

# InShape

The newsletter of Sevenoaks District Council

## Keeping an eye on the District

Meet the team working all year round to keep us safe.

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Stunning sculpture, inspired by local history, unveiled in Sevenoaks.



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### Your District, your say!

Your chance to comment on our emerging Local Plan that will guide what can be built and where in the coming years.



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Image shows a recently completed Schmidt project

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# 'Three and Four' equals a new sculpture for Blighs

A new bronze sculpture for Sevenoaks went on display in Blighs on Friday 29 July 2022.



Artist Oliver Barratt with our Chairman Cllr Avril Hunter and Cllr Roddy Hogarth at the unveiling of 'Three and Four'

The 2.3 metre tall public art piece was created by Oliver Barratt, an international artist who lives near Sevenoaks. The project has been paid for entirely by property developers from a fund specifically for public art.

The sculpture, abstract in nature, was inspired by the history of the area, most notably coppice trees and hop bines that once grew nearby. The vibrant green base is also a reference to the livery of the green buses that used Blighs when it was a bus station.

Cllr Roddy Hogarth, our Commissioner for the Public Realm, says: "We are extremely excited to have unveiled this fantastic new sculpture.

"Oliver Barratt has drawn on his extensive knowledge of the local area to produce a beautiful and thoughtful work that celebrates the history of Blighs, Sevenoaks and the wider District.

"As with all art, there can be strong opinions one way or the other. But I would encourage residents to come and see this bold and striking sculpture for themselves."

Oliver Barratt adds: "Many of the projects I work on are abroad and I only see them as they are being installed. With this work however, I will pass it every time I drive through my hometown.

"The sculpture looks forward in its contemporary visual language, it opens up the horizons to consider the rhythm and change of time.

"Art is a way of crystallising memory, of articulating a moment of thought and letting it find its way into the future. Public spaces are always competing for various functional needs, and art is a reminder that there is room in the marketplace for the poetic."

For more information, and to view a video about the ideas behind the sculpture, visit [www.sevenoaks.gov.uk/publicrealm](http://www.sevenoaks.gov.uk/publicrealm).

## Welcome to your new look In Shape!

You may have noticed, we've given In Shape a bit of a makeover with a new, modern and clearer design. But that's not the only change we've made.

As we work to become Net Zero by 2030, we've changed the In Shape paper to 'Carbon Neutral'.

All of the CO2 released during the production of the paper is measured and, if necessary, compensated for by carbon offsetting such as new tree planting.

We hope you enjoy your new look and more environmentally-friendly In Shape magazine.

# Working towards Net Zero!

Our commitment to make our operations Net Zero is one of our top priorities.

Here's a quick rundown of what we've done so far this year to reach our goal of going carbon neutral by 2030.

Recently we added two more electric vehicles to our fleet with two more on order. The new electric vans are used by our Environmental Enforcement Officers who regularly travel around the District.

Earlier in the year, we launched our Movement Strategy. The first in Kent, it promotes healthier, safer and sustainable travel over the next five to ten years. To help deliver these important changes and, despite not being the highway authority, we secured £1.2 million for a new east to west cycle and walking route in Sevenoaks town. We are now looking at how we can deliver similar schemes across the District.

We're also exploring the possibility of introducing an electric cycle rental scheme in Sevenoaks and the wider area. It has never been done in a rural area so would be a first. To move the project forward, we're working with a specialist consultant to assess how successfully the scheme could work.

Following an independent report showing improvements in air quality across the District, we asked for residents' views on how we can further reduce air pollution. We're also working with local schools to reduce car idling and promoting walking to school incentives.



Council Leader, Cllr Peter Fleming, with the latest electric vehicles to join our fleet

To encourage our communities to take up electric powered vehicles, we have commissioned a company to identify the best locations for new, public charging points.

We are also saving carbon this year by planting new trees, installing electric charging points across our car parks, assisting residents with solar power and more!



An electric taxi charging point has been installed in South Park Road, Sevenoaks

With other organisations across Kent, we're to encourage everyone to make changes to reduce their energy use. You can find out about the campaign on our website and social media accounts where there's lots of tips for small, low and no cost changes that you can make today!

Finally, we are already seeing our carbon emissions fall thanks to the energy saving work we've already carried out.

We are also working with the Kent-based carbon-saving experts 'Laser' to improve the energy efficiency of the buildings we own and occupy. Laser has carried out detailed surveys and in the coming weeks will tell us what more we can do to make the buildings energy efficient and sustainable. Laser is also working with us to see what more can be done to reduce the emissions of our refuse fleet and other vehicles.

**In 2019/20, the carbon emissions for our offices and vehicles stood at 1,394 tonnes. By 2021/22, this had dropped to 853 tonnes, a whopping 39% reduction.**

For more information about our Net Zero commitments, and how you can cut your own carbon footprint, visit [www.sevenoaks.gov.uk/netzero](http://www.sevenoaks.gov.uk/netzero).

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### **LIVE EVENTS**

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LOS ENDOS - ULTIMATE GENESIS: STRICTLY FOXTROT

**OUTSIDE THE BOX COMEDY CLUB: PHIL WANG**

FAMILY CONCERT - ANIMAL MAGIC WITH PETER AND THE WOLF

**HIGH SCHOOL MUSICAL**

HUGH BONNEVILLE AUTHOR EVENT

**POP FOREVER**

---

### **STAG SELECTED**

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EXHIBITION ON SCREEN - HOPPER

**NATIONAL THEATRE LIVE: THE SEAGULL - STARRING EMILIA CLARKE**

EXHIBITION ON SCREEN - CEZANNE: PORTRAITS OF A LIFE

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**WITH NEW EVENTS ADDED REGULARLY AND THE CINEMA SCHEDULE UPDATED EVERY WEEK**

THE STAG SEVENOAKS, LONDON ROAD, SEVENOAKS, TN13 1ZZ

# Blooming marvellous!



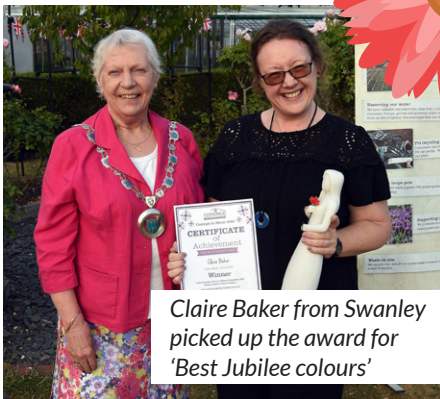
This year, the Sevenoaks District In Bloom competition was a tightly fought affair with dozens of residents and businesses vying to win one of the coveted categories.



Auralucia Brook (pictured) and Adrian Brook from Edenbridge won 'Best back garden'



Joint winners Brigitte Perry and Valerie Osbourne from Sevenoaks took the 'Best allotment'



Claire Baker from Swanley picked up the award for 'Best Jubilee colours'



Edenbridge residents Peter (pictured) and Penny Brook won 'Best pollinator friendly garden'

Run by Coolings in Knockholt, the victors were named and presented with their awards at a ceremony at the Coolings garden centre on 29 July.

Our Chairman, and one of the In Bloom judges, Cllr Avril Hunter, says: "We had an amazing time visiting all the beautiful gardens across the District and we'd like to thank all the entrants. There were some fine examples of eco-friendly gardens and gardens that brightened up the District.

"The standard was extremely high, making the judging especially challenging. With that in mind, I would like to congratulate not just the winners, but everyone else who took part too."

You can view details of all the winners at [www.sevenoaks.gov.uk/inbloom](http://www.sevenoaks.gov.uk/inbloom).

## Your new waste collection days

NEW  
COLLECTION  
DAYS BEGIN  
FROM  
17 OCTOBER  
2022

You should have now received your postcard with your new waste collection day. Please keep it handy, ready for the new collection days that start from 17 October.

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 17 October, garden waste collections will always take place on the same day as your new waste collection day. Please put your bins and sacks out at 7am.

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





## New Showroom now open

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www.kitchenhaus.co.uk  
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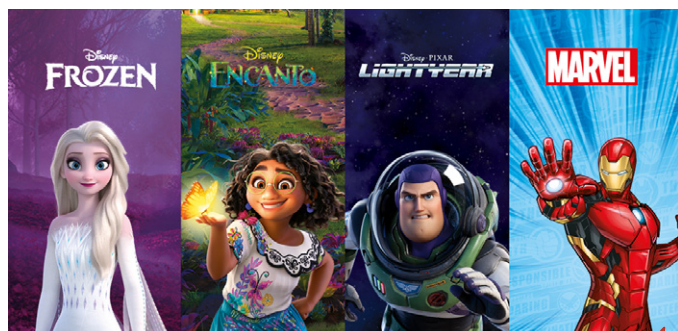
# Let us help you!

Our free 'Help to Let' scheme supports landlords to find tenants and access advice and assistance.

Let our scheme take the worry out of letting your property, we offer:

- People ready to move in so there's no need to pay agent fees
- Deposit bonds and rent in advance to cover damage, cleaning and rent arrears
- Help to access grants and financial support to renovate and maintain your property
- Help and advice on the latest changes in housing law

For more information and an informal discussion, please contact our Housing Team on **01732 227000** or email [helptolet@sevenoaks.gov.uk](mailto:helptolet@sevenoaks.gov.uk).



## Fun for princesses, adventurers and superheroes



To help keep your children active and busy, the NHS has joined forces with Disney to create '10 Minute Shake Up Games'.

The free, exciting games have been inspired by some of the best-loved characters from big screen films - Lightyear, Encanto, the Avengers and Frozen - to encourage ten-minute bursts of exercise.

What's more, there's more than 40 games to choose from!

Find all the games online at [www.nhs.uk/10-minute-shake-up](http://www.nhs.uk/10-minute-shake-up) or email [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk) to request a paper copy of the games pack.

## New safer socialising scheme is 'Best Bar None'

A new scheme to promote safer pubs and bars has been launched in the District.

'Best Bar None' is a national accreditation scheme supported by the Home Office and drinks industry. It was launched in the Sevenoaks District in July.

Businesses who want to join the scheme are assessed by our licensing team and the Community Safety Unit, which includes Council staff and the police.

To be accredited, businesses must demonstrate they are committed to creating a friendly and safe environment.

This means they should manage their venue effectively, provide staff training and be committed to customer safety, welfare and service. They must also commit to working with us and the police to keep customers and communities safe.

The accreditation lasts for a year.

You can find out more about the scheme and view all accredited premises at [bestbarnone.com](http://bestbarnone.com).

# Your District, your say

You can soon have a say on the future of the District by commenting on our emerging Local Plan later in the autumn.

Things are moving full steam ahead with the Local Plan, which is a set of policies and priorities that will guide what can be built and where in the District over the next 15 years.



## Have your say

Your views are important and we want to hear your thoughts on our emerging Local Plan. You can view and comment on our proposals later this autumn when our consultation opens.

Keep an eye on our website, social media accounts and local press or sign up to our mailing list at [www.sevenoaks.gov.uk/emerginglocalplan](http://www.sevenoaks.gov.uk/emerginglocalplan) by clicking on 'Sign up for Local Plan updates'.

## What's in the emerging Local Plan?

**Delivering new homes:** Delivering genuinely affordable homes and boosting the supply and mix of housing remains a priority, including accommodation for older people.

**Employment and economy:** The pandemic has accelerated online shopping and home working. We are keen to support our high streets and deliver the right type of workspaces to meet current and future needs so our economy remains strong.

**Protecting the environment:** The Green Belt covers over 90% of the District so the overwhelming majority will continue to be protected, as will natural resources and our built heritage, safeguarding the character of the District.

**Transport and infrastructure:** The Local Plan will enable the delivery of new infrastructure to meet future needs.

**Healthy places and spaces:** Ensuring new developments promote good mental and physical health.

**Delivering Net Zero:** New developments will have the minimum impact on the environment, including low carbon emissions to help tackle climate change.

**Encouraging good design:** New developments will be high quality places and spaces that respect local character.

## Information and support for disabled people

FREE

You can find out about local services for disabled people at a free event in Swanley.

'Access all areas' is taking place at White Oak Leisure Centre (BR8 7BT) from 11am to 4pm on Sunday 16 October 2022.

Local groups and organisations will showcase the help, advice and information available for anyone who has a physical or learning disability, including memory problems.

The event will also support those who care for someone with a disability.

'Access all areas' is taking place in a new, fully accessible building and no booking is required.

For more information, including details of the groups and organisations taking part, visit [www.sevenoaks.gov.uk/accessallareas](http://www.sevenoaks.gov.uk/accessallareas).

The event has been organised by us with West Kent Housing Association.



# Keeping an eye on the District

Our CCTV system is not only doing its bit to fight crime, it helps to keep the public safe in lots of other ways.

The 144 CCTV cameras cover Sevenoaks, Swanley, Westerham, Edenbridge and New Ash Green 365 days of the year.

Most cameras pan, tilt and zoom with all of the footage digitally recorded. Live images can also be relayed to the Police, and other partners, in real time.

In the year up to 31 March 2022, the CCTV control room instigated, assisted or monitored 103 arrests across the District.

A recent success, over the summer, led to the arrest of a group of shoplifters from east London.

Our CCTV operators became suspicious of the group who entered Boots in Sevenoaks wearing large coats and jumpers on one of the hottest days of the year.

When they left the store, CCTV operators spotted items hidden under their clothing.

The team relayed live images of the suspects to Kent Police along with their descriptions and direction of travel.

CCTV monitored the group until the Police arrived shortly afterwards.

The Police stopped the three teenagers and found a large quantity of suspected stolen items with an estimated value of around £10,260.

The three were charged with theft and ordered to attend Medway Magistrates' Court.

The CCTV control room is at the centre of the Shopsafe and Pubwatch schemes. Retailers and publicans in Swanley, Sevenoaks and Edenbridge are linked to the control room via two-way radios.

CCTV control room staff are alerted of incidents so they can be monitored and, if necessary, reported to the Police. Partners in the scheme are told in an instant if trouble is heading their way. Last year, the CCTV team took over 400 Shopsafe and Pubwatch calls.

The CCTV team also deal with out-of-hours emergencies. These can cover floods, noise complaints, stray dogs,

homelessness, dangerous buildings and missing people. Last year they handled 1,196 emergency calls.

Last December, the team took an early morning call from the Police about an older lady with dementia who had walked out of her care home. CCTV scoured the area and within the hour, they found the lady sheltering from the cold behind an advertising hoarding wearing only her night clothes and slippers. The team monitored the situation until the Police attended.

Not only is the system keeping us safe, it also informs drivers of local road congestion. The CCTV control room has direct links to motoring organisations who share traffic problems helping to make motorists aware of the local traffic situation.

Copies of the latest CCTV annual reports can be viewed at [www.sevenoaks.gov.uk/cctv](http://www.sevenoaks.gov.uk/cctv).



Sharon Wright, our CCTV and Emergency Civil Protection Manager

# Manage your energy bills and your carbon footprint.

**Sustainable Warmth** is a new Government grant scheme designed to fund energy-efficiency upgrades and **YOU** could be eligible.

- Designed to support households most likely to be impacted by rising fuel bills.
- Energy-saving tech and upgrades installed by TrustMark-approved installers.
- Creating warmer, healthier homes.
- Helping to cut carbon emissions.
- Funding available for homes on and off the gas grid.

Want to find out if you're eligible for a **Sustainable Warmth Grant**?

Use the details below to find out more.

Visit: [www.gsenetzerohub.org.uk/sustainable-warmth](http://www.gsenetzerohub.org.uk/sustainable-warmth)

SCAN ME  
TO APPLY



**#MANAGEYOURENERGYBILLS**



**Sustainable  
Warmth**



Department for  
Business, Energy  
& Industrial Strategy

# Swanley Business Hub

Coming to the District this autumn



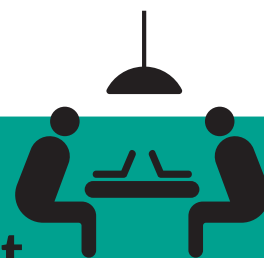
## A central location

Based in Swanley High Street - close to the M25 Junction 3 and a short walk from the station.



## Helping your business grow

Flexible, collaborative, co-working spaces without the overheads of running your own business premises.



## Great facilities

Fixed and flexible desking, offices, meeting spaces, onsite business support and a communal garden.

Want to know more? Email [business@sevenoaks.gov.uk](mailto:business@sevenoaks.gov.uk) or call 01732 227000.

## Sevenoaks Welcomes Refugees call to businesses

Local charity, 'Sevenoaks Welcomes Refugees', helps Ukrainian, Afghan and Syrian refugees to settle and make a new life in the District.

The group, formed in 2017, is keen to work with local businesses to help promote and support its important work, including:

- Displaying its posters and flyers
- Selling its new fundraiser cookbook
- Providing employment, work experience or training opportunities for refugees
- Encouraging staff to volunteer with the charity.

If your business could offer any help, please email [sevenoakswelcomesrefugees@gmail.com](mailto:sevenoakswelcomesrefugees@gmail.com).



To find out about the work of the group, visit [www.sevenoakswelcomesrefugees.org](http://www.sevenoakswelcomesrefugees.org).

## Tackling domestic abuse

We've teamed up with two neighbouring councils to run a domestic abuse conference to help raise the profile of Violence Against Women and Girls (VAWG).

The conference is taking place at the Salomons Estate, Tunbridge Wells on Friday 25 November from 9.30am to 1pm

It also marks the beginning of '16 days of Action' against VAWG, including training to reduce the risk of domestic violence and stalking.

If you are interested in attending the conference or the training, email [community.safety@sevenoaks.gov.uk](mailto:community.safety@sevenoaks.gov.uk).

## Help with the cost of living

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

We have developed a 'Help with the cost of living' hub on our website with details of the all the latest support schemes.

The hub includes information about paying your bills, increasing your income, debt advice, help with food and more.

The hub is updated regularly as more support becomes available.

Visit the hub at [www.sevenoaks.gov.uk/costofliving](http://www.sevenoaks.gov.uk/costofliving).

# Sustainable living

Our local businesses and landowners are rising to the Net Zero challenge by finding new ways to embrace a lower carbon footprint. From natural products to preloved goods and environmentally-friendly produce, so much is happening!



Low carbon business is taking off at Eagle Heights in Eynsford.

Eagle Heights Wildlife Foundation near Eynsford is best known for its work rehabilitating raptors and other wildlife and for putting on amazing flying displays.

Owners Samantha and Jonathan not only support many conservation projects but are also passionate about creating environmentally-friendly nature areas. These areas, left wild, support local flora and fauna. While they may not look 'tidy', they do a huge amount of good.

Lately the Foundation has been encouraging other businesses to collaborate on climate-friendly activities. They have invited groups with sustainable preloved attire to set up racks of clothes for visitors to browse while on a day out at this beautiful location perched high on the Kent Downs. Donations of clothes are very welcome. Bamboo socks and eco housewares are also on sale, together with organic skin care products from Goats of the Gorge, made with minimal impact. Some contain alpaca

keratin, great for soft skin as it turns out. The Foundation is proud to have been awarded a Silver Medal for Green Tourism.

Possibly one of the best ways to go shopping - with a lighter carbon footprint - is to visit one of the fabulous charity or antique shops in our area.

The Visit Sevenoaks District website recently added a Charity Shop Trail, focusing on a circuit in Sevenoaks town, taking in the huge new Hospice in the Weald on the High Street, which has a designer clothes sales in October.

Check the trail to read about each of the shops and their special offers, and perhaps take in a delicious vegan lunch at the low climate impact café Life on High while you're there.

For those living in or visiting Westerham, there are also great shops to browse, like the Chartwell Cancer Charity shop (preloved\_westerham on Instagram). Westerham also has some wonderful antique shops (buying

preloved furniture is very sustainable), as does nearby Brasted, a village renowned for the high standard of its antiques offer.

There are also some proper Aladdin's caves at Otford Antiques & Collectors Centre (with 34 dealers) together with Otford Interiors, stockists of a vast array of antique furniture and collectables, which also has an in-house upholstery and restoration service. There are plenty of charity and antique shops in Edenbridge (one owned by Antiques Roadshow regular Lennox Cato no less!) and several charity shops in Swanley too. For all the details, check the Visit Sevenoaks District website.

If visiting a garden centre is your way of relaxing (and making your garden a wildlife haven) then Coolings near Knockholt is a great option. For years, the Coolings family has been working to lower its carbon footprint, harvesting rainwater from their on-site reservoirs and using alternatives to single use plastics where possible.

They have also installed electric-vehicle charging points and motion-sensitive lighting, created their own compost, grow over 80% of the stock on site and lots more.

Their work was recognised when they clinched the 'Environment' category in the 2019 Kent Excellence in Business Awards.

Or perhaps go on a day trip to Bore Place, a historic venue near Chiddingstone, which offers all sorts of activities for families and groups, all focused on sustainable solutions. The whole site is low carbon, utilising renewable energy for its heating and hot water. All businesses working on the site are mutually beneficial in some way. With several eco-friendly houses, cottages and glamping venues for rent, Bore Place was thrilled to be awarded a Gold by Green Tourism! And if you're planning a wedding or event, they don't get more eco than this venue. All food is locally sourced and waste is composted or recycled. Any profits are ploughed back into eco-projects.



*Hospice in the Weald in Sevenoaks High Street has a designer clothes sale scheduled for October.*

One final bonus for our area is the recent creation of the Darent Valley Farming Cluster, a group of 18 farms and landowners supported by Kent Wildlife Trust, working together to improve habitats.

This involves identifying funding, initiatives (like creating wildlife corridors within and between farms), improving water quality and drainage, working on climate change mitigation, and producing food in a more sustainable way. With over 2,500 hectares involved, this could have a huge beneficial impact. They are looking for volunteers, so do get in touch if interested.

For more inspiration and ideas about how to reduce your own carbon footprint, do think about checking local sustainability sites, which have tons of great ideas. Sustainable Edenbridge is a community group, formed by local people, that constantly adds new ideas and links.

The recently established Sevenoaks Climate Action Network (SCAN) is also bringing people together in a broad network, enabling collaboration and the exchange of ideas, with a big Climate Fair planned for next year.

# Autumn hamper competition



The Sevenoaks District is a connected place with a rich heritage and a vibrant future. To promote all that the area has to offer – Live, Work, Invest and Visit – we recently launched the 'Sevenoaks So Much More' campaign ([www.moresevenoaks.co.uk](http://www.moresevenoaks.co.uk)).

'Sevenoaks So Much More' encourages residents, visitors, businesses and investors to celebrate the area's compelling selling points: our abundance of beautiful green spaces, our fascinating heritage, the collaborative and entrepreneurial business environment, and the area's excellent connectivity.

We want you to get involved by entering a free competition to win a fantastic hamper, worth more than £360, filled with produce kindly donated by local businesses from across the District and beyond.

For details on how to enter, including the competition terms and conditions, visit [www.moresevenoaks.co.uk/autumn-hamper-competition](http://www.moresevenoaks.co.uk/autumn-hamper-competition).

The closing date is 12 noon on Sunday 16 October 2022. The winner will be selected at random.



# Get the support you need to lose weight for good!



Brenda Armstrong from West Kingsdown had tried every diet plan going so this time when she decided to lose weight, she wanted to do something different. After a call with her GP, Brenda was referred to our One You service.

Brenda says: "Like many others during the lockdown I had not been exercising enough, eating far too much and generally feeling not very good about myself. I was not happy with my dress size and my cholesterol was rising. I knew I had to do something."

Brenda started our weight management course over Zoom with advisors Natalie and Natalia. Her main issue was finding time to exercise and cutting down on wine. The sessions taught Brenda that she had been eating and drinking out of habit and there were healthier alternatives.

Brenda says: "I found the Zoom sessions and listening to other group members who were also struggling with their eating and finding time for exercise so helpful. I also liked the workbooks, which include keeping a diary of foods I have eaten and what is meant by activity and the many forms it can take. At no point during the course did I feel judged by the two lead workers and only received positive feedback and encouragement all of the way."

Six months on, Brenda has lost almost two stone, several inches off her waist and her cholesterol is much lower!

She's learnt about portion control, is exercising more and doesn't even miss her glasses of wine any more.

Brenda adds: "I've dropped a dress size and am back into clothes I could not wear previously. I am enjoying being the size I am and that I have found a way of eating that suits me and that I do not feel deprived of anything at all."

If Brenda has inspired you to take the first step, contact our One You team at [www.sevenoaks.gov.uk/oneyou](http://www.sevenoaks.gov.uk/oneyou) or call 01732 227000.

## Meet Dania!

Dania Taha recently started with us in a brand new role to help adults with learning difficulties to lose weight.

In pursuit of a career in the nutrition field, she completed a degree in Food and Nutrition and a Diploma in Dietetic Education. Originally from Canada, Dania joined us earlier in the year as a Specialist Weight Management Officer.

As part of her role, she's developed a weight management programme for adults with learning disabilities. This 12-week scheme will encourage participants to eat well and get more exercise to achieve a healthy body weight. In addition, there will be hands-on sessions such as a cooking class, shopping trips, exercise classes and many more fun activities!

If you know of someone who could benefit from Dania's course, email [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk) or call 01732 227000.



## Don't lose your vote!

Each year, we carry out the annual canvass to update the electoral register, which lists the names and addresses of everyone who can vote.

We have written to every household in the District to check the details we currently hold are correct.

If your details are wrong, you may not be able to vote in future elections, including next May's local elections.

This year, it is easier than ever to take part in the canvass and in many cases, no action is required. Your canvass form will indicate if you need to confirm your details.

However, we're still waiting to hear from some people who need to respond. If we do not hear from these people, a canvasser may call or visit their homes to collect the information.

The canvasser will offer advice to help complete the forms for anyone who is unsure what to do.

Look out for your annual canvass forms during the autumn and follow the instructions to make sure your details on the electoral register are up-to-date.

## Go paperless!

We can now contact you by email or phone to check your details on the electoral register are correct. If you would like to be contacted this way instead of by post, visit [www.sevenoaks.gov.uk/elections](http://www.sevenoaks.gov.uk/elections) and click 'Opt in to go paperless'

## The explosive problem of discarded aerosol cans



### One of our waste collectors narrowly avoided a serious injury when a full aerosol can exploded in the back of a dustcart in Swanley.

This incident happened on Friday 8 July when a black sack with the aerosol can was placed in the back of the waste vehicle. When the compactor crushed the sack, the aerosol exploded without warning resulting in an injury to the crew member.

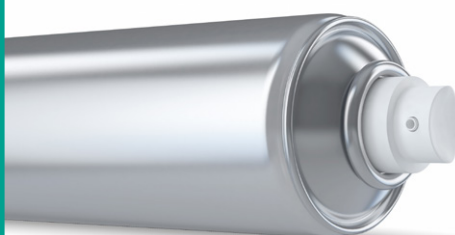
He was hit on the face by the debris and was taken to hospital. Luckily, he was not seriously injured. However, it could have been a lot worse as the remnants of the can struck close to one of his eyes.

We are reminding residents never to put an aerosol can in a black sack. Instead, always ensure the can is completely empty and placed in a clear recycling sack. If the aerosol cannot be emptied, it can be safely disposed of at one of Kent County Council's Household Waste Recycling Centres.

Cabinet Member for Cleaner and Greener, Cllr Margot McArthur, says: "Placing any aerosol can that is not completely empty in a waste sack may not seem dangerous, but it can pose a genuine threat to our staff. These cans are pressurised and can rupture and explode when crushed.

"Our amazing refuse collectors work tirelessly for residents so we want to make sure we keep them safe and are urging residents to not let this happen again."

To find out more about what you can and can't put in your sacks visit [www.sevenoaks.gov.uk/refusesacks](http://www.sevenoaks.gov.uk/refusesacks).





## Sports development is the priority in Swanley

White Oak Leisure Centre's Sports Development Manager, Robert Hutton, is determined to improve leisure opportunities for local people.

Robert has an exciting ambition to help get residents physically active and have easy access to affordable facilities.

He says: "I started at Everyone Active in January and was brought in to help with the opening and running of the new White Oak Leisure Centre.

"I have worked in leisure since I was 16. I've progressed from being a lifeguard to a Duty Manager and now I'm a Sports Development Manager. I work with the local community, local clubs and organisations to provide greater sporting opportunities."

Robert adds: "I am working closely with Kent County Council's Reconnect programme. We have already run initiatives like free swim weekends, discounted Tag Active and soft play and free swimming for children on free school meals.

"The scheme aims to get young people into leisure activities after the pandemic, with a focus on those who receive free school meals. I'm also working on other projects like 'This Girl Can' providing women only swimming lessons. There's lots going on, which is really exciting."

At White Oak Leisure Centre, you can enjoy a 25m six lane main pool, learner pool, state of the art 100-station fitness suite, two exercise studios, virtual group cycling studio, and a sports hall. For those who want to try something new, the centre also boasts a brand-new interactive gaming activity, TAGactive.

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

# Reconnecting success

Over the summer, Sencio Community Leisure also received support from the Reconnect programme for children and young people. The Kent County Council initiative was designed to connect them with the things they'd missed during the pandemic. We asked Sencio's Paul Jobling to tell us more.

### Why did Sencio want to get involved in Reconnect?

We're passionate about getting young people involved in health and fitness, both following the past two years and in addressing this country's obesity problem. Reconnect was the perfect programme to support this.

### With what sort of activities did the young people become involved in? And what were their ages?

It was a real mixture, from swimming and badminton to basketball, gym work and fitness classes. We had children as young as three come along for their first swim up to young adults aged 21 using the gym. It was also great to see lots of 16 to 18 year olds come to us during the summer holidays after finishing their exams.

### What feedback have you had?

People praised the excellent value for money and the range of activities available but, what was also nice for us, was all the great comments about our staff.

### Have there been any individuals/stories that have impressed you?

We've had young adults with disabilities and medical conditions come and use our facilities for the first time. This was really fantastic to see and, without Reconnect, they may well never have come to us.

### We're hearing a lot (post-pandemic) about young people and mental health. Does Sencio hope to build on the success of Reconnect?

Absolutely. Reconnect has opened up opportunities for young people to come and experience what we offer and feel all the benefits, physically, mentally and socially. We're really proud to do our bit and help young people along the way.



# They're feeling good in Edenbridge

A new suite of machines designed to provide an alternative, low impact way to exercise for those with health conditions or mobility concerns has proved an instant success with customers at Edenbridge Leisure Centre.



David Peckham (69) joined the Feel Good suite following a hip replacement in the summer and says: "The experience so far has been better than expected and I have been able to increase my general mobility. The staff have also been extremely helpful and demonstrated their knowledge in helping me in my recovery."

For 79-year-old Richard Evely, his visits to the suite are all part of what he describes as his "plan to stay healthy as long as I can". And, as someone who lives alone, he's quick to add that his visits have become the "social highlight of my day."

Owen Gemmell (72) says it was high praise from friends that led him to join. He says: "I've had leg and knee

pain for some time and am waiting to see an orthopaedic surgeon. My mobility was greatly reduced, however, after just a few sessions I am now able to cycle from home to the centre. That's 15 miles!"

The Feel Good suite can be used for £31 a month. For further details go to [www.sencio.org.uk/edenbridge/feel-good](http://www.sencio.org.uk/edenbridge/feel-good)



1926-2022

## Her Majesty, Queen Elizabeth II

On 8 September, it was with great sadness that we learned of the passing of Her Majesty, Queen Elizabeth II.

Our Chairman, Cllr Avril Hunter, paid tribute to the Queen for her many years of service and dedication.

"The Queen served our country with distinction for 70 years, representing the nation on the world stage," says Cllr Avril Hunter. "In times of change and times of trouble, she was a source of stability and reassurance to us all.

"As our longest serving monarch, we were so fortunate to be

able to celebrate the Platinum Jubilee. This once in a lifetime event brought communities across the District together like no other in a celebration of the Queen's years of dedication.

"Above all else, the Queen was a mother, grandmother and a great-grandmother. She was much loved with a great sense of humour and is sorely missed."

Cllr Peter Fleming, Leader of the Council, adds: "The Queen leaves behind such an incredible legacy

after seven decades of devoted service to the nation and the Commonwealth. I along with many of residents were deeply moved by her passing.

"The Monarchy is part of the very fabric of this nation and we have a new Monarch, His Majesty King Charles III.

"On behalf of the Council and the residents of the District, I wish His Majesty a long and happy reign for many years to come."

# De-light your neighbours with these bonfire alternatives

With the arrival of autumn, you may be thinking about having a bonfire to get rid of your garden waste.

While there are no restrictions on when you can have a bonfire, the smoke could upset your neighbours, leaving them fuming. What's more, if your bonfire causes a nuisance, we can take action.

Instead of having a bonfire, consider these alternatives, which are a sure-fire way of keeping everyone happy:

- Make use of our garden waste collection service [www.sevenoaks.gov.uk/gardenwaste](http://www.sevenoaks.gov.uk/gardenwaste)

- Try home composting – it's good for the environment. Discounted compost bins are available from [www.sevenoaks.gov.uk/compost](http://www.sevenoaks.gov.uk/compost)
- Take your garden waste to one of KCC's Household Waste and Recycling Centres



Right now, following months of dry weather, we would advise against having a bonfire as there's a risk nearby vegetation could catch light.

However, if you decide to have one, you can reduce the impact of smoke by:

- Only burning dry vegetation or clean, untreated wood
- Never burning plastics, rubber, treated or painted wood or general waste
- Having as few bonfires as possible
- Telling your neighbours and never starting a fire if they have washing on the line or if they're using their garden
- Building it as far away from neighbouring properties as possible
- Monitoring the fire and, if it could cause annoyance, put it out
- Never leave a bonfire unattended or left to smoulder.

## Improving the air we breathe

The District's air quality is improving, which is good news for everyone.

However, there's more we can all do to help cut air pollution.

For many years, we have monitored local air quality while at the same time working with partners, residents and businesses to deliver plans to clean up the air we breathe.

This work, along with more efficient and cleaner vehicles, has led to a drop in air pollution.

However, more needs to be done. We still have four areas where air pollution exceeds, or is likely to exceed, Government recommended limits. So this year, we launched a new plan with more than 30 actions to improve air quality.

The plan includes encouraging parents to turn off their engines when dropping off pupils, especially around schools near busy roads.

Other actions include working with KCC to deliver junction and other road improvements to cut congestion, promoting cleaner forms of travel and moving more of our fleet to electric vehicles.

In June, we installed an air quality monitoring device at Riverhead Infants' School. If there is a spike in air pollution at dropping off and pick up times, we'll work with parents to help tackle the issue.

### How you can help

Nearly all air pollution comes from human activities, such as driving, construction and bonfires.

You can help by:

- Reducing unnecessary car trips
- Where possible, using public transport, walking or cycling
- Turning off your car engine when sitting in the vehicle when it's stationary

For further advice on the small changes you can make to reduce air pollution, visit [www.sevenoaks.gov.uk/airquality](http://www.sevenoaks.gov.uk/airquality).



The air quality monitoring device being installed at Riverhead Infants' School.



## 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](mailto: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](https://twitter.com/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](http://www.davss.org.uk)  
For the Community Domestic Abuse Programme for men call **07933 359210** or visit [www.kentcdap.org](http://www.kentcdap.org)

# Meet the District's new Chief Inspector!

Back in August, Elizabeth Jones was appointed as the new Chief Inspector for the Sevenoaks District. In Shape caught up with Elizabeth to find out a little bit more about her.

#### Where were you before you joined us?

"I previously held an Inspector role for the Tonbridge and Malling Community Safety Unit. I have 15 years policing experience in both detective and uniform roles across the Metropolitan Police Service and Kent Police."

## Raising awareness of violence against women and girls

Over the summer, our Community Safety Unit gave residents in Edenbridge, Sevenoaks and Swanley the opportunity to speak with us, Kent Police and other partners about Violence Against Women and Girls.

The aim of the three 'Walk and Talk' events was to raise awareness of this important issue, that too often goes unreported, while providing safety advice and how and where to get help.

If you or someone you know needs advice regarding domestic abuse, visit [www.sevenoaks.gov.uk/vawg](http://www.sevenoaks.gov.uk/vawg).

#### What is your vision for the District?

"I want Sevenoaks District to be an even safer place for people to live, work and visit. My primary focus is with our most vulnerable residents – those who are victims of domestic abuse, child abuse and hate crimes."

#### How important is it to be part of the Community Safety Partnership?

The Community Safety Partnership is vital. Threat, risk and harm can be more easily identified and mitigated when Police work closely with our partners. Together, we can achieve lasting change in the community, with schemes like Best Bar None which aims to improve safety in the night time economy.



#### How can residents support the police?

"Residents can support us by reporting crime and anti-social behaviour: online or to 101 for non-emergencies and always to 999 in emergencies. The more we hear from the public, the more able we are to get the right resources to the right places."

## Do you have what it takes to be a Special Constable?

Are you looking for a new challenge in your spare time? Kent Police is recruiting Special Constables right now! Put your skills and enthusiasm to good use and volunteer. The role includes supporting officers and staff to deliver an exceptional service which represents the communities Kent Police serve. Find out more at [www.kent.police.uk/specials](http://www.kent.police.uk/specials).

# 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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## 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**.

# Help your community!

Volunteers are incredibly important to our communities and the best thing about it is that anyone can take part! It's also a brilliant way to meet new people, support others and learn new skills.

Together with Imago Community, we're holding a special Volunteer Fair for those who are interested in helping others. The event takes place in the Plaza Suite at The Stag, Sevenoaks on Thursday 20 October 2022, 11am to 2pm.

There will be a chance to meet local volunteers and receive information about how to get involved. There's no commitment and most volunteer roles are flexible to your schedule.

One group who'll be at the fair are Sevenoaks choir club D'Vine Singers who are looking for volunteers to become 'Singing Befrienders' at their weekly sessions.

The D'Vine Singers are an all-inclusive group with an emphasis on mental health. Befrienders are there to support those who might feel a

bit anxious about attending, need transport to come to sessions or some other help to get the most out of singing in a group.

Singing Befriender and now Chairman of D'Vine singers, Miller Lang says:

"Being a singing befriender is very rewarding. Not only are you making a huge difference to other people's lives, it's also great fun. Singing is so good for your physical and mental wellbeing and it's fantastic to see people improve week on week, not just with their health but confidence too."

D'vine Choir leader, Jacky Hintze, adds: "Miller has brought so much to the group and we'd love to have more volunteers like him to encourage people who might not feel able to come on their own."

## Volunteer Fair

If you'd like to know more about volunteering, come along to the Volunteer Fair at the Stag Theatre, London Road, Sevenoaks on Thursday 20 October. You can just turn up in the day, or you can book an advance ticket at [www.sevenoaks.gov.uk/volunteerfair](http://www.sevenoaks.gov.uk/volunteerfair). For more information, email [volunteering@imago.community](mailto:volunteering@imago.community).

## Grab a grant!

Voluntary, community and charitable groups and organisations can now apply for a Community Grant worth up to £5,000 to support their work in the next financial year.

Our grant scheme supports volunteer-led services, activities and projects within the District that meet our community's priorities.

To find out more and apply, please visit [www.sevenoaks.gov.uk/communitygrants](http://www.sevenoaks.gov.uk/communitygrants).

The closing date for applications is midday on Thursday 3 November 2022. Successful applicants will receive their funding in April 2023.

If you need help with your application, or you have any questions, please call us on 01732 227000 or email [grants@sevenoaks.gov.uk](mailto:grants@sevenoaks.gov.uk).



D'Vine Singer volunteers Jacky Hintze and Miller Lang.

# Silver Sunday is back!



This year sees Silver Sunday celebrate its 10 year anniversary. Throughout the autumn and winter, we will be promoting a series of FREE activities for older people to celebrate.

Set up originally to tackle loneliness, Silver Sunday has since become an opportunity for older people to meet and make new friends through a variety of fun, free activities.

Here are just two of the exciting Silver Sunday events. There's no need to book, simply turn up and quote 'Silver Sunday' when you arrive.

- **Petanque Taster Session** on Sunday 9 October.

See how the game is played and its many tactics. This event will take place at The Chequers, Crockenhill, from 2pm.



- **Complimentary Tai Chi and Qigong Session** on Friday 14 October.

This taster session is particularly helpful for people experiencing arthritis, hip and knee problems. This event will take place at New Ash Green Village Hall, 9am for an hour.

There's many more Silver Sunday events beginning from Monday 4 October. You can view the full programme at [www.sevenoaks.gov.uk/silversunday](http://www.sevenoaks.gov.uk/silversunday).

Alternatively you can request a programme of events, by emailing [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk) or calling 01732 227000.

## 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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## Wells Aldo Bespoke Range

**SPECIAL  
INTRODUCTORY  
OFFERS**  
ASK IN STORE  
FOR DETAILS



We at Wells love JOHN SANKY and are delighted to be their Premier stockist with the largest display of this gorgeous furniture. We have worked in collaboration to create unique models and fabric recipes from our vast fabric library to show off the beauty and quality of these stunning sofas and chairs in coordinated room sets which will fire the imagination.

Our fabric library includes many of the leading brands including:  
Linwood, Sandersons, Romo, Designers Guild, Ralph Lauren, Morris & Co and many more.  
The choice is amazing and we can tailor a unique item for you with the help of our in-house interior designer.

**We look forward to welcoming you to our new showrooms.**

