until her husband, Michael's career took her back to live in Cheshire where she attended Manchester University. Another career move in 1983 saw the Chairman and her family relocated to Sevenoaks where she has lived ever since.

Cllr Mrs Broomby was first elected to the Council in 1995 as a member for Kippington. In that time she has sat on a number of committees chairing the Leisure Committee before becoming a member of the Cabinet in 2001 with responsibility for arts, leisure, youth activities, open spaces and refuse and recycling.

"Being elected as the District Council's Chairman is a great honour", says Cllr Mrs Broomby. "During my year in office I would like to see an increase in the promotion of all that is good about our District and the work of the Council. For the residents this could mean an increased awareness of the work around 'healthy lifestyles'. Eating healthily and taking even modest regular exercise can increase not only your lifespan but importantly the quality of life. The Council is involved in many projects that will help residents to achieve this goal."

The Chairman is the Council's principal Ambassador representing over 110,000 residents of the District, as well as the Council, at a wide range of local and regional events.



Cllr Felicity Broomby
with her husband Mike

Listen to *In Shape*

Did you know that *In Shape* is available in an audio format for visually impaired residents?

The audio version of *In Shape* is sent out around the same time the printed version is delivered to homes and businesses.

To receive *In Shape* as a cassette or CD, please call Alison Walker at the Council on **01732 227162**.

Alternatively *In Shape* will be available in an MP3 format on the Council's website **www.sevenoaks.gov.uk/inshape**.

The new look Cabinet unveiled

Sevenoaks District Council's Cabinet has two new faces following a reshuffle during the spring.

Cllrs Elaine Bracken and Avril Hunter joined the Cabinet in May after Cllr Felicity Broomby stepped down to be the Council's new Chairman.

The Cabinet takes most of the Council's day-to-day decisions. It meets every four weeks at 7pm on a Thursday and its meetings are open to the public.

It is made up of the Council Leader, Cllr Peter Fleming, together with seven other Councillors. Each member has responsibility for one or more areas of the Council's work.

Significant decisions, such as approving policies and strategies and setting the budget, are put before Full Council which consists of all 54 District Councillors.

Cllr Elaine Bracken – Community Wellbeing (culture, health, young people)

Cllr Carol Clark – Balanced Communities (housing issues)

Cllr Jill Davison – Continuous Improvement and Strategic Planning

Cllr Peter Fleming – Leader of the Council. Also responsible for Communications, Consultation and Future Direction

Cllr Avril Hunter – Cleaner and Greener (refuse and recycling, street cleaning)

Cllr Keith Loney – Safe Community (Community safety, legal, licensing, Environmental Health)

Cllr Brian Ramsey – Value for Money (finance)

Cllr Gary Williamson – Built Environment (planning, highways issues)



Can you afford not to pay?

If your Council Tax payments are not up-to-date then make payment now. Otherwise you could incur the following costs:

Action by the Council	Cost to you
If a summons is issued against you	£46
If a liability order is granted at the Magistrates' Court	£44
If your debt is passed to the bailiff	£105 (average)
If we apply to the Court for your committal to prison	
If a committal summons is issued, up to	£80
If a warrant of arrest with bail is granted, up to	£100
If a warrant of arrest without bail is granted, up to	£175
If a taxpayer is committed to prison, up to	£190

In addition to these costs, non payers are at risk of a charging order being put on their house, or of being made bankrupt which could force the sale of their house and incur additional costs.

One way to ensure you never miss a payment is to set up a direct debit with the Council.

If you have a query with your account or you would like to know more about direct debit please call the Council on **01732 227000**.

August Bank Holiday refuse collections

Following the August Bank Holiday, refuse and clear sack collections during the week starting Monday 25 August will be one day later than usual.

Green waste collections will also be one day later during this week.

To make sure your refuse and green waste is collected, please put your bags out by 7am.

For further information, call the Council's 'Refuse Hotline' on **01732 227103** or visit the Council's website

www.sevenoaks.gov.uk/refuse.

Sevenoaks joins the fight against empty housing

Sevenoaks District Council has joined an initiative which is helping to bring empty properties back into use across Kent.

The Council has teamed up with Kent County Council and its neighbouring local councils to launch a West Kent branch of No Use Empty; the Kent Empty Property Initiative. The scheme has been running in east Kent for the past two years.

There are currently around 600 empty properties across the Sevenoaks District, which have been empty for six months or longer that could provide people with a much needed home.

The aims of the initiative are to raise awareness of the issue surrounding empty housing, the problems they cause to local communities and to help bring them back into use.

No Use Empty will support the existing work carried out by the Council to tackle the problem, giving housing officers access to a wide group of resources, skills and experiences and engaging in a joined-up approach with local councils to achieve improved results in returning properties back to use.

To report an empty property or for further information on the No Use Empty campaign, visit www.no-use-empty.org or call the campaign hotline on **08458 247605**.



Lisa Webb, who deals with empty properties

How much are your councillors worth?

Residents are being asked for their comments on councillors' allowances.

Councillors are elected representatives and they decide council policy and take decisions about how the Council is run. Unlike staff, Councillors are not paid a salary, instead they can claim expenses for their work. Sevenoaks District Council operates a Joint Independent Remuneration Panel with responsibility for making recommendations on Councillors' allowances. The Panel is made up of independent residents.

Councillor allowances are set to encourage people from a wide range of backgrounds and with a wide range of skills to serve as local councillors.

The Panel will make recommendations which, if accepted by the Council, will take effect from next year. As part of this review, the Panel welcomes local residents' feedback on any aspect of councillor allowances and responsibilities.

If you would like to comment on councillor allowances, e-mail jirp@talktalk.net or write to **JIRP, c/o Personnel, Gibson Building, Gibson Drive, Kings Hill, West Malling, Kent ME19 4LZ**.

Be prepared!

The emergency services, councils, utilities and other emergency responders all have contingency plans for major emergencies. But do you know what you can do to protect yourself?

There is lots of advice on the Government's 'Preparing for Emergencies' website www.preparingforemergencies.gov.uk for the different types of hazard from flooding and fire safety to flu pandemic and terrorism.

Sevenoaks District Council works with other emergency responders through the Kent Resilience Forum to plan for an integrated coordinated response, whatever the emergency. Visit www.sevenoaks.gov.uk/emergencyplanning for details.

For ways to protect your home or business from flooding visit the Environment Agency's website www.environment-agency.gov.uk/flood.



PREPARING FOR EMERGENCIES
WHAT YOU NEED TO KNOW

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SUNDAY: 11 am - 3 pm

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Reporting crime

To report a crime that is taking place, always call **999**. If the incident has passed, call Tonbridge Police Station on **01732 771055** or Crimestoppers on **0800 555111**.

Domestic abuse

The Freedom Programme is available to help women who have or who are suffering from domestic abuse. Call **07854 780690**.

The Community Domestic Abuse Programme is a free course for men who are or have been abusive to their partners. For details call Penny Hennessey on **07933 359210**.

Cold callers set to get a frosty reception!

During May, Brasted and Sundridge became the first areas to launch 'Cold Calling Control Zones', a new initiative to give residents the confidence to say no to uninvited door step traders.

A Cold Calling Control Zone is an area which seeks to deter people from calling on residents face-to-face, at their doors, without having first made an appointment. It also warns cold callers that they are being watched.

A control zone is highlighted through the use of signs placed on lampposts indicating that doorstep selling is not welcome. They are designed to operate in current Neighbourhood Watch areas.

Residents are also given leaflets and door stickers that explain

what is expected and what they can do to reduce the risk from bogus callers or rogue traders.

The scheme is being introduced by West Kent Neighbourhood Watch in partnership with Sevenoaks District Community Safety Partnership, West Kent Police, Kent Trading Standards and Kent County Council Community Wardens.

Cold calling is not a criminal offence, however it is never wise for people to open their door to anyone they do not know or were not expecting.

Information is also available on the community safety section of Sevenoaks District Council website

www.sevenoaks.gov.uk/communitysafety.



Cold callers set to get a frosty reception

Reporting a racial incident

To report a racial incident leave a recorded message by calling **0800 138 1624**. To report a hate crime call the 24 hour reporting line on **0800 328 9162**.

Reporting graffiti or anti-social behaviour

To report graffiti or anti-social behaviour call **01732 227000**, complete the online form on the Council's website **www.sevenoaks.gov.uk** or text details to **07799 732732** starting with the word GRAF.

Making plans for the future...

Last month saw the unveiling of the latest three year action plan aimed at ensuring Sevenoaks District remains the safest in Kent.

The Sevenoaks District Community Safety Strategy 2008 to 2011 was launched in June and contains 56 initiatives aimed at reducing crime and the fear of crime, building on the success of the previous three year strategy.

The Community Safety Partnership works to reduce anti-social behaviour and the fear of crime, divert young people away from crime and provide support to those who need particular help.

As a result Sevenoaks District had the lowest number of recorded crimes in Kent over the past year, with 6,189 crimes being committed – a reduction of 15% (1,097 crimes) on the previous year's figures.

Examples of the Partnership's work in the past year (April 2007 to March 2008) include:

- Fifty-seven people who were referred to the Anti Social Behaviour Task Group. In the same period 52 people were removed due to an improvement in their behaviour.
- Partners and Communities Together (PACT), an initiative aimed at enabling local communities to help determine local priorities and get involved in local action, was rolled out, starting in Brasted, Sundridge and Ide Hill and later in Dunton Green and Hextable.
- The Grimebuster Team removed 199 areas of graffiti reported in the District.
- Nearly 500 young people were seen by the Substance Misuse Youth Worker via lunch time drop ins.
- Operation Cubit was responsible for removing 110 abandoned vehicles, 80% of which were removed within 24 hours.

For a copy of the new Strategy and Action Plan contact the Community Safety Team by calling **01732 227000**, e-mail **community.safety@sevenoaks.gov.uk** or visit the Council's website **www.sevenoaks.gov.uk/communitysafety**.



Steve Harris, Gill Ellis and Mark Salisbury by the refurbished police station

Swanley police station opens for business

The refurbished Swanley Police Station is drawing attention not only because of the improvements but also due its distinctive signage.

Anyone visiting cannot fail to miss the distinctive triangular 'Kent Police' sign at the front of the station.

West Kent Police took responsibility for policing Swanley and the northern areas of the District in October 2006 meaning that for the first time, Sevenoaks District was covered by just one police division.

After an extensive refit the station opened for business at the end of January, becoming the divisional police headquarters for the Sevenoaks District.

Chief Superintendent Mark Salisbury, says: "I believe this new up-to-date police station will further increase trust and confidence in policing within the community and ensure a swift and effective response from officers stationed there."

Visit **www.kent.police.uk/westkent** for more information.

Residents urged to rise to the recycling challenge!

Sevenoaks District residents could recycle an extra 5,000 tonnes of their rubbish, according to the findings of recent research. That's a staggering 500 refuse lorries of rubbish.

An analysis of the items put in residents' black sacks found that up to 20% of the contents could be recycled using existing recycling schemes.

By weight, 8.5% of the items were paper and cardboard and a further 4% was plastic bottles. A small amount of metal, such as tins and takeaway containers, and garden waste were also found. All can aluminium easily be recycled via the Council's clear sack or garden waste collection schemes, saving valuable resources, reducing energy use and limiting the gases that contribute to global warming.

Currently 33% of all household waste collected by the Council is recycled or composted, but there is still a long way to go. The District's recycling target for this year is 36% and it has signed up to a future target of 40% by April 2012.

Charles Nowhan, the Council's Recycling Manager, says: "Our residents are doing a fantastic job recycling. However a significant proportion of rubbish going in the black sacks is made up of paper, card and plastics that can easily be recycled using our clear sacks scheme. If we all used our recycling schemes to their potential we can recycle more than half of our rubbish. Think what a difference that could make!"

Details of the materials that can be recycled via the clear sack scheme are printed on the side of every clear recycling sack.

Getting additional clear sacks

If you run out of clear sacks before your next delivery, two additional free sacks are available each week at Sevenoaks District Council's offices in Sevenoaks, Swanley and Sundridge and from some town and parish Council offices.

You can also purchase a roll of 25 recycling sacks for 50p at some locations.

For further information visit www.sevenoaks.gov.uk/recycling or call the Council on **01732 227000**.

*Charles Nowhan,
the Council's Recycling
Manager, pictured with the
many materials that are
suitable for recycling
via the clear sacks*



Cut the cost of your fuel bills

Whilst winter may seem a way off, now is the time to start thinking about how you can cut the cost of your fuel bills.

With further fuel price rises predicted, *In Shape* has some tips to reduce the impact on your pocket:

1) Switch supplier

Switching supplier could save you £325 a year. Suppliers often offer a discount if you buy your gas and your electricity together.

2) Change the way you pay your bill

Paying your gas and electricity bills by direct debit is usually the most cost efficient way to pay. Prepayment meters on the other hand are often the most expensive so consider switching to a budget scheme where you pay weekly or monthly with a payment card.

3) Improve the energy efficiency of your home

Cavity wall insulation could save you £90 a year and topping up your loft insulation to the recommended level of 270mm could save £110 a year. Call the Kent Energy Centre on **0800 358 6669** for more information and a free quote. Install a new condensing boiler with heating controls, which could save you around £190 to £250 a year. Turning down room your thermostat by just one degree centigrade could save £100 a year. Make sure it is not below the recommended temperature of 18 degrees centigrade though.

4) Use the web!

Visit the Council's website www.sevenoaks.gov.uk/energy for energy conservation advice as well as the numerous price comparison websites to get the best deal.

Make sure you have a say on planning

From late September, local people will be asked to comment on an important document that will set out Sevenoaks District's planning policies for the next two decades.

The document in question is the draft Local Development Framework, or LDF for short.

Once finalised the LDF will set out the strategy for future development in the District over the next 20 years. In practice it will include policies governing housing and commercial development, preferred locations for development and protection of the environment.

When adopted, most likely in 2010, all planning applications lodged with Sevenoaks District Council will be determined against the policies of the LDF.

Full details of the proposal and how you can comment will be publicised nearer the time in the local media and on the Council's website www.sevenoaks.gov.uk/ldf



Residents encouraged to 'go wild'

Residents with an interest in the natural world can enjoy some free wildlife treats over the coming months.

An autumn Wildlife Workshop will take place on 30 October at the Sevenoaks Community Centre, starting at 7pm where there will be a chance to find out how to make gardens environmentally and wildlife friendly.

Places are limited and people are advised to book early to avoid disappointment.

Another workshop is planned for January, details will be made available nearer the time.

The workshops are part of Sevenoaks District Council's 'Go Wild' scheme. Run in partnership with North West Kent Countryside Project the scheme aims to encourage people to ensure their gardens are wildlife-friendly habitats.

To book a place on a future Wildlife Workshop contact Simon Davies on **01732 227000** or e-mail sus.dev@sevenoaks.gov.uk



Free Saturday refuse collection service 26 July to 31 March 2009

This free service is available at specific locations and times throughout the year.

We regret that we cannot accept large items such as fridges, freezers, cookers, cast iron boilers or baths, long metal poles, building materials, manure or large parts of engines or vehicles. The Council provides a paid for bulky waste collection service that can dispose of some of these items from outside your home. Call the Council for details and a quote.

The Saturday collection service is not

suitable for hazardous waste including fluorescent tubes, televisions and computer monitors, batteries, oil tins and filters, paint and paint tins and chemical containers. These can be disposed of at your nearest household waste recycling centre.

Compostable garden waste cannot be accepted either. We operate a fortnightly Garden Waste Collection Service. Call the Council for details.

Residents are reminded that they should not leave their refuse at the collection points unattended as this can pose a serious danger to road users and pedestrians. This practice is treated as fly tipping and those responsible may face a fine or prosecution.

For more information please call **01732 227000** or e-mail **information@sevenoaks.gov.uk**

Ash

- Village Hall – 9.45am to 10.15am
26 July, 11 October, 20 December
and 14 March 09

Brasted

- Station Road – 9.15am to 10.15am
13 September, 22 November
and 21 February 09

Bough Beech

- Wheatsheaf car park –
8am to 9am
9 August, 25 October
and 17 January 09

Chiddingstone Causeway

- Richards Close –
8.45am to 9.30am
23 August, 8 November
and 7 February 09

Chiddingstone Hoath

- Rock pub car park –
10.15am to 10.45am
9 August, 25 October
and 17 January 09

Chiddingstone Village

- Near cemetery – 8am to 8.30am
23 August, 8 November
and 7 February 09

Chipstead

- By the lake – 9am to 9.45am
13 September, 22 November
and 21 February 09

Cowden

- Chantlers Mead near Hall –
9am to 10am
9 August, 25 October
and 17 January 09

Crockham Hill

- Deanery Road –
1pm to 2pm
9 August, 25 October
and 17 January 09

Crockenhill

- Church Road –
11am to 11.45am
- Village Hall – 12 noon to 12.45pm
27 September, 6 December
and 7 March 09

Dunton Green

- Mill Road – 10am to 10.45am
- Lusted Road – 11am to 11.45am
13 September, 22 November
and 21 February 09

Edenbridge

- Nomads car park –
10.30am to 11.30am
- Farmstead Drive –
11.45am to 12.45pm
- Skeynes Road –
10.30am to 11.30am
- Park View Close –
11.45am to 12.45pm
- Leisure Centre – 1pm to 2pm
9 August, 25 October
and 17 January 09

Eynsford

- Shoreham Road –
1.15pm to 2.15pm
13 September, 22 November
and 21 February 09
- Riverside – 8am to 8.45am
27 September, 6 December
and 7 March 09

Farningham

- Alban Crescent – 9am to 9.45am
- High Street – 10am to 10.45am
27 September, 6 December
and 7 March 09

Fawkham

- Valley Road – 9am to 9.30am
26 July, 11 October, 20 December
and 14 March 09

Fordcombe

- Lay by in Chafford Lane –
11am to 11.45am
9 August, 25 October
and 17 January 09

Four Elms

- Village Hall –
9.15am to 10.15am
9 August, 25 October
and 17 January 09

Hartley

- Wellfield – 9am to 10am
- St Johns Lane – 10.15am to 11am
26 July, 11 October, 20 December
and 14 March 09

Hever

- Phone box at the junction of Rectory Lane – 9.15am to 10.15am
9 August, 25 October and 17 January 09

Halstead

- Southdene – 9.15am to 10am
- Station Road – 10.15pm to 11am
13 September, 22 November and 21 February 09

Hextable

- Lower Road – 11am to 12 noon
27 September, 6 December and 7 March 09

Horton Kirby

- Forge Lane – 12.15pm to 1pm
- Saxon Place – 1.15pm to 2pm
27 September, 6 December and 7 March 09

Ide Hill

- Village hall car park – 8am to 9am
9 August, 25 October and 17 January 09

Kemsing

- Old Childsbridge Lane – 11.15am to 12 noon
- Noahs Ark Road – 12.15pm to 1pm
23 August, 8 November and 7 February 09

Knockholt

- The Pound – 8am to 9am
13 September, 22 November and 21 February 09

Leigh

- Crandalls – 1.15pm to 2.15pm
9 August, 25 October and 17 January 09

Marsh Green

- By the school – 8am to 8.45am
9 August, 25 October and 17 January 09

New Ash Green

- Hodsoil Street – 8am to 8.30am
- Punchcroft – 11.15am to 12.30pm
- Springcross – 12.45pm to 2pm
26 July, 11 October, 20 December and 14 March 09

Otford

- Tudor Drive – 1.15pm to 1.45pm
- Bubblestone Road – 2pm to 2.30pm
23 August, 8 November and 7 February 09
- Hale Lane near the pavilion – 12 noon to 12.45pm
- The Charne – 1pm to 1.30pm
13 September, 22 November and 21 February 09

Penshurst

- Layby by Latymers – 12 noon to 1pm
9 August, 25 October and 17 January 09

Riverhead

- Marlborough Crescent – 1.30pm to 2.30pm
23 August, 8 November and 7 February 09
- Witches Lane by the layby – 8am to 8.45am
13 September, 22 November and 21 February 09

Seal

- Childsbridge Lane – 10am to 11am
23 August, 8 November and 7 February 09

Sevenoaks

- Lea Road near Hurst Way – 11am to 12 noon
- Julians Way by the green – 12.15pm to 1.15pm
- Gordon Road Car Park – 8am to 9.30am
- Hillingdon Avenue – 9.45am to 10.45am
- Hillingdon Rise by car park – 11am to 12 noon
- Greatness Lane – 12.15pm to 1.15pm
- Cramptons Road – 1.30pm to 2.30pm
23 August, 8 November and 7 February 09

Sevenoaks Weald

- The Wickets – 9.45am to 10.45am
23 August, 8 November and 7 February 09

Shoreham

- Forge Way – 1.45pm to 2.30pm
- Badgers Mount – 11.15am to 12 noon
- Well Hill – 12.15pm to 1pm
13 September, 22 November and 21 February 09

South Darent

- Paddock Close – 8am to 8.45am
26 July, 11 October, 20 December and 14 March 09

Stone Street

- By The Snail – 9am to 9.45am
23 August, 8 November and 7 February 09

Sundridge

- Woodside Road – 8am to 9am
13 September, 22 November and 21 February 09

Swanley

- Pinks Hill – 1pm to 2pm
- Lynden – 8am to 8.45am
- Brook Road – 9am to 9.45am
- Kettlewell Court – 10am to 10.45am
- Northview – 11am to 12 noon
- Alder Way – 12.15pm to 1pm
- Russett Way – 1.15pm to 2pm
- Leechcroft – 8am to 8.45am
- Edgar Close – 9am to 9.45am
- Lullingstone Avenue – 10am to 10.45am
27 September, 6 December and 7 March 09

Underriver

- White Rock car park – 8am to 8.45am
23 August, 8 November and 7 February 09

Westerham

- London Road recycling suite – 10.30am to 11.30am
- Ash Road by car park – 11.45am to 12.30pm
- Rystead Lane – 12.45pm to 1.30pm
- Croft Road – 1.45pm to 2.30pm
13 September, 22 November and 21 February 09

West Kingsdown

- Bennetts Avenue – 10.30am to 11am
- Fawkham Road – 11.15am to 11.45am
- Game Cock car park – 12 noon to 12.30pm
- Hever Road – 12.45pm to 1.15pm
- East Hill – 1.30pm to 2pm
26 July, 11 October, 20 December and 14 March 09

Discover your District

Sevenoaks District is famed the world over for its first-class tourist attractions.

Every year three-and-a-half million people visit the District generating £200 million for the local economy. Some 4,000 people work in the District's tourist industry – six percent of the local workforce.

In this issue of *In Shape*, we profile some key places to visits so that local residents can discover for themselves our historic gems.

Look out for the special offers at some attractions for *In Shape* readers.

Lullingstone Castle & World Garden

Built in 1497, set within 120 acres and home to the Hart Dyke family for 600 years. Now with Tom Hart Dyke's innovative World Garden, laid out in the shape of a map of the globe.

01322 862114

www.lullingstonecastle.co.uk



11

Emmetts Garden

Peaceful gardens at one of the highest spots in Kent. Noted for its spring flowers, collection of rare trees and shrubs and breathtaking views.

01732 751509

www.nationaltrust.org.uk/emmetts



10

Quebec House, Westerham

A gabled house dating from Tudor times. The childhood home of General James Wolfe with family and military memorabilia and an exhibition about the battle of Quebec.

01732 866368

www.nationaltrust.org.uk/quebechouse



9

Squerryes Court, Westerham

A delightful 17th century manor house which has been the Warde family home since 1731. Surrounded by 20 acres of historic gardens.

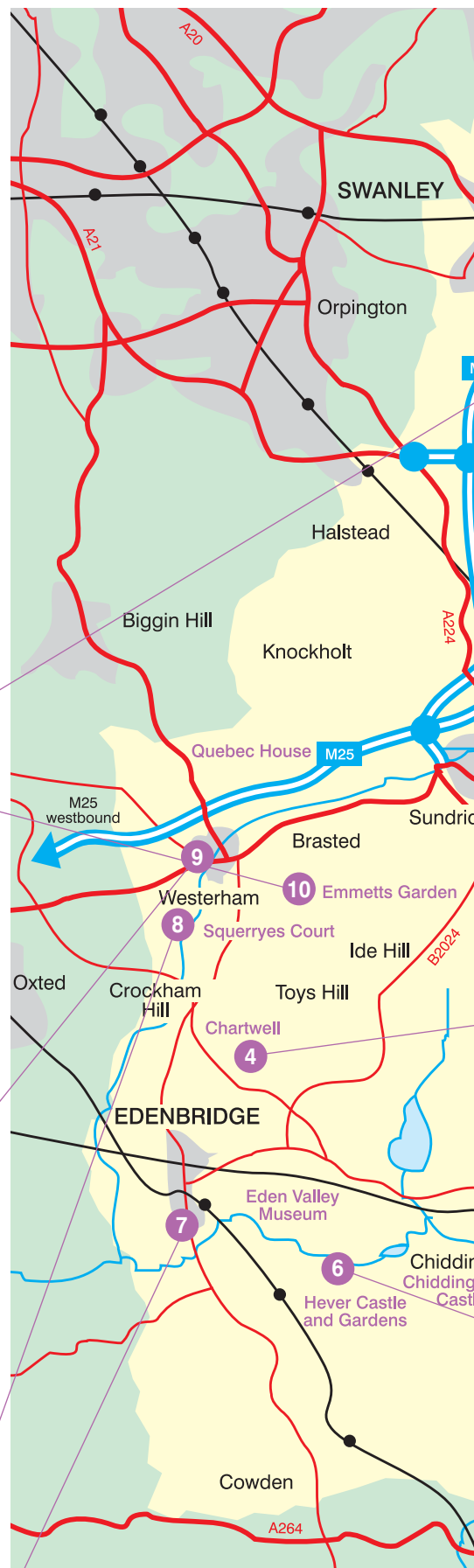
01959 562345

www.squerryes.co.uk

Special offer: Two for one entry on production of this page. Photocopies not accepted.



8



Eden Valley Museum, Edenbridge

Housed in a 14th Century farmhouse, visitors can find out about the history of the Eden Valley.

01732 868102

www.evmt.org.uk

7



Shoreham Aircraft Museum

Many new exhibits including Douglas Bader's Uniform and a Giant 'Herman' bomb discovered during building work in Bermondsey.

01959 524416
www.shoreham-aircraft-museum.co.uk



Knole

One of England's most impressive private houses, set within a magnificent deer park. The home of Vita Sackville-West and the setting for Virginia Woolf's 'Orlando'.

01732 450608
www.nationaltrust.org.uk/knole



Penshurst Place & Gardens

With a unique medieval Baron's Hall, staterooms and Tudor walled gardens. Family fun with an adventure playground, toy museum and woodland.

01892 870307
www.penshurstplace.com

Special offer: Child goes free on production of this page. Photocopies not accepted. Offer ends 1 September 2008.



Chartwell

The family home of Sir Winston Churchill kept much as it was in his day, offering an insight into his private world.

01732 866368
www.nationaltrust.org.uk/chartwell



Chiddingstone Castle

Recently reopened, the Castle dates from the 1500's with Japanese armour and Egyptian antiquity display.

01892 870347
www.chiddingstonecastle.org.uk

Special offer: Children two for one or third child goes free with a family ticket on production of this page. Photocopies not accepted.



Hever Castle & Gardens

Seven-hundred years of history at this 13th century moated castle, childhood home of Anne Boleyn with mazes, a 35 acre lake with boating adventure playground and miniature model houses.

01732 865224
www.hevercastle.co.uk



Dame Kelly Holmes visits transformed gym facilities

Dame Kelly Holmes paid a visit to Sevenoaks in May to see the results of a major £500,000 refurbishment to the fitness gym at the town's leisure centre.

The double gold Olympic medallist toured the new facilities and met both staff and customers who use the gym for general well being as well as for a variety of sporting and fitness goals.

Delivered on schedule, the refurbishment at Sevenoaks Leisure Centre, involved an extensive refit of facilities, resulting in the installation of 60 new pieces of the most modern equipment and the creation of new changing facilities.

Mark Whyman, Chief Executive of Sencio Community Leisure, says: "Dame Kelly is one of our most inspirational sporting champions. However, it is her work and commitment ensuring quality sport and sporting opportunities are available to everyone – especially young people – that fits so well with

our work as a community-based leisure operator. We are absolutely delighted that she was among the first to see what we believe are exceptional, market-leading facilities."

The three-month programme of work was undertaken by the Centre operators Sencio Community Leisure (SCL), a not-for-profit business, with support from Sevenoaks District Council, the Centre owner.

It was therefore fitting that among the first people from across the community to try the impressive new facilities was a group of students from Dorton College of Further Education (The Royal London Society for the Blind's specialist residential facility in Sevenoaks), who joined staff and members of the Sencio Wellness team in a group induction and fitness class.

Anna Brewer, life skills tutor at Dorton College, says: "Staff and students alike were all very impressed by the centre's new fitness facilities. Accessibility and staff are both excellent and we look forward to our students developing their fitness and enthusiasm whilst integrating within the wider community."

The new equipment at Sevenoaks Leisure Centre represents the best currently available in the industry and provides the full range of opportunities for general well-being, a specific fitness or sporting goal, and for those using exercise as part of their recuperation from accident, illness or injury.



Kelly Holmes, the Council's Chairman, Cllr Felicity Broomby, and Julie Faram, Wellness Manager try their hand at rowing

Improvements to changing facilities are extensive, providing increased space and a comfortable, more enjoyable experience.

“One of the best ways to engage people - especially our young people – in exercise and healthy living is to provide quality facilities within a supportive and encouraging environment,” says Dame Kelly Holmes.

“I am very impressed with what I've seen at Sevenoaks Leisure Centre and Sencio Community Leisure must be congratulated on delivering such an impressive refurbishment programme. This is exactly the kind of facilities and enthusiasm we need to see in our communities.”

Sevenoaks District Council Chairman, Cllr Felicity Broomby, is promoting healthy lifestyles during her year in office. She adds: “We are perhaps more aware than any previous generation of

the need for us all, no matter what age, to pursue a healthy lifestyle. Exercise and diet are not just essential components in both combating illness and disease, they are key elements in enabling us to enjoy all the benefits of a full and active life. Sencio has done important work in bringing these impressive new facilities to our community.”

As part of the refurbishment, Sencio Community Leisure has created a new Express Zone within the gym for group sessions. Designed to alleviate the pressures experienced by any fitness facility during peak periods, it enables small gatherings to take part in a short session with a fitness coach concentrating on a specific body part, such as the abdomen. Crucially, it is also designed to provide the more

inclusive and social environment fitness customers consistently put at the top of any list of desired improvements.

“I am absolutely delighted that we have been able to generate investment into this facility that will bring benefits to the widest possible sections of our community,” says Mark Whyman.

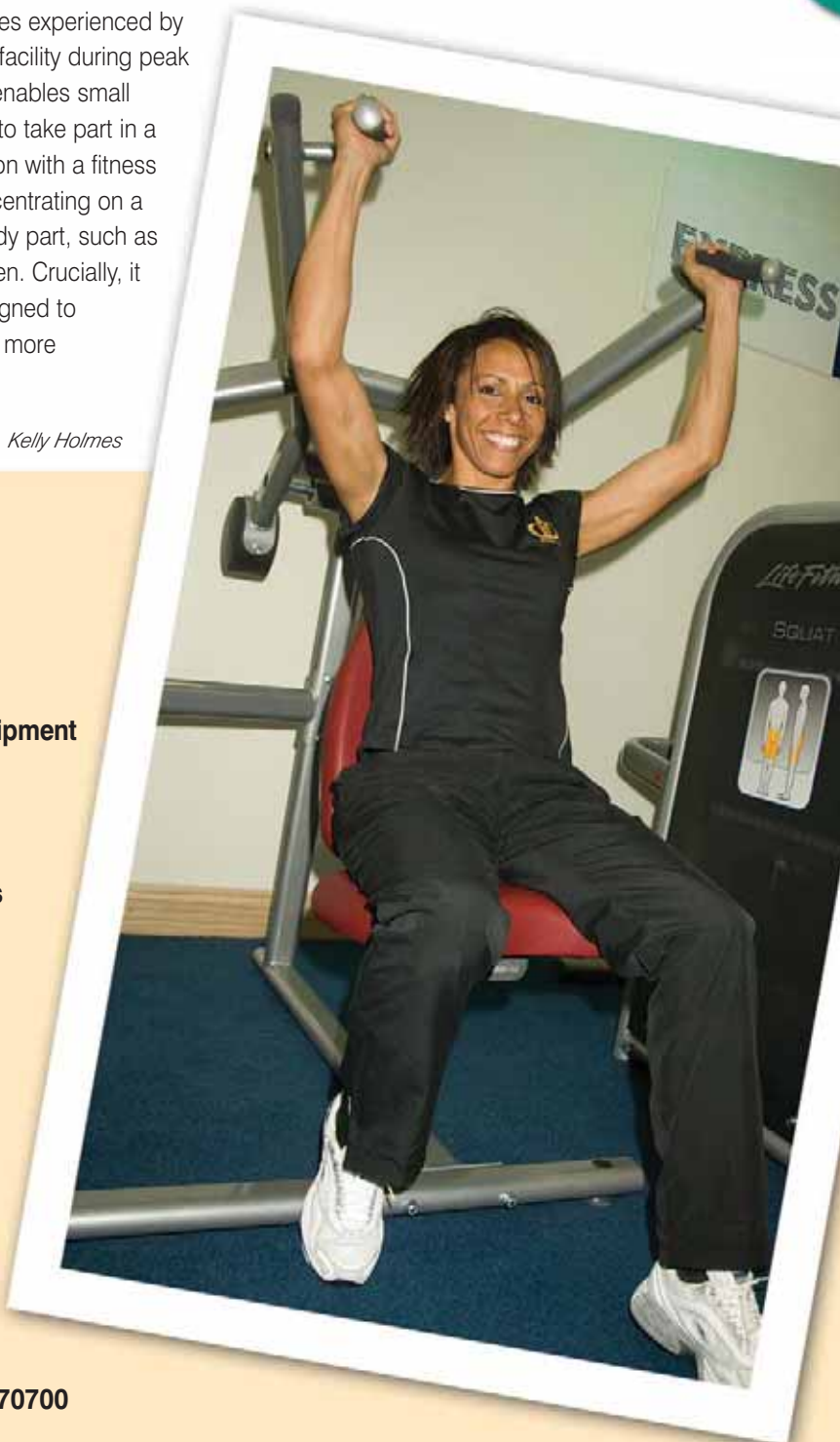
“I am also very pleased that this major piece of work has been delivered on schedule and with minimal disruption - a credit to the hard work of everyone involved.”

Kelly Holmes

Sevenoaks Leisure Centre's new gym – what's on offer...

- **60 new pieces of market-leading exercise equipment**
- **Integrated television screens**
- **Brand new changing and shower facilities**
- **Specialist Express Zone for bespoke classes and groups**
- **40 aerobic classes and 12 gym-based circuit classes every week**
- **Classes for 50-plus, teenagers and other groups**
- **Lunch hour “express” workouts**
- **Health and fitness advice from Sencio Wellness coaches**
- **Exclusive use for local sports clubs for training**

To contact Sevenoaks Leisure Centre call **01732 470700** or visit the website **www.sencio.org.uk**





Some of the winners from this year's awards with Cllrs Broomby and Bracken

Young volunteers of the year named

The voluntary work of a number of young people from the District was recognised at the Council's second ever Young Volunteer of the Year award.

The winners were presented with their prizes at Sevenoaks District Council's Offices during May by the Chairman of the Council, Cllr Felicity Broomby.

Residents of the District were invited to nominate young people for the award throughout February and March

The scheme was organised and funded by Sevenoaks District Council to recognise and celebrate young people's voluntary contributions and achievements.

Free Play Days are coming to a neighbourhood near you!



This summer West Kent Extra, the community development arm of West Kent Housing Association, is running some extra special Play Days in communities across the District.

The days are set to be biggest and best to date thanks to funding from the Big Lottery Children's Play Programme, secured by the Sevenoaks District Play Partnership, which is led by Sevenoaks District Council.

Play Days are free. Children aged 8 to 15 are welcome and those under 8 will need to be accompanied by an adult.

The days run from 10.30am to 3.30pm. Free drinks and snacks will be provided, however those staying all day will need a packed lunch.

The fun will include sports, games and activities, arts and crafts, dance and drama, special guests and lots of different things to play with. We suggest old clothes as you may get messy.

You are invited to come and play on the following days:

- Hillingdon Rise Recreation Ground, Sevenoaks
6, 13, 20 and 27 August
- Woodlands Avenue Recreation Ground, Hartley
6, 13, 20 and 27 August
- King George's Field, Westerham
4, 11, 18 and 29 August
- Hale Lane Recreation Ground, Otford
19 and 26 August

- Otford Recreation Ground, Otford
5 and 12 August
- Stangrove Park, Edenbridge
7, 14, 21 and 28 August
- Common Field, Kemsing
1, 8, 15 and 22 August
- Gamecock Meadow, West Kingsdown
5, 12, 19 and 26 August
- Cherry Avenue Recreation Ground, Swanley
4, 11, 18 and 29 August
- Horizon Primary School field, White Oak, Swanley
1, 8, 15 and 22 August
- Westminster Field, South Darenth/Horton Kirby
7, 14, 21 and 28 August



Staying out for the summer!

The 'In the Zone Team' can't wait for the summer holidays to begin as it prepares for this year's exciting programme of play!

The Team will be at 21 sites over five weeks of the summer holidays with a brilliant mix of sports, fun and games, arts and crafts and special workshops and attractions - all for free! The fun starts on Monday 28 July and each week has a different theme.

Activities are planned for children and young people and those aged eight or above can be left with the staff team for the day. Children aged under eight must be accompanied and supervised by a parent or carer at all times.

All children are registered when they arrive. Please bring a packed lunch if you are planning to stay all day and appropriate clothing for the weather or messy activities! All activities are dependant on the weather.

For more information, call the Council on **01732 227000** or visit www.sevenoaks.gov.uk/inthezone

Holly Bush play improvements

The Holly Bush play area in Sevenoaks is set for major refurbishment after the Council earmarked £80,000 to improve the exiting site.

Earlier in the year play area users were asked for their views on how the money should be spent. A specification has now been drawn up and work is likely to begin before next spring.

In the Zone 2008 Sports Week

Monday 28 July
Tuesday 29 July
Wednesday 30 July
Thursday 31 July
Friday 1 August

Venue

Dunton Green Recreation Ground
Edenbridge, Stangrove Park
New Ash Green, The Minnis
Chiddingstone Sports Field
Sevenoaks, Hollybush
Recreation Ground

Make it week

Monday 4 August
Tuesday 5 August
Wednesday 6 August
Thursday 7 August
Friday 8 August

New Ash Green, The Minnis
Halstead Recreation Ground
Westerham Recreation Ground
Swanley Recreation Ground
West Kingsdown,
Gamecock Meadow

Challenge week

Monday 11 August
Tuesday 12 August
Wednesday 13 August
Thursday 14 August
Friday 15 August

Edenbridge, Stangrove Park
Weald Village Green
Shoreham Recreation Ground
Knockholt Recreation Ground
Offord Hale Lane
Recreation Ground

Expression arts week

Monday 18 August
Tuesday 19 August
Wednesday 20 August
Thursday 21 August
Friday 22 August

Sevenoaks Hollybush
Recreation Ground
Horton Kirby, Westminster Field
Swanley Recreation Ground
Eynsford, Harrow Meadow
Ide Hill Recreation Ground

Party week

Monday 25 August
Tuesday 26 August
Wednesday 27 August
Thursday 28 August
Friday 29 August

Bank holiday - no activities
Seal Recreation Ground
Leigh Village Green
Fordcombe Cricket Ground
Hartley, Woodland Avenue
Recreation Ground

Shoreham residents bend over backwards for yoga!

What do a number of older Shoreham residents have in common with the likes of Geri Halliwell, Madonna and Sting?

No it is not celebrity spouses, number one hits or blockbusting movies, instead they are all aficionados of Yoga!

The new weekly class, which started up in April, is especially for over 50s and has proved popular.

One resident who has benefited from the classes more than most is 86 year old Ruth Ellis-Smith.

Ruth joined the class after a difficult couple of years, which culminated in her husband passing away just a few months ago. Here Ruth tells *In Shape* her story:

"I spent the last three years nursing my husband day and night, who was suffering from cancer. He then died. I found I was very emotional, worn out, unfit and isolated.

"I also have Scoliosis (curvature of the spine) which has always prevented me from taking part in any sports activities.

"When I saw the notice about Yoga in the Shoreham Church Magazine, I thought it might be an opportunity to gently start doing some exercise and meet new people.

"The exercises are gentle, mostly based around stretching and breathing - we learn how to sit, stand and breathe properly.

"Yoga really has helped me a great deal by not only making me feel physically better, but also by getting me out and meeting new people. I would recommend it to anyone who wants to improve their wellbeing"

The Shoreham gentle yoga class takes place every Wednesday from 1pm in Shoreham Village Hall for about 1 hour. It is for any ability and costs £1 per person. The class is taken by Sabine Smith, a professional yoga instructor and there is no need to book, you can just turn up on the day.

The session has been organised by Sevenoaks District Council and jointly funded by West Kent Primary Care Trust as part of the national 'Choosing Health' agenda.

For more information please contact Layla Powell by calling **01732 227000** or e-mail **healthyliving@sevenoaks.gov.uk**



Ruth Ellis-Smith who has benefited from Shoreham yoga classes

Edenbridge residents get into the groove

Edenbridge residents can improve their dance moves and their health when a new dance class comes to the town in the autumn.

Strictly Dance Funk class will begin in September offering the chance to learn a number of solo dance techniques including salsa, hip-hop, latin dancing and many more. The classes are intended for people of any age or

ability who are keen to take up light exercise to help improve their health.

Classes will run in an evening each week on Wednesday evenings at Edenbridge Leisure Centre costing £2 a session.

Strictly Dance Funk daytime classes have been running in the town for the past year. However, feedback from local people suggested there was a

need to run an additional class in the evening.

Check the local media or the Council's website **www.sevenoaks.gov.uk/health** nearer September to find out when the first classes will take place.

Alternatively contact Layla Powell, Choosing Health Co-ordinator, by calling **01732 227000** or by e-mailing **healthyliving@sevenoaks.gov.uk**.

Bright future for the Suns

The Sevenoaks Suns Basketball Club is winning on and off the court.

Recently the Suns under 18's women added the English National Championship to the Club's already full trophy cabinet. However, winning is not all that matters as Club Chairman Richard Surrey tells *In Shape*.

"One of the most rewarding parts of running the Suns is seeing young people improve their self-confidence and self-esteem as well as their basketball skills and health."

"Team work and the nature of the game helps personal development. In several cases it has even helped players overcome personal difficulties."

The Sevenoaks Suns is one of the many sporting organisations that benefit from grants made available by the Council via the Sevenoaks District Sports Council.

The Suns run a national and local league teams for girls and boys of all ages and adults. For details call Richard Surrey on **07771 600207** or e-mail **rsurrey@gotadsl.co.uk**.



picture caption????????????????????

A healthier lifestyle has just become easier!

If you have ever needed a kick start to getting fitter or eating more healthy then the Get S.O.R.T.ed team is willing to provide the boot!

Get S.O.R.T.ed is an initiative set up to help individuals, groups or workplaces make small changes to improve their lifestyle.

The team is made up of fitness professionals and nutritionists available to visit venues throughout the district. They are currently visiting venues in the Swanley and Hextable area, such as Asda, Swanley market, the library, GP surgeries, and various community groups. The team will provide free one to one consultations, healthy lifestyle information or give presentations.

For more information or to book the Get S.O.R.T.ed Team to visit your group or workplace please contact Pauline Todd at Sevenoaks District Council on **01732 227000** or e-mail **healthyliving@sevenoaks.gov.uk**.

Get S.O.R.T.ed is organised by Sevenoaks District Council in partnership with Sencio Community Leisure and jointly funded by West Kent Primary Care Trust.

A brush with success

An extra 9,000 people in Sevenoaks District will be able to get NHS dental treatment in future after West Kent Primary Care Trust signed a £294,000 contract with Oasis Dental Care Ltd to increase the services it provides in Sevenoaks.

Oasis is recruiting two new full-time dentists and two new full-time dental nurses to provide services for the new patients.

Oasis Dental Care is at 138 London Road, Sevenoaks and can be contacted on **01732 453556**.

It's your money

Although Council finance can be complex at the best of times, Sevenoaks District Council is keen to help demystify matters and keep local people informed about how it spends their money.

In this issue of *In Shape* we explain how we raised income and where we spent tax payers' money over the course of the 2007/8 year.

If this wets your appetite, a copy of the Council's Annual Statement of Accounts will be available by 30 September.

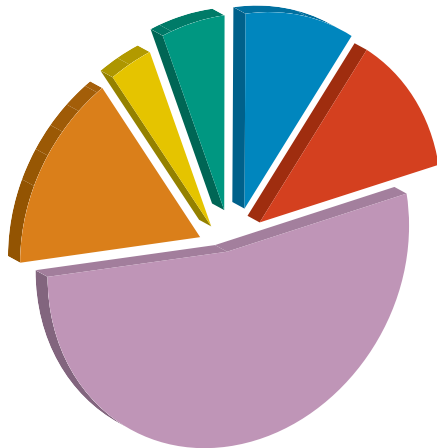
If you would like to be sent a copy please e-mail finance@sevenoaks.gov.uk, call **01732 227000** or visit the Council's website www.sevenoaks.gov.uk/finance nearer the time.

Facts about finance

Sevenoaks District Council collects the Council Tax charge not only for itself, but also for Kent County Council, Kent Fire & Rescue Service, Kent Police and all the local town and parish councils. In the current year (2008/09), the total average charge, at band D, for all these authorities is £1,422.70. Sevenoaks District Council's part of the charge is £168.39, 12% of the total.

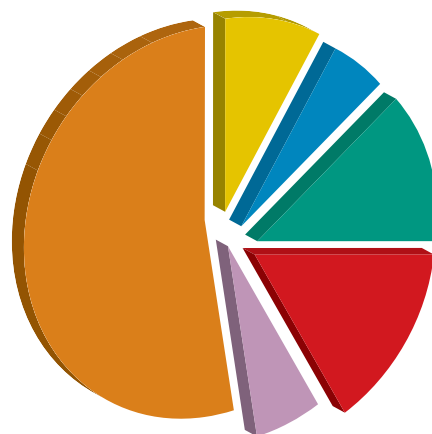
Of all the 12 district councils in Kent, Sevenoaks District Council gets the lowest grant from the Government per head of population at £55.80. The Kent average is £78.31 and the highest grant is £99.15.

Where the money came from



Interest from the Council's savings	£1.6m
Money taken from the Council's savings	£1.3m
Council Tax	£8.0m
Fees and charges	£5.1m
Government support	£6.1m
Other Government grants (for benefit payments and one-off projects)	£26.0m
Total	£48.1m

How the money was spent



Central services	£4.3m
Cultural services	£1.4m
Environmental services	£6.7m
Planning services	£6.8m
Highways and transport	£2.0m
Housing	£26.9m
Total	£48.1m

Your Council's services

- **Central services** – Council Tax and business rates collection, elections, democracy, land charges and overheads
- **Cultural services** – Sports, leisure and open spaces
- **Environmental services** – Refuse collection, street cleaning, recycling, CCTV, dog wardens, licensing, environmental health, fly tipping removal and community safety

- **Planning services** – Development control, building control, planning appeals, planning enforcement and local plans
- **Highways and transport** – Minibuses for older people, parking and parking enforcement and concessionary fares
- **Housing** – Housing benefit and Council Tax benefit, housing policy, dealing with homelessness, energy conservation and adaptation to homes for people with disabilities

Record breaking Riverhead School

Riverhead was one of the hundred of schools that took part in this year's world record attempt for the longest walking bus.

Around 250 pupils donned high visibility tabards on 11 June to take part in the event which aimed to encourage children to walk to school safely, leaving cars behind.



Riverhead School pupils, District Councillors and staff prepare to set off for a world record attempt.

Keeping to the code

All District, town and parish councillors, including independent members, have a duty to work within the Code of Conduct for Members.

Recently the Government made changes to the way complaints about alleged breaches of the Code are dealt with. Initial complaints are now the responsibility of the Council's Standards Committee. Previously they were handled nationally by the Standards Board for England.

Complaints must be in writing and sent to:

The Monitoring Officer, C/o The Standards Committee Assessment Panel, Sevenoaks District Council, Argyle Road, Sevenoaks, Kent TN13 1HG.

e-mail: members.conduct@sevenoaks.gov.uk

Visit the Council's website

www.sevenoaks.gov.uk/councillors for more information.

In Shape is published and distributed by Sevenoaks District Council to inform local residents and businesses about the work of the Council.

Editor Daniel Whitmarsh

Editorial Assistants Steve Mandaluff and Alison Walker

e-mail communications@sevenoaks.gov.uk

Tel **01732 227000**

Sevenoaks District Council, Council Offices, Argyle Road, Sevenoaks, Kent TN13 1HG.

In Shape is available in an audio format for residents with visual impairments.

Call **01732 227162** for details.

If you need help understanding this document, we can arrange for an interpreter to help you. Please call us on **01732 227414** stating your language and telephone number.

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Sevenoaks District Council at your fingertips

Main Office

Argyle Road, Sevenoaks, Kent TN13 1HG

Tel **01732 227000**

Minicom **01732 227496** (text telephones only)

Open Monday to Thursday 8.45am to 5pm and

Friday 8.45am to 4.45pm

Emergencies (outside office hours) **01732 462222**

Complaints co-ordinator, Julie Heather **01732 227000**

Swanley Contact & Information Centre

Swanley Library & Information Centre, London Road, Swanley BR8 7AE

Tel **01322 614660**

Council Tax payment facility available

Monday to Thursday 9.30am to 5.30pm, Friday 9.30am to 6pm and Saturday 9am to 4pm

Edenbridge Local Office

Adjoining Edenbridge Leisure Centre, Stangrove Park, Edenbridge, Kent TN8 5LU.

Thursdays only. Planning surgery open fortnightly. Call **01732 227000** for surgery days and times. Benefits surgery open weekly from 1.30pm to 4pm

Leisure centres

Edenbridge Leisure Centre*
01732 865665

Sevenoaks Leisure Centre*
01732 470700

Lullingstone Park Golf Course*
01959 533793

White Oak Indoor Bowls Centre, Swanley**
01322 665571

Sevenoaks Indoor Bowls Centre**
01732 451889

White Oak Leisure Centre**
01322 662188

*Operated by Sencio Community Leisure, Head Office **01732 746010**

**Operated by independent limited companies

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QUANTITY



**Compost Converter
(330ltr)**

£20.00

Manufacturer's
SRP £50.00
Height 100cm
QUANTITY



**KOMP
(250ltr)**

£40.00

Manufacturer's
SRP £66.00
Height 105cm
QUANTITY

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Expiry Date

Issue Number

Card Number

CODE



Please return to: WRAP (Kent) Campaign, Freepost LS6334, LEEDS LS14 1YY

From time to time WRAP (Waste & Resources Action Programme) and Kent County Council may send you **FREE useful info, newsletters and tips & advice** to help make composting easy and fun. Please tick this box if you **do not** wish to receive these items If you prefer us to keep you informed by email please provide your email address below:

EMAIL:



Offer limited to 2 bins per household and to Kent County Council residents only. Expect delivery within 28 days. If you wish to cancel your order before the bin is delivered or if the bin has been delivered and you wish to return it, please phone the customer care line on 0800 107 3798 within 7 working days. Offer is subject to availability and closes March 2009, though stocks of some bins are limited and may run out sooner than offer end. WRAP works in partnership to encourage and enable businesses and consumers to be more efficient in their use of materials and recycle more things more often. This helps to minimise landfill, reduce carbon emissions and improve our environment. * One kitchen caddy per household with bin purchase, whilst stocks last. Actual colour may vary.