

# InShape

THE NEWSLETTER OF SEVENOAKS DISTRICT COUNCIL NO.122 SUMMER 2022



**GET READY FOR OUR  
FREE FAMILY FUN DAYS!**

Four weeks of action-packed activities  
over the school summer holidays.

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# Family Fun Days are back!

Our ever popular and **FREE** Family Fun Days return for four weeks of action-packed activities over the school summer holidays.

They include everything from crafts to games and sport to face painting in a friendly and safe environment.

For the first time, many of the days include creative dance and yoga delivered by 'Cascade' for parents with children aged 18 months to five years old. Visit our website to find out where they're taking place.

There's no need to book, simply turn up and have fun. However, children must be supervised by a parent or guardian at all times.

Activities are provided for children under the age of 12, but they may not be suitable for very young children.

Please bring waterproof clothing, sunscreen and your own refreshments.



We recommend that you check [www.sevenoaks.gov.uk/summerfun](http://www.sevenoaks.gov.uk/summerfun) or our social media accounts before setting off as the programme may change at short notice, if there's wet weather.



The days are funded by us and Reconnect, run by Play Place and supported by town and parish councils who are providing the venues.

**FREE**

## Our Family Fun Days are taking place on the following dates and locations:

### Monday 25 July 10am to 2pm

Seal Recreation Ground, High Street TN15 0AF

### Tuesday 26 July 10am to 2pm

Otford Recreation Ground, High Street TN14 5PQ

### Wednesday 27 July 10am to 2pm

Dunton Green Recreation Ground TN13 2UR

### Thursday 28 July 2pm to 5pm

Edenbridge, Stangrove Park TN8 5LU

### Friday 29 July 10am to 2pm

West Kingsdown, Gamecock Meadow TN15 6BZ

### Monday 1 August 10am to 2pm

Swanley Park BR8 7P1

### Tuesday 2 August 10am to 2pm

South Darenth, Heathside Recreation Ground DA4 9AZ

### Wednesday 3 August 10am to 2pm

Fawkham Village Hall, Valley Road DA3 8NA

### Thursday 4 August 10am to 2pm

Hextable Gardens BR8 7LT

### Friday 5 August 2pm to 5pm

Chiddingstone Causeway Sports Field TN11 8JP

### Monday 8 August 10am to 2pm

Four Elms Recreation Ground TN8 6NE

### Tuesday 9 August 10am to 2pm

New Ash Green, The Minnis DA3 8HH

### Wednesday 10 August 2pm to 4pm

Knockholt Recreation Ground TN14 7LG

### Thursday 11 August 10am to 2pm

Sevenoaks, Greatness Recreation Ground TN14 5BX

### Friday 12 August 2pm to 5pm

Leigh, The Green TN11 8QL

### Monday 15 August 10am to 2pm

Eynsford, Anthony Roper Primary School DA4 0AA

### Tuesday 16 August 10am to 2pm

Hartley, Woodland Avenue Recreation Ground DA3 7DB

### Wednesday 17 August 10am to 2pm

Crockenhill, Cricket Meadow BR8 8HF

### Thursday 18 August 10am to 2pm

Westerham, King George's Playing Field TN16 1BN

### Friday 19 August 10:30am to 2pm

Chipstead Recreation Ground, Chevening Road TN13 2SA

# New affordable homes for Swanley

## Our affordable housing company, Quercus Housing, has purchased another 15 homes for local people.

The latest £3.6 million acquisition is a newly converted development in Swanley High Street.

The former offices and shops had laid empty for many years. But, by working with a developer, we have given a previously abandoned site a new lease of life.

The new homes have been built to a high specification with lots of space, open plan kitchens, dining rooms, lounges, balconies, bags of storage and video entry.

They also boast solar panels, electric vehicle charging points and secure cycle storage for 15 bikes putting the environment at the heart of the development.

All the homes have been let to local residents who were in temporary accommodation, helping us to free up much needed short-term housing. The homes will be available to residents on the housing register as and when they become vacant.

Cllr Kevin Maskell, the Council's Cabinet Member for Housing, says:

"This latest addition to the Quercus Housing portfolio is great news for the local community. We have improved the outlook of the local area and the southern gateway to Swanley. It's also great news for the tenants who are getting brand new, high-quality, affordable homes."

Quercus Housing began trading in April 2018 with funding secured from developers.

As we're the only shareholder, all of the surplus income is reinvested into buying more affordable homes.

The company purchased 14 flats in Gladedale House in Westerham in 2019 and is working to provide a further 19 affordable homes in the former Abbey Court nursing home in West Kingsdown.



## Get into gear with our FREE family cycle rides

### Our ever popular, professionally-led free cycle rides return this summer with a focus on building up confidence on two wheels.

If you're new to cycling, haven't been on a bike in ages or simply lack confidence, then these 'wheelie' are the rides for you!

Our rides are open to all, especially families with small children.

They're taking place in the 'spoketacular' Knole Park and at the world famous Brands Hatch racing track.

Knole Park offers a 90-minute, gentle paced ride with breaks and traffic free paths in the stunning ancient deer park.

Brands Hatch provides an opportunity to ride on the renowned circuit that once hosted Formula 1 racing. You can cycle at your own pace for up to two hours on the route with gentle hills.

The rides are taking place on:

- **Sunday 17 July, 9am**  
– Knole Park
- **Friday 19 August, 9am**  
– Knole Park
- **Saturday 20 August, 9am**  
– Knole Park



**FREE**

- **Monday 22 August, 10.30am and 2pm** – Brands Hatch
- **Tuesday 30 August, 9am**  
– Knole Park
- **Saturday 24 September, 10.30am and 2pm** – Brands Hatch

Places must be booked in advance by calling us on **01732 227000** or visiting [www.sevenoaks.gov.uk/cyclerrides](http://www.sevenoaks.gov.uk/cyclerrides). Bookings will open from 12 noon on Wednesday 6 July.



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# Chairman champions the environment

**Our new Chairman, Cllr Avril Hunter, has a passion for the planet and over the coming year will be encouraging more of us to cut our carbon emissions.**

Avril grew up in nearby Orpington and attended Orpington Grammar School for Girls. During her studies, Avril discovered she had a natural affinity for science and her first job was a Pathology Biochemistry Technician. But, her career was put on hold to raise her young family.

After moving to Sevenoaks 46-years ago, and once her children were older, Avril's career was reignited when she took up a post as a Chemistry Technician at Sevenoaks School.

But another challenge beckoned, which helped to put Avril's science knowledge to good use.

Avril was elected to the Council in 1995 and within a few years, she became our Cabinet Member with responsibility for the environment. Avril introduced our clear sack recycling scheme and our garden waste collection service. Both schemes have helped our residents recycle tens of thousands of tonnes of their waste and remain popular to this day.

Avril says: "I've always been passionate about the environment,



so it was an honour to introduce two major recycling schemes that help us live more sustainably.

"Now we face the immediate and urgent need to tackle climate change. It's a big challenge, but I believe we can all do our bit to cut our carbon

gas emissions, helping to protect the planet for future generations.

"Over the next year, I will do my best to promote the Council's work to make its services Net Zero while encouraging and supporting residents and businesses to cut their carbon footprint too.

"I am also planning to raise funds for the Sevenoaks Volunteer Transport Bureau, my chosen charity during my year as Chairman."

Cllr Hunter has been married to Allan for 51 years and together they have a daughter, two sons and eight grandchildren.

Avril welcomes invitations to community events. To invite Avril, visit [www.sevenoaks.gov.uk/chairman](http://www.sevenoaks.gov.uk/chairman) or call **01732 227247**.

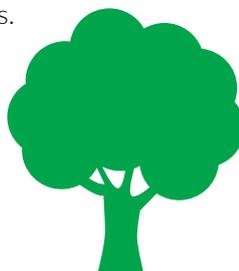
You can also follow Avril on Twitter at [@sdc\\_chairman](https://twitter.com/sdc_chairman).

## Tree-mendous news

**You can now view details of the District's protected trees on our website.**

Every year, we receive hundreds of applications for works to protected trees and trees in conservation areas. Previously, if you wanted to find out if a tree is protected, you would need to call or email us. Now you can find out anytime on our website.

Simply visit [www.sevenoaks.gov.uk/tpo](http://www.sevenoaks.gov.uk/tpo), follow the link to our interactive map then select 'Tree preservation orders' in the left-hand menu. You should see all of the areas with protected trees on the map.



# All change for refuse rounds

During September, we will be changing our refuse rounds. While we'll continue to collect your waste every week, you may have a new collection day.



From Monday 5 September, we will introduce new weekly waste and recycling collection rounds.

The change, the first in more than a decade, will improve the efficiency of the service, saving on fuel and helping the environment.

While most households will have a new collection day, some will have the same day as now.

Even if your collection day remains the same, you should put your sacks out at 7am as our crews could arrive earlier than you are used to.

Our fortnightly garden waste collection days are changing too. From 5 September, garden waste collections will always take place on the same day as your new waste collection day.

We will write to you in the coming weeks with details of your waste and recycling collection day. We will write separately to our garden waste permit holders to tell them about their collection days.

Cllr Margot McArthur, our Cabinet Member for Cleaner & Greener, says:

“This is the biggest change to our collection rounds in many years. To ensure a smooth transition to the new days, please look out for our postcard and make sure you're ready for the new arrangements.”

“It's really important that you put your waste out at 7am, even if your collection day remains the same.”

“With a project of this scale, involving 53,000 homes, we may miss one or two properties or pick up on the wrong day as the new arrangements bed in.”

“If this happens to you, please accept our apologies and contact us by phone or via our website so we can rectify the problem as soon as possible.”

For more information, visit [www.sevenoaks.gov.uk/refuse](http://www.sevenoaks.gov.uk/refuse).

Look out for our postcard!



During August, we will write to every home in the District to tell them about their new waste collection day.

Please keep your eyes peeled for our card and keep it handy, ready for the new collection days from 5 September.



# Help with the cost of living

The price of energy, food and bills have risen steeply in recent months and many people are struggling to keep up with the cost of living. However, help and support may be available.

## Our HERO service

If you're facing money problems, our HERO service could help by looking at your financial circumstances as a whole.

The service offers debt and mortgage advice and can check if you're receiving all the benefits you are entitled to. The team also offers housing advice.

The team can help with retraining and education, getting back into work or help with starting your own business.

To make an appointment with a HERO advisor, please call **01732 227000** or email [housing@sevenoaks.gov.uk](mailto:housing@sevenoaks.gov.uk).



## Council Tax Rebate

Households in Council Tax bands A to D, who pay their Council Tax by Direct Debit, should have received their £150 rebate.

If you pay by any other method, or you have an exemption, you should have received a letter asking you to complete an online application form. Please complete this form as soon as possible so we can make the payment.



## Help with your utility bills

Most utility companies offer help if you are struggling with your bills, including payment plans.

Most water companies also offer discounts for households on low incomes.

Speak with your suppliers or visit [www.kent.gov.uk](http://www.kent.gov.uk) and search for 'Energy financial support for advice about your energy bill'.



## Help with your Council Tax

If you are on a low income, you can apply for Council Tax Reduction to help pay your Council Tax.

If you live alone, are a student, have a disability or severe mental impairments (such as dementia) you may be entitled to a discount to reduce your Council Tax.

Visit [www.sevenoaks.gov.uk/counciltax](http://www.sevenoaks.gov.uk/counciltax) and click on Reduce your bill or call **01732 227000** to find out more.

In some circumstances, we can make 'Exceptional Hardship Payments' for people who already receive Council Tax Reduction. Visit [www.sevenoaks.gov.uk/discretionarypayments](http://www.sevenoaks.gov.uk/discretionarypayments) or call us on **01732 227000** for details.



## Reducing your energy costs

Homeowners with incomes below £30,000 (or £20,000 after housing costs), may be eligible for a grant worth up to £10,000 to improve home energy efficiency, helping to lower their energy use. The funding typically pays for home insulation and new heating systems.

To find out more, including eligibility, visit <https://surveys.est.org.uk/s/SustainableWarmth>

Smart energy meters can also help manage your energy use. If you don't have one already, contact your energy supplier to arrange an installation.



## Help with your rent

In some circumstances, we can help residents who claim Housing Benefit or Universal Credit with a discretionary housing payment if they fall behind with their rent.

Visit [www.sevenoaks.gov.uk/discretionarypayments](http://www.sevenoaks.gov.uk/discretionarypayments) or call **01732 227000**.

If you are faced with losing your home, contact our Housing Team on **01732 227000** or email [housing@sevenoaks.gov.uk](mailto:housing@sevenoaks.gov.uk) as soon as possible.



## Help with your income

If you're on a low income, you may be entitled to Universal Credit, Tax Credits and other benefits. There are many different forms of support available depending on your individual and household circumstances.

It's worth checking online at [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators) to see if you are entitled to additional help. Make sure you have details of your household savings, income (including pension and benefit payments), outgoings (such as rent, mortgage and childcare payments) and your Council Tax bill to hand.



## Food banks

Charities and local community groups provide food to people who are struggling to pay for food. Find your local food bank at [www.kent.gov.uk](http://www.kent.gov.uk) and search for Find a food bank.



## Household Support Fund

If you are on a low income and cannot afford your food or fuel bills, support may be available via Kent County Council's Household Support Fund. Contact our HERO team on **01732 227000** or email [hsf@sevenoaks.gov.uk](mailto:hsf@sevenoaks.gov.uk) for details.



## Free school meals

If your child is below 19 years of age and in full-time education, they may be eligible for free school meals. Find out more at [www.kent.gov.uk/freeschoolmeals](http://www.kent.gov.uk/freeschoolmeals).



## Debt advice

If you are struggling to pay your bills, seek help right away. The quicker you act, the more can be done to help you.



## Healthy Start Scheme

If you're more than 10 weeks pregnant or have a child under four years of age, you may be entitled to get help to buy healthy food and milk. Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk).



The Government's Money Helper service offers practical advice and money management tools. Visit [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) or call **0800 138 7777**.

The National Debtline also provides free help. Visit [www.nationaldebtline.org](http://www.nationaldebtline.org) or call **0808 808 4000**.

## Broadband and phone

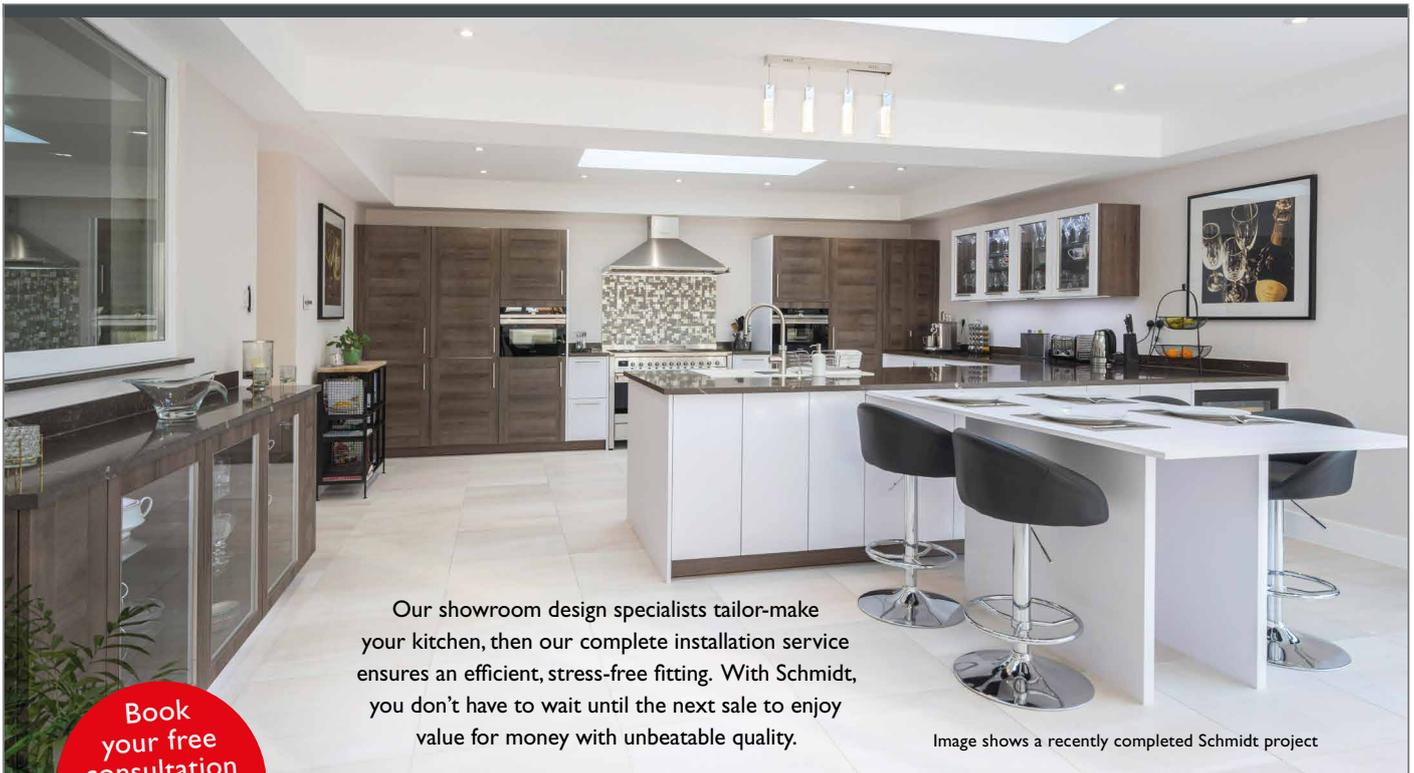
Along with our other bills, broadband and phone costs have spiralled recently.

Not all of us regularly switch supplier, but it's worth comparing as you could save hundreds of pounds over the year. Try one of the utility comparison websites.



Citizens Advice can offer face-to-face and online assistance. Visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for your local branch.

For further advice about the cost of living, visit [www.sevenoaks.gov.uk/costofliving](http://www.sevenoaks.gov.uk/costofliving).



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For August bank holiday entertainment we don't have to look far to find top quality days out that all the family will enjoy.

With years of heritage, the 'E&O' Show is a key date in the South East farming calendar, and it's really not to be missed! Cattle, sheep, pigs, goats and horses all compete in their sections for the coveted Supreme Champion rosettes. Local growers present their prize vegetables and floral art in a beautiful horticulture marquee.

The organisers have been careful to keep the show aligned with its traditions and values. You'll find everything from rural craft demonstrations to gundogs, archery and one of the very finest gatherings of vintage agricultural vehicles and cars. Local food and drink takes centre stage along with a wide range of quality trade stands with country clothing and items for homes and gardens.

Ride the gallopers at the funfair and celebrate the Jubilee theme with lindyhop dancers. Watch blacksmiths at work, thrill at the show jumping or just take time out with friends.

## EDENBRIDGE & OXTED AGRICULTURAL SHOW

*Celebrating the country way of life since 1837*

**Sunday 28<sup>th</sup> & Monday 29<sup>th</sup> August  
near Lingfield**

*A traditional show with fun for all the family!*



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tickets available from*



**@EdenbridgeOxtedShow**

**[www.edenbridge-show.co.uk](http://www.edenbridge-show.co.uk)**

# So Much More Sevenoaks District!

**We have launched a new campaign to encourage more people to visit and businesses to invest in the District.**

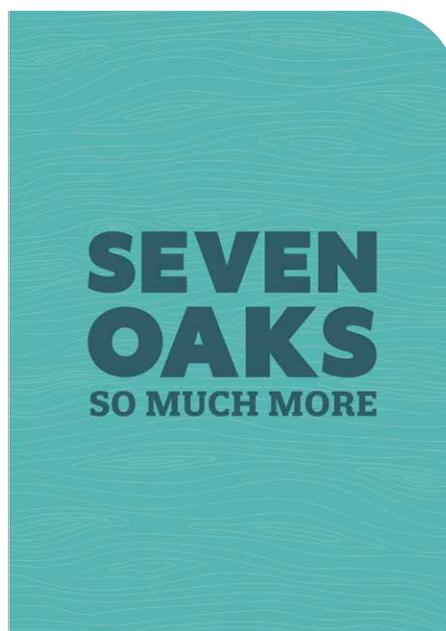
At the heart of the campaign is a distinctive brand and identity for the District and the message 'So Much More'. This core message declares there is so much more to the District than people might think, making it the perfect place to live, visit, work and invest in.

The campaign was developed following extensive research and workshops with residents, local businesses and community groups.

It includes a website to showcase everything the District has to offer, the best things to see and do and guidance on how to build a future in the District.

The website contains case studies from local business owners, entrepreneurs and residents about the benefits of living and investing here. These highlight our vibrant and entrepreneurial community as well as large-scale employers through to smaller, creative digital businesses.

The campaign will be shared across social media, the national



media and advertising channels in the coming months to boost visits and local spending.

Council Leader, Cllr Peter Fleming, says: "Our campaign was born from the excitement we feel about sharing the wider Sevenoaks District story with the world, there is 'so much more' to appreciate and experience here!

"We're a diverse area with breathtaking countryside, towns, villages and so much history, all within 30 minutes of the capital.

"The fact that the Sunday Times recently singled us out as the best place to live in the South East goes to show how much we have to offer.

"There is also so much more potential here for businesses looking to start and grow. This isn't sleepy Sevenoaks District; this is a great place to take your business to the next level, with national and international firms and a genuine entrepreneurial spirit. And we want more people to share their own stories and show the world that Sevenoaks District is the place to be."

You can spread the word about the District by following **@somuchmoresevenoaks** on social media and visit **www.moresevenoaks.co.uk** if you have a case study to share.

## Business boost for Swanley

**Our new Swanley work hub is preparing to open its doors before the end of the year.**

Based in the ground floor of 27 to 37 High Street, the hub provides a flexible workspace for new and existing businesses.

Facilities include small private offices, fixed and shared desk areas, a boardroom and informal and flexible spaces for events together with onsite business support.

The centre is intended to support business collaboration and business growth by providing office space without the overheads of taking on a new premises.

The work hub will also support local traders by bringing additional footfall to the area.

To support our Net Zero commitments, the work hub has energy efficient air source heating, cycle parking and access to a communal, wildlife-friendly garden.

If you'd like to know more about taking space in the work hub, please email **business@sevenoaks.gov.uk**.



# Explore the sensational Sevenoaks District on your doorstep!

**With stunning lakes and rivers, amazing walks, fascinating heritage, great parks and no fewer than 14 train stations, why not explore your District this summer?**



Most days out are affordable or free and it may be possible to arrive by rail, bus, cycle or on foot, helping you to do your bit for the environment.

## Here are just a few of the highlights...

Walking is the easiest way to enjoy the District...

With six national trails and countless smaller footpaths, just pack a picnic, put on your boots and off you go! Some trails might be near your home, but with railway stations dotted throughout the District, you may be able to leave the car behind.

There are plenty of beautiful walks in the Kent Downs to and from stations along the Darent Valley Line, and great long-distance walks within the Edenbridge to Penshurst area, following the popular Eden Valley Walk or Tudor Trail.

Hever Castle and gardens are a 20-minute walk from Hever station and Penshurst station (actually in Chiddingstone Causeway) is opposite the popular Little Brown

Jug pub. The Greyhound pub in Charcott is also a short walk using the path opposite the church. In the other direction, cross-country footpaths lead to the stunning village of Chiddingstone with its tearoom, Castle Inn pub, pop-up food vans and fun events at Chiddingstone Castle.

Hilltop walks in our area are among the most beautiful in Kent. The National Trust's Octavia Hill Centenary Walk at Toys Hill offers some of the best vantage points anywhere and celebrates the life and legacy of one of the Trust's founders.

The walk starts at the Trust's Toys Hill car park, part of a 200-acre green space with stunning views from the ruins of Weardale Manor, and moves on to the sweeping landscape around Crockham Hill where Octavia Hill had a cottage and is buried. It then passes near the picturesque grounds of Chartwell, former home of Winston Churchill.

## Or you may want to try cycling...

If you don't own a bike, don't worry! The wonderful family-friendly Tudor Trail between Tonbridge and Penshurst (with navigable extensions to Edenbridge) can be explored using an app. CountryBike or CountryHireandGo can drop off the bicycles and pick them up when you are finished for the day (or weekend), or codes give you access to parked bikes.

Locally sourced food awaits at the Porcupine Café at Penshurst Place or at the Leicester Arms in the village. Bike hire is also possible at nearby Bore Place, with three new on and off road cycle routes available.

Bicycle owners can try two of our highest hills (Toys Hill and Ide Hill) which feature among the top ten 'alpine' routes in the county, with picturesque wooded lanes climbing up several hundred metres on either side and wonderful views across the Weald of Kent. Take time to pause, at the Ide Hill Community Shop or the nearby Cock Inn.



## Perhaps sitting by the water's edge is your thing?

There are hundreds of ponds and lakes in our area (who needs the coast?) with an incredible choice of beautiful places to enjoy. The award-winning environmentally-friendly Gabriel's Fishing near Edenbridge offers a great range of spaces from which to choose (five large habitat-rich lakes and a mile or more of serene river bank access), together with a tackle shop, bait and tackle vending machine, the option of camping or caravanning on site for a complete holiday, and visiting food vans.

Or enjoy birdwatching at Sevenoaks Wildlife Reserve, one of the first gravel

pits restored for nature conservation, instigated by Jeffery Harrison, after whom the Visitor Centre is named.

The reserve has five large lakes, and hides dotted around the 73 hectares. It is a spectacular site for birds and has a diverse community of insects, fungi and plants. Kent Wildlife Trust, which runs the site, says over two thousand species have been identified.

Check their website for frequent events such as walks and children's activities. There is a fully accessible bird hide overlooking the West Lake, plus accessible picnic tables and a sensory garden. If you prefer getting close up to birds, try Willows Bird



of Prey Centre in Knockholt, where a whole variety of experiences with raptors, owls and small mammals are on offer. Or Eagle Heights Wildlife Foundation in Eynsford, one of the UK's largest birds of prey centres, where wild birds are rehabilitated, bred for release in the wild and trained to fly for demonstrations. As a bonus, you can enjoy days out with huskies and alpacas or sit in the café watching meerkats scramble around their enclosure.

For more days out and sustainable travel tips, go to [www.visitsevenoaks.co.uk](http://www.visitsevenoaks.co.uk).

## Get out into nature this summer

Throughout the summer holidays, we're running **FREE wildlife trails in five locations across the District as part of our Net Zero commitments. Together with the North West Kent Countryside Partnership we've created eco-trails for the whole family to enjoy.**

The trails will be set up between 22 July to 4 September in Crockham Hill Common, Farningham Woods, Hosey Common, Oxenhill Shaw and Shoreham Woods. They'll explore some beautiful nature spots and be filled with fun facts and quizzes along the way.

There will also be a chance to win one of five Eco-Hampers that include

a reusable, patterned shopping bag, a bamboo hot drinks cup, a pack of wildflower seeds and lots more.

All you need to do is tag us in your favourite wildlife photo from the trail on Facebook (@SevenoaksDC). All entries will be put in a prize draw with the winners picked at random.



For more information on the trails, where they start and the competition T&Cs, visit [www.sevenoaks.gov.uk/wildlife](http://www.sevenoaks.gov.uk/wildlife).

# Get your health back with One You!

**Lose weight and feel better with our One You Weight programme!  
Just like 70 year old Edenbridge resident Peter Liess...**

During the lockdowns, Peter, like many of us, noticed he had gained weight due to lifestyle changes. He went to his doctor to talk about it and was referred to One You.

Peter says: "I received a welcome pack with helpful facts on nutrition and how to compile a food diary where you record everything you consume daily. I was amazed by the amount of rubbish I was eating in the evenings!"

Peter was paired with One You advisor Natalia who would contact him regularly to check in on his progress and give advice and encouragement.

"The biggest challenge was giving up snacking between meals just because they were there. With advice from Natalia, I have replaced this habit substituting it for a glass of water. I have also introduced a 40 minute walk into my daily routine."

Through the Why Weight 12-week programme, Peter lost over a stone in weight and four and half inches off his waist! He has also noticed his clothes fit much better now. He adds "Thanks One You team for helping me get my health back!"

If Peter's story has inspired you, visit [www.sevenoaks.gov.uk/oneyou](http://www.sevenoaks.gov.uk/oneyou) to speak to a friendly advisor today.



## Get buggy fit!

**We're running FREE outdoor exercise classes for new mums with their babies in buggies until the end of the year.**

Now summer is here, why not take advantage of our buggy fitness classes, which are running in the Recreation Ground in Edenbridge and now in Raleys & Knole Paddock in Sevenoaks?

Both venues offer free parking and there's an opportunity to go for refreshments and a chat with other mums after each session.

Places on the six-week courses (which usually costs more than £40) are limited and must be booked in advance.

You will need to have had your six to eight week postnatal check and complete a pre-activity form to make sure the classes are suitable for you.

The sessions are being delivered by a qualified postnatal instructor, with funding from Sport England's 'This Girl Can' project and with the support of Edenbridge and Sevenoaks Town Councils.

For details of the latest classes and to book, visit [www.sevenoaks.gov.uk/buggybuddy](http://www.sevenoaks.gov.uk/buggybuddy) or call **01732 227000**.



# Have your say on the Local Plan

## OUR LOCAL PLAN

We are drafting a Local Plan to guide what can be built and what should be protected in the coming years.

We want to hear your views on our proposals.

## OUR AREA

Despite bordering Greater London, and being located in one of the most densely populated regions in Europe, the Sevenoaks District remains 93% Green Belt.



## PROTECTING THE DISTRICT

We want to continue to protect the overwhelming majority of our Green Belt. The Green Belt will only be developed in exceptional circumstances, for example if it has been previously built on or is well-connected to an existing town.



## SUPPORTING BUSINESSES & HIGH STREETS

To meet the needs of a growing economy, we will provide additional land for employment while protecting existing business space and support town and local centres.



## NEW HOMES

We are proposing to provide new homes to meet local needs, focusing on existing built up areas and previously developed land. They would be a mix of affordable, family and older people's homes. They may be built at higher densities, in areas close to shops and services such as train stations, to promote sustainable development and to protect the Green Belt.



## NEW INFRASTRUCTURE

The new Local Plan includes proposals for new transport, education and health facilities to meet our current and future population needs.



## HAVE YOUR SAY

We will be consulting on the new Local Plan in the autumn.

Sign up to our Local Plan mailing list to be informed when the consultation begins at [www.sevenoaks.gov.uk/emerginglocalplan](http://www.sevenoaks.gov.uk/emerginglocalplan).

Alternatively, keep an eye on our website, social media accounts and the press for details.



# It's time to reconnect

**Sencio Community Leisure (SCL) has received support from the Reconnect programme to offer discounted activities for children and young people throughout the summer school holidays.**

The Kent County Council initiative co-ordinates funding to maximise its impact in connecting children and young people with the things they've missed during the pandemic.

The scheme was launched in early June and runs until August 31 2022.

Reconnect aims to address the needs of children who cannot swim 25 metres, a requirement of the National Curriculum as it relates to students moving into secondary education. Given many children missed out on lessons during the two years of the pandemic, SCL will liaise with the District's primary schools and offer a 12-week Learn to Swim programme at discounted rates.

Elsewhere, the focus is on those aged 14 and over who'll benefit from

discounted gym memberships as well as activities such as basketball, taster opportunities, and special family sessions in the pool.

"Children and young people represent one of the groups most impacted by the isolation and broken routines of COVID-19 and, at a young age, limited social interaction and the development of extra-curricular activities has been a major concern in their overall welfare,"

says SCL chief executive Jane Parish.

"We are pleased to be partnering with the KCC Reconnect programme to help bridge the gap left by two years of disruption to education and the building of social skills and confidence."

For details visit [www.sencio.org.uk](http://www.sencio.org.uk).



## Two's company

**For golfers Valerie Gray and Janet Brown, taking to the greens has become a key part of their retirement routines. And it's not just the exercise benefits on offer through their weekly visits to Lullingstone Park Golf Course, the social interaction is also why these two ladies are glad they took up the sport.**

"I started playing some 30 years ago when a friend who was having lessons persuaded me and several others to try it," says Valerie.

"My husband and sons already played, so I always had an

interest. It's such a sociable sport and a fantastic way to keep moving and get regular exercise. The course is also in such a beautiful setting - and don't we all feel better when we can get outside and into nature?"

For Janet - also playing for three decades - the benefits are equally obvious.

"I took up golf when I was looking for a sport a little less energetic than badminton which I'd played for years. I had friends who were golfers, so I was able to join them and have a few lessons. I now play every week for the exercise but



also for the enjoyment and social aspect. I would whole-heartedly encourage anyone thinking of taking up golf to give it a go."

Visit [www.sencio.org.uk/lullingstone-park-golf-course](http://www.sencio.org.uk/lullingstone-park-golf-course).

# Power-assisted exercise equipment supports active ageing

**Edenbridge Leisure Centre has taken delivery of 12 machines that provide an alternative, low impact way to exercise for those with health conditions or mobility concerns that limit their basic routine or quality of life.**



The power-assisted equipment is suitable for people who feel uncomfortable within a traditional gym environment and, although suitable for all ages, the aim is to support active ageing in older adults and those living with a wide range of long-term health conditions.

Unlike many exercise regimes that can strain the body, the toning tables are biomechanically matched to it and offer an all-round exercise regime that

is effective but also, and importantly, kinder to joints.

Developed in consultation with doctors and physiologists - and used by physiotherapists and rehabilitation facilities around the world - the machines offer exercises devised for those suffering from spinal and brain injuries, Multiple Sclerosis, strokes, and cardiac illness patients as well as people whose lives are affected by diabetes, fibromyalgia, arthritis and other conditions.

The Feel Good suite can be used at Edenbridge Leisure Centre for £31 a month. The cost includes unlimited sessions and the services of on-site, fully qualified instructors who will explain the operation and benefits of each machine and advise on a routine appropriate to the individual. Members also get free swimming as part of the package.

For details visit [www.sencio.org.uk/edenbridge/feel-good](http://www.sencio.org.uk/edenbridge/feel-good).

**Boost your antibodies with exercise**



**A study by Glasgow Caledonia University has found you are 50 per-cent more likely to have higher antibodies after a vaccine if you're active over someone who is not.**

The research also found 30 minutes of activity five days a week decreases the risk of falling ill and dying of infectious diseases by more than a third (37 per cent).

## Last chance to enter In Bloom

**There's only a short time left to show off your blossoming garden in this year's In Bloom competition!**

Run by Coolings garden centre in Knockholt, the competition is open to novice and expert gardeners alike, with each entrant receiving a discount voucher to spend at Coolings as a small thank you for taking part.

There's lots of categories available, including front gardens, allotments, ornamental gardens, pub, restaurant, B&B and hotel gardens as well as a Jubilee themed category.

The deadline for entries is midnight on Friday 1 July with judging taking place later in the month.

The winners will be announced at an awards ceremony at the end of July.

For details of this year's In Bloom categories and how to enter, visit [www.coolings.co.uk](http://www.coolings.co.uk).



# Keep on moving!



Earlier in the year, we launched our new 'Movement Strategy' as part of our Net Zero carbon emissions by 2030 commitment.

The strategy lays out our ambitions over the next five to ten years to encourage healthier, safer and more sustainable forms of travel. This includes promoting more active travel like walking and cycling, using public transport and reducing car usage.

To do this we'll be working with the transport authority, Kent County Council, to identify cycling and

walking improvements at a local level and improvements to bus journeys throughout the District.

We plan to work closely with schools to encourage walking and cycling initiatives as part of our Air Quality Action Plan.

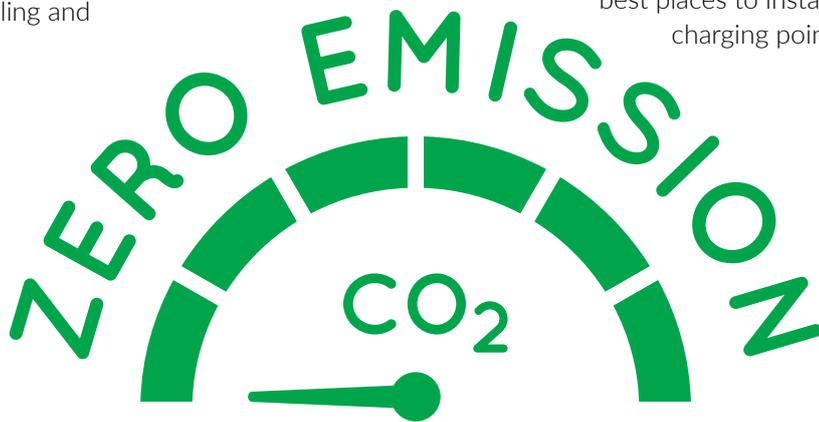
We'll also be carrying out an electric vehicle study to help us identify the best places to install new charging points.

As well as encouraging greener travel for our residents, our staff are also being encouraged to find more sustainable routes to work.

Our Cabinet Member for Cleaner and Greener, Cllr Margot McArthur, says: "Our Movement Strategy is a important step forward in our Net Zero by 2030 commitment. We all need to play our part in helping to combat climate change and this document explains how we will work with our communities and partners to encourage active, efficient and accessible travel."

"Where we can, we'll be upgrading our Council fleet to more sustainable vehicles and we're putting in a new staff travel plan which will focus on reducing carbon emissions from work related travel."

To find out more about the strategy, visit [www.sevenoaks.gov.uk/sustainabletravel](http://www.sevenoaks.gov.uk/sustainabletravel).



## New cycle and walking route for Sevenoaks

During May, we secured £1.2 million of Government funding for a new east to west cycle and walking route in Sevenoaks town.

The bid forms part of our ambitions to cut the District's carbon emissions to Net Zero by 2030.

The suggested route would start at Amherst and Riverhead Schools in the west then head towards Brittain's Lane and onto London Road before crossing over to Robyns Way. At this point, the route would likely split into northern and southern legs with another shorter route to Knole Academy.



The north route would head towards Trinity School and The Weald of Kent and Tunbridge Wells Grammar School for Boys annexes and south towards Granville School. The southern route would extend to Hitchen Hatch Lane, and back onto London Road before ending at Sevenoaks train station.

Most of the town's residents will be close enough to make use of the routes and by improving the connections to local schools and the rail station, the route will be popular with children and commuters.

The works would include widening existing footpaths, the creation of new links between existing footpaths and upgrading road crossings.

The next steps will involve further feasibility studies, developing a detailed plan with Kent County Council, the local transport authority, and seeking the views of local people.

The route could change once this work has been carried out.



## Sevenoaks District Community Safety Unit

To report or receive advice on: anti-social behaviour, fly-tipping, graffiti, licensed premises, abandoned vehicles, environmental and noise nuisance, crime reduction, neighbourhood watch and other community safety issues, call **01732 227000** or e-mail **community.safety@sevenoaks.gov.uk**

### Reporting crime

To report a crime that is taking place, always call 999. If the incident has passed, call Kent Police on 101 or Crimestoppers on **0800 555111**

### Social media

For the latest community safety news follow us on Twitter visit **@sdc\_csp**

### Tackling domestic abuse

For support and advice for victims of Domestic Abuse, call the Domestic Abuse Volunteer Support Service on **01892 570538** or visit **www.davss.org.uk**

For the Community Domestic Abuse Programme for men call **07933 359210** or visit **www.kentcdap.org**

# Another year of keeping us safe

**The Sevenoaks District Community Safety Partnership has once again had a successful year helping to keep Sevenoaks one of the safest Districts in the country.**

The Partnership, made up of Council staff, Kent Police, KCC Wardens and housing associations, and other groups, works tirelessly to keep everyone safe.

Here are some of its highlights over the past year from 1 March 2021 to 31 April 2022:

- The Partnership's 'Community Safety Unit' meet every weekday morning to go through the latest safety concerns. There were 626 reports that were actioned, a 259 decrease from the previous year.



- The number of incidents of antisocial behaviour in the District recorded by Police dropped by a huge 44%, meaning our District has the lowest level in Kent.
- Theft of motor vehicles also decreased by almost 28% throughout the District.
- Domestic abuse reports rose over the last year, which indicates more victims are comfortable asking for help. It also means our teams can act and put services in place to help.
- Domestic abuse training was delivered to frontline workers from Sevenoaks District Council and West Kent Housing.
- The Partnership put on classes and events to help the public keep safe, including information on violence against women and girls, self-defence classes and internet safety for school children.

If you would like to know more, view our Annual Community Safety Report, which is available by e-mailing **community.safety@sevenoaks.gov.uk**.

## Keep updated with all your community news

Kent Police's 'My Community Voice' is a secure and personal messaging system that allows Kent residents, businesses, and community groups to keep in touch with their local policing teams. The service sends updates about your local area directly from the police officers themselves.

My Community Voice is more than just a messaging service; it allows you to reply to the alerts sent to you, share information and tell the Police about the issues affecting you.

You can also play an active part in Police appeals as well as keeping updated about what is happening in your local area.

For further information, visit **www.mycommunityvoicekent.co.uk**.

# Your Councillors

Sevenoaks District Council's priorities and policies are decided by 54 Councillors who were elected by local people. The Sevenoaks District is divided into 26 smaller areas, known as wards and each ward is represented by one or more District Councillors. You are very welcome to contact the District Councillors to express your views and to ask for their help on local issues.

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Independent (I)
Labour (L)
Liberal Democrat (LD)
Sevenoaks Independent (SI)



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Vacant at the  
time In Shape  
went to print.

Penshurst, Fordcombe  
and Chiddingstone



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## How to contact your District Councillors

We have provided your District Councillors' phone numbers and e-mail addresses. If you would like to write to them, their postal addresses are available on our

website [www.sevenoaks.gov.uk/councillors](http://www.sevenoaks.gov.uk/councillors) or by calling us on **01732 227000**. If you are unsure which ward you live in, please call us on **01732 227000**.

## Parkinson's free membership at White Oak Leisure Centre

**White Oak Leisure Centre is offering free memberships to people living with Parkinson's, and their carers.**

**FREE**

Managed by Everyone Active, our new Swanley-based facility launched the initiative back in April. The free membership gives access to gym, swim and group exercise classes.

In addition, all members are offered a personalised exercise prescription through EXi, the easy-to-use exercise referral platform, with Synergy Dance online classes also available. Free carer membership will be available, if required.

Parkinson's is the fastest-growing neurological condition in the world and there is currently no cure. It affects around 145,000 people in the UK and there are more than 40 symptoms, from tremor and pain to anxiety.

Being physically active can play an important role in living well with Parkinson's. People living with the condition find various activities, from walking to dance, beneficial in managing their symptoms.

Hasan Romel, Everyone Active's area contract manager, says: "We are immensely proud to have launched



this partnership with Parkinson's UK and hope it will make a real difference to many people's lives.

"Our customers and colleagues are among the estimated one million people who are affected by Parkinson's in the UK.

"We want to encourage the whole Parkinson's community to exercise and are confident we have an activity for all, no matter what your age, ability or fitness level.

"Being more active will help members to live well with Parkinson's, improving their physical fitness and mental wellbeing, as well as having fun."

For further information or to join, visit [www.everyoneactive.com/parkinsons](http://www.everyoneactive.com/parkinsons).

Those with underlying health conditions such as heart problems, diabetes or breathing issues should contact their GP before starting any new activity.

### Strike out with our free classes

**FREE**

**FREE self-defence classes for girls and young women, aged 12 to 18 years old, are taking place in Westerham Hall over the summer.**

The classes will run from 1.30pm to 3pm on Thursdays from 28 July 2022 for five weeks, West Kingsdown Boxing Club is delivering the classes that are open to all abilities.

Places are limited and must be booked in advance.

Call **01732 227000** or email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk) for bookings.

The classes are funded by Kent County Council's Reconnect project. Find out about other Reconnect activities at [www.sevenoaks.gov.uk/reconnect](http://www.sevenoaks.gov.uk/reconnect).

**Save time and money with our easy and environmentally friendly garden waste service!**

**We collect your garden waste every two weeks and everything we take away is composted then sold as a soil improver and fertilizer.**

It's usually picked up on the same day as your recycling and rubbish is collected, and there are two options to choose from:

- An annual permit for a 240-litre bin for £50 or a 140-litre bin for £35
- 25 garden waste sacks for £20

Join over 14,000 residents and apply for a permit today!

Visit [www.sevenoaks.gov.uk/gardenwaste](http://www.sevenoaks.gov.uk/gardenwaste) or call **01732 227000**.



# Sevenoaks British Legion needs you!

**The Sevenoaks Branch of the Royal British Legion is undergoing a transformation with an influx of new members and is now looking for even more recruits to swell its ranks.**

Michael Pearsall, who served with the Royal Corps of Signals and Intelligence Corps, became the Branch Chairman this year and spoke with In Shape.

“The Sevenoaks British Legion has been at the heart of local Remembrance events and has been supporting current and ex-service men and women for over 100 years,” says Michael. “But in recent times, our membership has been dwindling.

“Recently, we brought in a new board and we’ve seen our membership more than double to nearly 40 people.

“For the first time, we set up the branch on Facebook and WhatsApp so we can reach a wider audience and tell them about our work.



“But we’re keen to recruit additional members so we can do even more to support the armed forces community and armed forces events.

“We’re looking for all sorts of people who could lend a hand at events, help with our publicity or even befriend ex-armed forces personnel with something as simple as a phone call. Best of all, joining the branch will be sociable and fun.

“There’s a common misconception that you must have served in the armed forces to join. That’s just not the case. Membership is open to all adults, whether they have a service background or not, and young people from the age of 12.”

To find out more, call **07801 334263** or email Michael at **sevenoaks.chairman@rbl.community**.

You can find the Sevenoaks British Legion on Facebook **@SevenoaksBritishLegion**.

## Sevenoaks District Council at your fingertips

### Main Office

Argyle Road, Sevenoaks,  
Kent TN13 1HG

Open Monday to Thursday 8.45am to 5pm and Friday 8.45am to 4.45pm.  
Telephone **01732 227000**, 8am to 6pm Monday to Friday.

Emergencies (outside our usual hours) **01732 227000**  
then listen to the options.

### Leisure centres

Ash Green Sports Centre\*  
**01474 707164**

Edenbridge Leisure Centre\*\*  
**01732 865665**

Lullingstone Park Golf Course\*\*  
**01959 533793**

The Olympic, Swanley\*  
**01322 669201**

Sevenoaks Indoor Bowls Club\*\*\*  
**01732 451889**

Sevenoaks Leisure Centre\*\*  
**01732 470700**

White Oak Indoor Bowls Club, Swanley\*\*\*  
**01322 665571**

White Oak Leisure Centre, Swanley\*\*\*\*  
**01322 662188**

\* Operated by the local town or parish Council

\*\* Operated by Sencio Community Leisure

\*\*\* Operated by independent limited companies

\*\*\*\* Operated by Everyone Active



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**ligne roset**

**Hästens**  
since 1852