

InShape

The newsletter of Sevenoaks District Council

Putting the wheels in motion

Schools help to launch a new cycling and walking plan.



PAGE 3

In this issue...

Your Easter and Bank Holiday waste collections

You won't miss a collection, but there will be changes to your usual days



PAGE 4

Pupils get arty to take on air pollution

Children's poster competition raises awareness of vehicle idling



PAGE 13

How far will you go to raise money for dementia?

Run, walk or push is back on 14 May in the stunning Knole Park



PAGE 22

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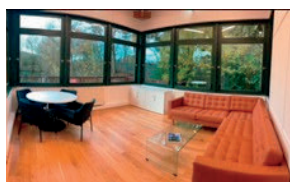
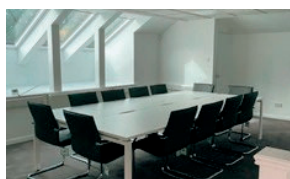
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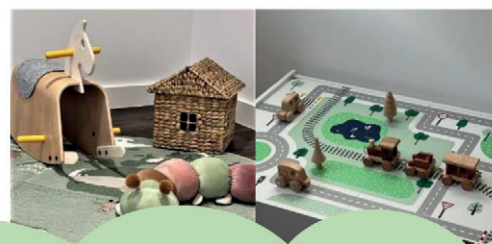
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Elishia, Manager manager@7acorns.co.uk
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Council Leader, Cllr Peter Fleming, with pupils from Riverhead Infants' School.

Putting the wheels in motion

Local schools and a cycling group joined us to launch the District's first 'Local Cycling and Walking Infrastructure Plan'.

Leader of the Council, Cllr Peter Fleming, unveiled the plan on 30 January with pupils from Riverhead Infants' School, the Weald of Kent annex and cyclists in Otford.

The plan was produced with help from Sustrans, a United Kingdom-based walking, wheeling and cycling charity, and the custodian of the National Cycle Network. It sets out eight potential routes in detail, how

they should be prioritised and how they could be delivered.

The proposals include widening existing footpaths, the creation of new links between existing footpaths and upgrading road crossings to make the environment more cycling and walking friendly.

The routes rank as a top priority as they will link Riverhead and Amherst schools in the west of the town with Trinity, Weald of Kent and Tunbridge Wells Grammar School for Boys annexes in the east.

There will also be routes to Knole Academy and Sevenoaks Railway

Station, picking up Sevenoaks Primary, Walthamstow Hall Junior School and Russell House, all on Bradbourne Park Road.

Cllr Peter Fleming says: "We are excited to be moving forward with a plan for new cycling and walking routes, which allows us to apply for funding to make these a reality.

"By improving these connections, we are hoping the routes will be popular with children, commuters and the wider community. Encouraging and making it easier and safer for residents to use sustainable forms of travel is a top priority and forms part of our Net Zero ambitions for the District.

"We also have funding in place for the next plan in Swanley and to explore how an Otford to Sevenoaks route could be delivered."

For more information, visit www.sevenoaks.gov.uk/sustainabletravel



Cllr Peter Fleming with cyclists from Otford.

Come along to our 'eggcellent' Easter Family Fun Days

Over the Easter school holidays, we will be running our free Family Fun Days.



There will be four days where the whole family can try their hand at crafts, biscuit making, games and more!

They are ideal for anyone who is looking to keep their children busy

over the Easter break in a friendly and safe environment.

There's no booking, simply hop along and enjoy what's on offer. Children must be supervised by a parent or guardian at all times.

The Fun Days are taking place on the following days and locations:

- Monday 3 April, 10am to 2pm - Crockenhill - Memorial Meadow, Stones Cross Road

- Tuesday 4 April, 10am to 2pm - Swanley Park
- Wednesday 5 April, 10am to 2pm - Edenbridge - Rickards Hall off the High Street
- Thursday 6 April, 10am to 2pm - Leigh - the Green & Jessica's Hall

Easter Family Fun Days are organised and funded by us and run by Play Place with support from local town and parish councils who are providing the venues.

Bank holiday waste and recycling collections

Following the Easter, May and Coronation bank holidays, there may be one or two changes to your rubbish, recycling and garden waste collection days.

Easter

- Good Friday, 7 April – no change - collections will take place as usual on this day.
- Easter Monday, 10 April – all collections this week will be one day later than usual until Saturday 15 April

Early May Bank Holiday

- Monday 1 May – all collections this week will be one day later than usual until Saturday 6 May.

Bank Holiday for the Coronation of King Charles III

- Monday 8 May 2023 – all collections this week will be one day later than usual until Saturday 13 May

Spring Bank Holiday

- Monday 29 May – all collections this week will be one day later than usual until Saturday 3 June

Let's chat!

Signs have been popping up across Swanley asking local people to have a friendly chat with everyday objects as part of our 'Hello Lamp Post' project.

Hello Lamp Post signs have been put up in Swanley Park, St Mary's Recreation Ground and Swanley train station inviting residents to start a conversation.

The project gives you the chance to share your thoughts and feelings about the town and the chance to find out about local information, volunteering and community opportunities, advice on the cost of living, local events and more.

To start the conversation, simply scan the QR code on the sign or send a text message using the details provided. You'll soon get a friendly reply!

Cllr Lesley Dyball, our Cabinet Member for People and Places, says:

"Hello Lamp Post is a really simple, friendly way of starting a conversation with our communities about some of the big issues affecting them.

"We're always keen to try new things and we hope local residents will get involved and share their thoughts with us."

"The two-way 'chats' will provide us with important feedback about where you live to help with future community initiatives."

If the trial is a success, the Hello Lamp Post project will be extended to other towns and villages across the District.

Hello Lamp Post is supported by Swanley Town Council and Southeastern and is part of our 'Better Together Community Hub' project.



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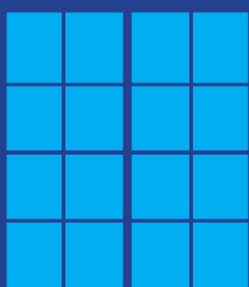
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ALADDIN - P*SSSED UP PANTO

CELINE - MY HEART WILL GO ON

SEVENOAKS PLAYERS - SWEET CHARITY

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EXHIBITION ON SCREEN: VERMEER

NATIONAL THEATRE LIVE: GOOD

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Have your say on 4 May

On Thursday 4 May 2023, you can have your say about how local services are run when local council elections take place.

Which elections are taking place?

Sevenoaks District Council

Elections are held every four years. You will live in one of 26 'wards' and, depending on the population of the ward, you can vote for between one and three Councillors.

Town and parish councils

These elections are also held every four years.

The number of seats on each council varies according to the population they serve. In some parishes, no elections will take place as there may only be enough candidates to fill the available seats.

Standing in the elections

If you're aged 18 or over, you can stand in the local elections, even if you are not connected with a political party. Visit our website for details. The deadline to put in your nomination is **4pm on Tuesday 4 April 2023**.

Voting at the elections

Registering to vote

You can only vote if you are on the electoral register.

You can register at www.gov.uk/register-to-vote or by calling us on **01732 227000** before the deadline of **Monday 17 April 2023**.

Voting on election day

Before the elections, you'll receive an official poll card which will be in an envelope with details of your polling station. Polling stations are open from **7am to 10pm on Thursday 4 May**.

The Government has changed the rules around elections and from now on, you will need to bring valid photo ID to the polling station – full details can be viewed on the opposite page.

Postal voting

Contact us to request a postal vote application form or download one from our website www.sevenoaks.gov.uk/voting. To vote by post on 4 May apply by 5pm on Tuesday 18 April 2023.

Proxy voting

A proxy vote allows you to appoint someone to vote on your behalf. Apply by 5pm on Tuesday 25 April 2023.

The person voting for you will need to bring their own photo ID to the polling station unless they have requested a postal vote – full details can be seen on the page opposite.

Election results

Votes will be counted on Friday 5 May.

District results will be posted on www.sevenoaks.gov.uk/elections and on Twitter @sdc_newsdesk as they come in.

Town and parish results will be posted on Twitter @sdc_newsdesk.

Results will also be made available at our offices and at your local town or parish council and may be reported in your local newspaper.

Sevenoaks Town Neighbourhood Plan referendum

If you live in Sevenoaks town, you'll also have an opportunity to have your say on the Sevenoaks Town Neighbourhood Plan on 4 May.

The Plan has been produced by Sevenoaks Town Council following consultation with local people. If the plan has public support at the referendum on 4 May, it would be used to guide future development and growth in Sevenoaks town for the next 15 years.

On 4 May, residents who live in the Sevenoaks Town Council area will receive a referendum ballot paper asking if the Sevenoaks Town Neighbourhood Plan should be used to help determine local planning applications.

To view the Plan, visit www.sevenoaks.gov.uk/sevenoaksneighbourhoodplan.

Contact our Elections Team

www.sevenoaks.gov.uk/elections
e-mail elections@sevenoaks.gov.uk
Call 01732 227000



Voter ID at elections

The Government has introduced new requirements for voters to show photo ID when voting at a polling station.

This new requirement will apply for the first time at polls taking place on Thursday 4 May 2023.

The new rules will affect anyone who votes in person as well as proxy voters – this means the person who you have trusted to vote on your behalf will have to take their own identification to the polling station.

Postal voters will not be affected by the new rules.

Accepted forms of voter ID

The chances are you may already have a form of photo ID that is acceptable. Only original documents can be accepted at the polling station - scanned images or copies cannot be accepted.

Even if your photo ID has expired, it will be accepted so long as the photograph is still a good likeness to you.

Accepted forms of photo ID include:

- Passport
- Driving licence (including a provisional license)
- Blue Badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards

For more information on which forms of photo ID will be accepted, visit www.sevenoaks.gov.uk/voterid.

If you don't have an accepted form of photo ID

If you don't already have an accepted form of photo ID, or you're not confident your photo ID still looks like you, you can apply for a free voter ID document, known as a 'Voter Authority Certificate'.

You can apply for a Voter Authority Certificate online at www.gov.uk/apply-for-photo-id-voter-authority-certificate.

Alternatively, we can send you a paper application form.

Email elections@sevenoaks.gov.uk or call 01732 227000.

The deadline to apply for a Voter Authority Certificate for polls on 4 May is 5pm on Tuesday 25 April 2023.

If you have any questions or would like to find out more, go to www.sevenoaks.gov.uk/voterID or call Electoral Services on 01732 227000.



A busy year for the Chairman!

Cllr Avril Hunter took on the role of our Chairman last May and was determined to support, promote and celebrate our residents' achievements.

Since taking the hot seat 10 months ago, Avril has attended dozens of engagements. Here are just a few of those events.

To invite Avril to an event, visit www.sevenoaks.gov.uk/chairman or call 01732 227165. You can follow Avril on Twitter at @sdc_chairman.



Taking on a challenge – Avril took over the role of Chairman from Diana Esler in May 2022.



On her marks – one of Avril's first events was to start the races and hand out medals at 'Run, walk or push' in May.



Sing when you're winning – Avril hosted the Big Community Sing at a packed out Stag in June.



New sculpture for Sevenoaks – Unveiling 'Three and Four' in Blighs.



Growing into the role – Avril was one of the judges and handed out the winning certificates at Cooling's In Bloom competition.



Summer fun – Avril helped out at many of our free Family Fun days in July and August.



Paws for thought – judging a dog show at the Weald Heights Care Home.



Announcing the new King – following the sad death of Queen Elizabeth II, Avril led the local Proclamation for King Charles III.



Festive fun – supporting a Christmas fair in Otford.

Get summer ready with One You!

Many people want to get in shape in time for summer, but doing it alone isn't always easy.

That's where our friendly One You advisors come in! They are here to support you with making healthier choices like portion control, exercise and eating more fruit and vegetables.

In Shape caught up with our One You Advisor Natalia to find out more about what the service offers.

Natalia says: "Good health is something many people enjoy, appreciate and strive to achieve or maintain. Being a healthy weight is a significant factor in overall health and wellbeing and regularly tops the list of priorities. Healthy weight is best achieved through adapting lifestyle habits and adopting healthy eating patterns, as well as



participating in regular physical activity, and utilising stress management strategies and tools.

"Losing weight is not easy, but achievable, with a bit of commitment and support. Even a modest weight loss of 3% or 5% of your total body weight will likely have many health benefits, such as improvements in blood pressure, cholesterol, glucose levels and also improvements in mood, feel-good hormones and self-perception.

"If you're ready to get started, our One You Kent Service is here to help get you on the road to weight loss and better health.

"We can help you boost your motivation and kick-start some lifestyle changes; whether you would like to lose weight or get more active or, if you also want to tackle other lifestyle behaviours such as stopping smoking or reducing your alcohol intake."

To start your journey today, visit www.sevenoaks.gov.uk/oneyou or email healthy.living@sevenoaks.gov.uk

Lead the way with a health walk

We are looking for passionate and enthusiastic individuals to become volunteer leaders for our local Wellbeing Walks.

We need energetic volunteers to lead the free walks, which are over easy terrain, at a steady pace and never longer than 90 minutes.

If you have a few hours a week to spare, love nature and socialising with other like-minded local people, you're exactly the person we're looking for!

Volunteers receive free training and further support.

For more information, please call us on **01732 227121** or email healthy.living@sevenoaks.gov.uk.



Walk this way!

Netball is great sport for all ages and if you've not played for a while, or ever, Walking Netball is a brilliant way to start.

West Kingsdown Walking Netball club meet every week for fitness and friendship. There are no competitions or tournaments, it's just for fun.

The sessions take place on Wednesdays at 7.45pm in West Kingsdown Village Hall, and are run by a professional netball coach.

All ages and abilities are welcome and new players can enjoy their first session for free!

To find out more, please contact Joan Hillcock at joanhillcock@hotmail.com.

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Hop along to the bunny trail this Easter

Children can win cuddly Easter bunnies and other fantastic prizes by entering our first, free shopping trail run by the TN Card.

From 1 to 12 April, children and their families can pick up a trail sheet from 20 independent shops in Sevenoaks town – just look for bunnies in shop windows!

Pop inside to ask the owners fun questions like, ‘What is Greg’s favourite fish dish?’ at The Fish Shop. You may pick up some sweeties along the way!

Children who complete the trail will receive a special ‘Support Local’ certificate and sticker as well as having the opportunity to win local prizes and a cuddly bunny of their own. They can colour in their trail

sheet too for an extra chance to win.

Participating businesses include First Stage, The Fish Shop, Eat For Energy, Eyelines, Mousetrap, Nonna Cappuccini, Olaf’s Record Store and Sevenoaks Art Shop.

For more information on the Bunny Trail and how to join in the fun, visit www.thetncard.com/bunny-trail.

Cllr Peter Fleming, our Council Leader, says: “The Easter Shopping Trail is a brilliant way to promote and get to know some of our fabulous

Sevenoaks town centre traders whilst giving families a fun, free activity during the holidays.”

The event is being run by the TN Card with funding provided via us from the Government’s UK Shared Prosperity Fund.



Swanley’s shared work space gets ready to open

The Meeting Point, our exciting new shared work hub, is set to open its doors to businesses and communities later this spring.

Based at 27 to 37 High Street, the Meeting Point will provide space for the next generation of Swanley businesses, as well as space for homeworkers looking for a vibrant place to work. It will provide flexible, collaborative, co-working spaces without the overheads of running your own business premises.

Facilities include offices, dedicated and shared hot desks, meeting spaces, as well as onsite

support for small and start-up businesses, all available on an affordable membership basis.

The work space is ideally located, just a short walk from Swanley station and close to Junction 3 of the M25.

To support our Net Zero commitment, the Meeting Point has energy efficient air source heating, electric charging points, cycle parking and access to a communal, wildlife friendly garden.

If you’d like to know more about taking space in the Meeting Point, visit www.meetingpoint.org.uk.

The Meeting Point is being funded and built by us with support from the Getting Building Fund (South East Local Enterprise Partnership and Kent County Council).



Show off your green fingered gardening skills with In Bloom

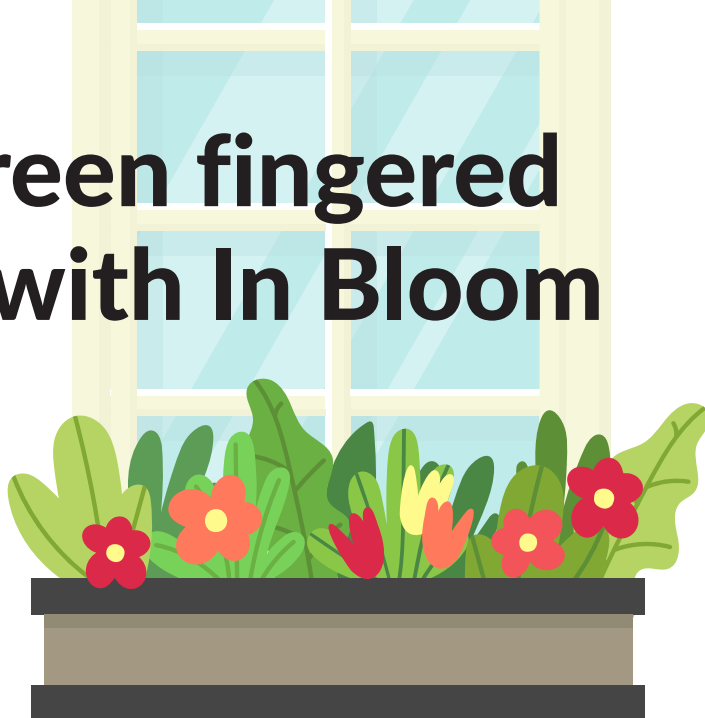
Once again, we're supporting the annual 'Sevenoaks District In Bloom' gardening competition.

Run by Coolings, the competition is open to gardeners of all abilities, giving you the chance to show off your blossoming gardening skills.

Best of all, you don't need to fork out any money as entry is completely free! In fact, everyone who enters will be given a £5 voucher to spend at any Coolings centre.

There's lots of categories available, including front gardens, allotments, ornamental gardens, businesses and schools and above all it is fun as all the judges are friendly and looking at ways to award points for your efforts!

Whether you have a large or small garden, an allotment, a window box or a hanging basket, there's a category for you!



The deadline for entries is Friday 30 June with judging taking place later that month.

The winners will be announced at an awards ceremony in September.

Full details can be found at www.coolings.co.uk where entry forms will be available from 1 April.

Helping residents to access all areas

Last month, residents attended 'Access All Areas', our free event about local services for disabled people, their families and carers with special guest Strictly Star and Paralympian Will Bayley MBE.

Held at the new, fully accessible White Oak Leisure Centre in Swanley, local groups and organisations showcased their services and information available for anyone with physical or learning disability or memory problems.

Organisations included British Sign Language, Disability Assist, We Are Beams, North Kent Mind, ADSS, Kent Disability Football League, Citizens Advice and Forget Me Not Cafés with a talk and Q&A with Will Bayley MBE.

Cllr Lesley Dyball, our Cabinet Member for People and Places, says: "Access All Areas was a fantastic afternoon and a huge success. We're really grateful to all the organisations who took part and everyone who came along."

For details of local services for disabled people, visit www.sevenoaks.gov.uk/disabledaccess.

Go with the grow

Save time and money with our unbe-leafably easy and environmentally friendly garden waste service!

We collect cuttings, leaves and other garden debris every two weeks, saving you trips to the tip.

To mow-tivate you even more, everything we take away is composted then sold as a soil improver and fertilizer.

It's picked up on the same day as your rubbish and recycling 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 £25

If we've planted the idea in your head, apply for a permit today! Visit www.sevenoaks.gov.uk/gardenwaste or call 01732 227000.



Pupils get arty to take on air pollution

Children from across the District got creative for a poster competition that's helping to raise awareness of vehicle idling.

Children were asked to design a poster that would encourage drivers to turn off their engines when parked. Sixty-six pupils from five schools took part.

Each school had a winning entry with the overall winning poster produced by Jenson from Lady Boswell's Primary School. Jenson's poster will now form the basis of banners that will be displayed outside schools across the District.

Vehicle idling is when a car is stationary but the engine is running. An average parked car left running for ten minutes pumps out the same amount of CO₂ as driving a three mile journey. Not only is this damaging to the environment and expensive, it's also illegal and could land you with a fine.



The overall competition winner was Jenson from Lady Boswell's Primary School, Sevenoaks. His poster will be displayed outside schools across the District.



High Firs Primary School, Swanley



Churchill Primary School in Westerham



Shoreham Village Primary School



Sevenoaks Preparatory School

Tree planted in memory of the Queen

An alder that formed part of a stunning tree sculpture outside of Buckingham Palace during the Queen's Platinum Jubilee celebrations has been planted in the grounds of Bradbourne Lakes.

The alder was planted in February by our Chairman, Cllr Avril Hunter, and The Lady Colgrain, the Lord-Lieutenant of Kent.

The tree originally formed part of the 'Tree of Trees', a stunning 21-metre sculpture featuring 350 native trees. It stood outside Buckingham Palace as part of The Queen's Platinum Jubilee weekend celebrations back in June.

The 'Tree of Trees' were gifted to selected community groups. Lady Colgrain nominated us to receive one of the 350 prized trees.



Council Chairman, Cllr Avril Hunter, says: "We are so pleased this special tree was gifted to the residents of the District thanks to the work of Lady Colgrain. It will be a reminder for generations to come of the respect and affection held by so many for our former sovereign, Queen Elizabeth II."

A blooming wonderful District!

Just like the hibernating bumblebee emerging from hidden nests around the garden, we all look forward to beautiful spring flowers. Luckily we aren't quite so dependent on nectar and pollen, but we do enjoy darting about from one spectacular wildflower area to another.



Sevenoaks District certainly has a fabulous array on offer, with our bluebell woodlands among the best in the country.

Emmetts Garden and Chartwell

Some of the most beautiful areas to explore include the woodland and estates around Emmetts Garden and Chartwell. While access to both might be best through the National Trust properties, the perfumed bluebell woods can also be accessed from nearby car parks at Toys Hill and Ide Hill. Take in the views at Mariners Hill - before the trees come into leaf - with a glorious outlook across the Weald. Chartwell has extensive orchards and the apple blossom is stunning if you time it right. Wildflower meadows created nearby add to the beauty and the ecosystem.

Hever Castle

The grounds of Hever Castle (close to Hever rail station) are rightly famous for the springtime display, with over 70,000 daffodils opening their bright yellow flowers during March. Partnered with the Marie Curie charity, these plants symbolise new beginnings. But don't forget that crocuses, hyacinths, wallflowers, pansies and tulips can all be enjoyed at different times throughout the spring.

Riverhill Himalayan Gardens

Opening their gates on 15 March, Riverhill Himalayan Gardens also knows how to put on a spring display, with cheerful daffodils, a colourful primrose meadow, and a bluebell trail through the chestnut woods from April. Linked to a Bluebell Festival, there's plenty to explore and enjoy, including crafts and other activities in the Garden Room. Check their website for exact dates.

Penshurst Place

Boasting another woodland trail with plenty of bluebells, and a refurbished café, Penshurst Place was also the lucky recipient of 29 cherry trees, a gift from the Emperor of Japan to celebrate Anglo-Japanese relations. The 100m long peony border comes into bloom in May, with an impressive display of huge flowers in all hues of pink to red. Penshurst Place is now open at weekends then daily from 1 April.



Other favourite spots for wildflowers and bluebells

Shoreham Woods has several woodland areas which boast spectacular bluebell displays (accessible by train from Shoreham station), while One Tree Hill near Godden Green and Bore Place near Penshurst also have beautiful woodland flowers and plenty of well-marked trails to explore. Don't forget, the early wildflower displays – so vital for bees and butterflies emerging from hibernation – can be enjoyed at our District's many nature reserves run by Kent Wildlife Trust. Check its website www.kentwildlifetrust.org.uk for guided walks.

Our very own Ray of light!

Over the last 33 years, Countryside Ranger, Ray Froud, has dedicated much of his working life to the careful management of over 250 hectares of precious woodland owned by us and maintained for the benefit of locals and nature.

The areas of land under Ray's care were once ancient woodland. As far back as 1951, the site at Farningham was designated a Special Site of Scientific Interest. But nonetheless, they became commercial enterprises. Shoreham Woods was bought by the Forestry Commission in the 1950s and planted with Norway Spruce, Norway Maple, European Larch and Beech, while Farningham Wood was commercially coppiced. However, with the downturn of the domestic timber market in the 1960s, coppicing ceased and the woodland suffered.

In 1974, we purchased Farningham Wood and reinstated coppicing to benefit the ecosystem. Once designated 'declining', Farningham Wood Nature Reserve now boasts the highest classification available from Natural England, with rare insects, plants and wildlife returning in great numbers. Some trees in Shoreham Woods have been thinned to allow more light in, and the paths widened for habitat diversity, with great results. And who do we have to thank? None other than our resident ranger, Ray.

Ray spoke with In Shape about his time at the Council.

"I was brought in from my previous career as an engineer to help with storm damage after the devastation of the hurricane in 1987," says Ray.

"Although I worked initially in Farningham Wood, I moved over to Shoreham Woods in the early 90s. There we created new paths and wide grassy cut-throughs ('rides'). I then created 45 degree scalloped edges, curving in and out of available light. Ground nesting birds like to hide deeper in the brambles, while other wildlife chooses



"...areas around the edges now have amazing wildlife – frogs, toads, snakes, slow worms, badgers, butterflies and all kinds of new plants appearing. Cornmint turned up one year, it's always evolving."

the shallow edges. So maybe try and keep your dog out of those areas! The Royal Forestry Society were really impressed and said they had 'never seen anything like this before' resulting in major awards in the late 1990s.

"We've also made a big impact on improving the habitats as well as opening up new paths for the public, and Oxenhill Shaw has been totally transformed, from farm fields to young woodland and meadows. In Shoreham Woods, areas around the edges now have amazing wildlife – frogs, toads, snakes, slow worms, badgers, butterflies and all kinds of new plants appearing. Cornmint turned up one year, it's always evolving."

"When we open up new areas to the light, different areas respond – we had hundreds of foxgloves one year near the car park. At Farningham Wood and Oxenhill Shaw all kinds of new species keep appearing, both real havens for birds. And even dormice! I'm really proud of the work we've achieved. If you put your heart and soul into something, you will always get something out!"

Value added swimming

Sencio Community Leisure has changed the way it charges for swimming lessons to help with the cost and to make adjustments for cancelled sessions. In addition, it has introduced benefits for those signed-up to the new scheme.



“By switching everyone to direct debit, it has enabled us to improve what we offer. Not only does this help spread the cost, but it does away with the need for re-enrolment and – importantly – payments will be automatically adjusted if a child is unwell or unable to attend a lesson and it has to be cancelled, doing away

with the need to wait for a credit note”, says Jane Parish, Sencio’s Chief Executive.

Sencio is also adding a membership for swimming lesson participants that incorporates unlimited swimming seven-days a week (including during school holidays), as well as discounts

on other activities such as inflatable sessions, sport and courses.

The swimming lessons membership costs from £32 per month based on a four-month contract.

For further details, and to join, go to www.sencio.org.uk/memberships/swimming-lessons.

Do I really need a fitness gadget?

Heart rate monitors, calorie-tracking apps and step counters have become de-rigueur for many gym enthusiasts, but do we really need them?

“Wearable technology really does have its uses, especially if you’re training for a specific event or goal, or are working with a fitness or medical professional on a health and wellbeing objective,” says James

Arnold, Wellness Manager at Sencio Community Leisure.

“Technogym – the equipment we use – can track your fitness progress via a digital platform. You can also connect third party apps such as Garmin,

Strava and Fitbit to your My Wellness account for an overview of all your activities both in the gym and across daily life. Many people find this a valuable and motivational tool.”

And what about calorie counting apps such as My Fitness Pal?

“I would caution against an excessive fixation with tracking everything you eat. Calorie counting apps can be useful as they help us understand what we eat and also educate us about which foods have the most nutritional or calorific value. Sometimes what we think is healthy is often not because of things such as ‘hidden’ sugars, so look at calorie tracking and portion measurement as a short-term tool to help you become better informed.”



Prepare for tee-off

With the longer days, comes the chance to get back outdoors and return to a favourite sport. For, golfers though, there are a few things to consider.



Set goals

"If you always do what you always did, you will always get what you always got", so said Albert Einstein. And it applies, of course, to golf, so goal setting is not only useful it can make your game much more enjoyable. And be realistic, one or two that you tackle across the season will help you mentally.

Body fit

It's one thing to hone that swing, but you should also be preparing your body for 18-rounds. It can be long walks, a yoga class or a simple bit of regular stretching at home.

Tool kit

There are two issues here. First off, get the clubs out of storage and dust them off. Retired pro and Sky Sports pundit Nick Dougherty says: "If you find that your clubs aren't that forgiving maybe that is when to look for new gear. With drivers it is tricky, but I talk about forgiveness because you've got to start by putting the ball in play and not missing the target by too much".

Putting perfection

Few golfers are happy with their putting and the reason, of course, is obvious – the result is directly responsible for what goes on that scorecard, so paying close attention to this important skill is in your best interest. The problem with putting is that something which, on the surface, doesn't look especially difficult is actually much more challenging than it first appears. It's therefore important to package your putting armoury into one cohesive skills set, and that includes your ability to read the greens, an accurate stroke, speed control, and a steady performance under pressure.



Inspiration

Speaking of a mental attitude, any sport or pastime is enhanced by inspiration so pick-up that golf memoir or read that blog. Mindset is key.

Nick Dougherty is on Instagram and Twitter. For information about Lullingstone Park Golf Course, visit www.sencio.org.uk/lullingstone-park-golf-course.

Inflate your party fun

Being around water is about safety but it should also be about fun. Giant inflatable sessions at Sevenoaks and Edenbridge leisure centres offer exclusive use of the main pool for birthday parties and other occasions.

Children need to be over the age of eight, and able to swim 25 metres.

Sencio Community Leisure provides lifeguards for all pool parties but a minimum of three adults must also be on-hand to supervise – and enjoy the fun.

You can download a booking form at www.sencio.org.uk.

Exercise referral scheme launches at White Oak Leisure Centre

The first GP exercise referral programme in the District, launched at White Oak Leisure Centre in January, is creating opportunities for people with, or at risk of, medical conditions to become more active in a supportive and welcoming environment.

White Oak Leisure Centre now enables local GPs and other health professionals to refer patients for a 12 week programme to help them live a healthier, happier life.

The scheme, which is available to all Sevenoaks District residents, will benefit those with long-term health conditions, including asthma, arthritis, high blood pressure,

diabetes and obesity, as well as depression, anxiety, osteoporosis and other conditions, including rehabilitation from COVID-19.

Robert Hutton, Sport Development Manager at White Oak Leisure Centre, shares more about the new scheme.

"The scheme gives residents the opportunity to combat different illnesses and conditions through exercise. Once referred, participants will have an initial consultation and we'll put together a programme just for them. Two more consultations will follow to ensure everything is going well.

"One of the factors when people are referred can be

mental health and gaining social interaction. What can help is meeting new people at the centre.

"There are no barriers, so participants have access to everything at the facility. We have the Feel Good suite which offers lower intensity exercise options for reduced mobility and hands on help from colleagues experienced in guiding people with additional requirements.



How do I join the scheme?

If you are 16 years or over with a low or moderate risk long-term condition, speak to your GP surgery, our One You Team or your health worker. If you are eligible, you'll be referred to Everyone Active.

To find out more, visit www.everyoneactive.com/content-hub/home-workouts/gp-referral.

White Oak Leisure Centre flourishes in first year

White Oak Leisure Centre has become a driving force for health and wellbeing, reporting a huge 400,000 visitors in its first year since opening.

White Oak Leisure Centre provides a communal space for local residents, offering a six lane swimming pool, learner pool, 100+ station gym, soft play area, virtual group cycling studio, two-court sports hall, multi-purpose rooms and Tag Active obstacle course.

The centre has seen over 3,000 fitness members join since opening, with Forever Fit and Circuit classes the most popular. Swimming has been a key focus throughout the year, and a strong partnership with White Oak Swim Club has resulted in 790 children signing up for swim memberships. In addition,

162,000 visitors have enjoyed casual swimming over the past twelve months.

Inclusivity has been a key priority with inclusive fitness classes and disability friendly activities in the swimming pool recently introduced. Fundraising has also been high on the agenda, with the centre supporting several local charity events across the past year, which included being a main sponsor of the annual 'We Are Beams' Colour Run.

To find out more, visit www.everyoneactive.com/centre/white-oak-leisure-centre.



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

Staying safe from cyber-crime and scams

Scams can be difficult to spot, but here are some helpful do's and don'ts to protect your personal and financial information:

To get one-step ahead of the criminals, sign up to local scam alerts at www.kent.gov.uk/consumeralerts.

Don't respond to messages asking for personal or financial details.



Don't click on links or attachments in suspicious emails or text messages.



Do challenge – genuine companies would never ask for financial information, passwords or log in details when contacting you.



Do check any identification – if a caller is genuine, they'll happily wait whilst you close the door and verify the person. Use a number from a bill or telephone directory. Do not use the number on the ID card.



Do use stronger passwords and set up two-factor authentication.



Do say no to unwanted or uninvited callers at the door – if something sounds too good to be true, it probably is! So don't agree to anything that doesn't feel right.



Do be suspicious of cold callers asking for information or offering technical support and don't install any software, or grant remote access to your computer as the result of a cold call.



Do not open the door if you're not sure.



To report a scam, contact Action Fraud (the national reporting centre for fraud and cybercrime) at www.actionfraud.police.uk or call **0300 123 2040**.

Pupils 'like' safer internet event



More than 20 schools from across the District took part in our latest Safer Internet Day event on 7 February.

This year we held two performances of the play 'In The Net' at the Stag in Sevenoaks. Performed by AlterEgo Creative Solutions. The play addressed staying safe and acting responsibly online.

To find out more about Safer Internet Day and staying safe online, visit saferinternet.org.uk/safer-internet-day.

Setting our community safety priorities

We have identified our priorities for the coming year in a new Action Plan to help keep the Sevenoaks District safe.

The priorities, drawn up in consultation with residents and partners, are:

- Stalking and harassment
- Anti-social behavior, including environmental crime
- Drugs and county lines
- Violence against women and girls
- Burglaries and vehicle crime
- Domestic abuse
- Safeguarding vulnerable people.

View the latest plan with proposals to address residents' priorities at www.sevenoaks.gov.uk/communitysafety.

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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Labour (L)



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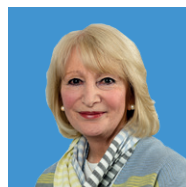
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How to contact your District Councillors

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 or by calling us on **01732 227000**. If you are unsure which ward you live in, please call us on **01732 227000**.

Lace up your running shoes to raise money for dementia

'Run, walk or push against dementia' returns to the fabulous Knole Park in Sevenoaks on Sunday 14 May 2023.

The event is suitable for people of all ages and you can sign up to run, walk or push a pram at your own pace on the 3k and 5k courses or run the 10k course - it's up to you! Five-hundred places will be available.

The event is being organised by the Sevenoaks Area Dementia Friendly Community, which includes ourselves.

Money raised by this charity event will go a long-way towards funding the seven local 'Forget-me-not' cafés, dementia-friendly singing sessions and supporting local groups who help people with memory issues.



Book your place on the race

'Run, walk or push' events often sell out in advance so we would urge you to be quick off the mark to secure your place.

To book your place in this year's event, visit www.sevenoaks.gov.uk/runwalkpush.

Working 'Better Together'

We have launched a brand new online hub to help, support and empower our local communities.

The 'Better Together' website went live in February. It's a place where voluntary and community groups can promote their work by adding their details to the site to reach a wider audience.

It also gives local people the tools and support they need to set up their own community initiatives. This includes advice on funding, recruiting volunteers, communications and social media, help with venues, event planning, training, networking and more.

The 'Better Together' website is also a place where residents can find out what's going on in their area. This could include cooking, upcycling, gardening, growing food, sharing skills, activities for older and younger people or even a film night, coffee morning and the chance to play, create or sing.

If you'd like to know more or get involved in local activities, visit www.bettertogethercommunity.org.uk.

Celebrations fit for a King

The Coronation of His Majesty King Charles III will take place on Saturday 6 May 2023, beginning a weekend of celebrations with an extra bank holiday on Monday 8 May.

The extended bank holiday weekend will provide many opportunities for our communities to come together to mark this special occasion.

If you're considering holding an event, you may need a licence and other permissions.

For more information about this and details of celebratory and community events over the Coronation weekend, visit www.sevenoaks.gov.uk/coronation.

Sevenoaks students rise to the video challenge

Students from Knole Academy have made a series of short films in a bid to improve local public spaces.



Teams of Year 12 pupils entered a Council-run competition to help us with our plans to improve the public realm - areas that are free and open to all.

Each team shot a film that expressed their priorities for public spaces and their concerns, such as the impact of litter and fly-tipping on the environment.

The filming also supported the pupils' career prospects by enhancing their planning, filming and video editing skills.

In February, the teams were presented with certificates acknowledging their work.

Cllr Roddy Hogarth, our Public Realm Champion, says: "The quality of the films were outstanding and I want to say a big thank you to all the pupils who took part. Their input will help us make the very best of our public spaces."

You can view the entries on YouTube by searching for 'M12 Productions'.

Sevenoaks District Council at your fingertips

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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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