

# InShape

The newsletter of Sevenoaks District Council



## Free summer fun!

Our Family Fun Days return for four weeks over the school holidays

**PAGE 5**

## In this issue...

### Bradbourne Re-bourne festival

Free summer event to take place as part of Bradbourne Lakes improvements



**PAGE 7**

### Meet our new Chairman

Lynda, a Scout Leader for 30 years, has been preparing for her new role



**PAGE 9**

### The waste collection service you've 'bin' waiting for

Councillors consider the introduction of new recycling collections and wheelie bins



**PAGE 11**





**LOCAL • FRIENDLY • RELIABLE**



**New Roofs**



**Guttering**



**Roof Repairs**



**Flat Roofs**



**Chimney Repairs**



**Plus much more...**

***Arkiton offer the best Quality and Service - Price Promise Guarantee***  
***Arkiton Roofing & Building Ltd will beat any like-for-like quote***



**TRUSTATRADE**  
**APPROVED**



**THE GUILD**  
of MASTER CRAFTSMEN



**CALL  
 NOW**

**01732 808503**

**Email: [info@arkiton.co.uk](mailto:info@arkiton.co.uk)**  
 Head Office: 85 High Street  
 Tunbridge Wells TN1 1XP

# Getting the wheels in motion in Otford

Plans are being drawn up for a new walking, wheeling and cycling route linking Otford and Sevenoaks.

The proposed two-mile route will link the centre of Otford to Bat & Ball in Sevenoaks via shops, local attractions, amenities and two railway stations. It is intended to complement the Sevenoaks East to West route that is in the final stages of construction.

The new route is intended to provide walkers, wheelers (people on scooters, parents with prams and wheelchair users) and bike riders with safe and sustainable travel options.

It is hoped the route could also take some cars off the road, especially at busy school times, helping to reduce traffic congestion, so there's something for everyone!

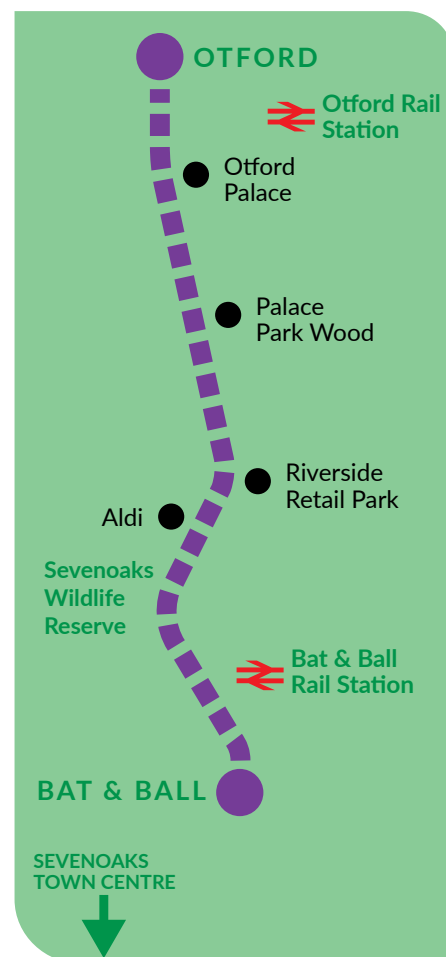
Residents and businesses were asked for their views on our early ideas for the route from 6 June to 18 July 2025.

The feedback and comments are now being used to help draw up detailed designs and to bid for central Government funding to construct the route. If the project

goes ahead, it will be delivered with Kent County Council.

Cllr Irene Roy, our Cabinet Member for Cleaner and Greener, says: "We want to thank everyone who took part in our survey. Their feedback has provided us with invaluable information to help move forward with this important project."

"Providing residents with accessible, safe and sustainable forms of travel is a top priority. Transport is one of the biggest contributors to carbon emissions. While it's not possible to complete every journey on a bicycle or on foot, with better facilities, more of us could leave the car at home, especially for shorter journeys."



## Gearing up for new routes

We're also at the early stages of developing a walking, wheeling and cycling route between Seal and Sevenoaks and another route linking Swanley to Hextable.

For the latest updates, visit [www.sevenoaks.gov.uk/www](http://www.sevenoaks.gov.uk/www)

# Help restore the Greensands Commons!

Over the last few years, we have been working with Kent Wildlife Trust and local volunteers to restore the natural heritage of The Greensand Commons. We're now looking for new people to bolster our volunteer ranks to help maintain these special areas.

The Greensand Commons cover Bitchet Common, Fawke Common, Seal Chart and Redhill Wood, Hosey Common,



Farley Common and Crockham Hill Common.

As well as being a National landscape (previously called an Area of Outstanding Natural Beauty), the Commons are known for their areas of ancient woodland and open heathland.

To help maintain the Commons, we have lots of great conservation opportunities for residents to get involved in, which will help restore important heathland and wood pasture.

The volunteer task days vary but usually revolve around enhancing biodiversity and controlling invasive species. The work can be quite physical but very rewarding.

If you'd like to spend more time in nature, and give back to your community, email [countryside@sevenoaks.gov.uk](mailto:countryside@sevenoaks.gov.uk) or call us on 01732 227000.



# Get ready to have your say on the Local Plan



During the autumn, you can have a say on the new Local Plan, that will guide what can be built and where up to 2042.

The Local Plan will include the broad locations for new homes along with new infrastructure to support them. It will include land for businesses and policies to ensure new developments meet high-quality design standards and mitigate the impacts of climate change.

The Local Plan will include how we intend to meet the Government's new target of 1,149 new homes to be built every year in the District, a 63% increase on the Government's previous housing target.

## August Bank Holiday waste collections

Following the August Bank Holiday, on Monday 25 August, your rubbish and recycling collections will be a day later than usual until the end of the week.

Monday's collection is put back to Tuesday and collections for the rest of the week will be a day later until Saturday 30 August.

Garden waste collections will also be a day later than usual during this week.

Please put your bags, sacks and bins out at 7am on your collection day to help prevent attracting animals and the build up of litter.

To view your collection days visit [www.sevenoaks.gov.uk/collectiondays](http://www.sevenoaks.gov.uk/collectiondays).



Once we have reviewed the feedback from the consultation, we will publish a final draft of the Local Plan in 2026 for examination in 2027. At this stage, a Government-appointed planning inspector will consider whether the Local Plan is 'sound' and appropriate for the District.

The Local Plan, once adopted, will be used to determine planning applications.

### How to have your say

During October and November, we will run a consultation on our website [www.sevenoaks.gov.uk/emerginglocalplan](http://www.sevenoaks.gov.uk/emerginglocalplan).

We will also run drop-in sessions across the District where you can find out more and have a say.

Further details about the consultation dates and the drop-in sessions will be publicised nearer the time.

### Stay in touch

For the latest Local Plan news, sign up to our mailing list at [www.sevenoaks.gov.uk/emerginglocalplan](http://www.sevenoaks.gov.uk/emerginglocalplan).

## NEW comedy nights at the Stag

A series of monthly comedy nights are coming to the Footlights Bar in the Stag, Sevenoaks from August.



Run by the award-winning Outside The Box Comedy Club, the evenings will offer an intimate experience, creating a London style comedy club environment.

This is your chance to see a mix of experienced comedians and the best up-and-coming names on the circuit in your local theatre, instead of travelling up into London!

To see what's on and to book tickets, go to [www.stagsevenoaks.co.uk](http://www.stagsevenoaks.co.uk), call the box office on 01732 450175 or visit the Stag any day between 1pm to 8pm.



# Family Fun Days are back!

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

**FREE**

As ever, they will include crafts, games, sports, and more in a friendly and safe environment.

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

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

Please bring waterproof clothing and sunscreen. Refreshments are available at some locations (charges may apply).

We recommend you check our website or our social media accounts before setting off as the schedule may change if there's wet weather. For more information, visit [www.sevenoaks.gov.uk/familyfunday](http://www.sevenoaks.gov.uk/familyfunday).

The days are funded and organised by us, run by Play Place and supported by town and parish councils.

## Family Fun Day dates and locations

### Monday 28 July

10.30am to 1.30pm  
West Kingsdown,  
Gamecock Meadow,  
London Road, TN15 6BZ

### Tuesday 29 July

10.30am to 1.30pm  
Shoreham Recreation  
Ground, High Street,  
TN14 7TB

### Wednesday 30 July

10.30am to 1.30pm  
Dunton Green Recreation  
Ground, London Road,  
TN13 2UR

### Thursday 31 July

2pm to 5pm  
Edenbridge, Stangrove Park,  
TH8 5LU

### Friday 1 August

10.30am to 1.30pm  
Chiddingstone Causeway  
Sports Field, Tonbridge  
Road, TN11 8JS

### Monday 4 August

10.30am to 1.30pm  
Sevenoaks, Greatness  
Recreation Ground,  
Mill Lane, TN14 5BX

### Tuesday 5 August

10.30am to 1.30pm  
Hextable Heritage Centre,  
College Road, BR8 7LT

### Wednesday 6 August

10.30am to 1.30pm  
Crockenhill Village Hall,  
Stones Cross Road,  
BR8 8LT

### Thursday 7 August

10.30am to 1.30pm  
Swanley Park,  
New Barn Road,  
BR8 7PW

### Friday 8 August

10.30am to 1.30pm  
Chipstead Recreation  
Ground, Chevening Road,  
TN13 2SA

### Monday 11 August

10.30am to 1.30pm  
South Darenth, Heathside  
Recreation Area,  
DA4 9AZ

### Tuesday 12 August

10.30am to 1.30pm  
Hartley, Woodland Avenue  
Recreation Ground,  
DA3 7DB

### Wednesday 13 August

10.30am to 1.30pm  
Eynsford, Anthony Roper  
School, High Street,  
DA4 0AA

### Thursday 14 August

10am to 1pm  
Westerham, King George's  
Playing Field, Costells  
Meadow, TN16 1BN

### Friday 15 August

10.30am to 1.30pm  
Leigh, The Green,  
TN11 8QP

### Monday 18 August

10.30am to 1.30pm  
Four Elms Field, (behind  
Four Elms School),  
Bough Beech Road,  
TN8 6NE

### Tuesday 19 August

10.30am to 1.30pm  
New Ash Green,  
The Minnis, DA3 8HH

### Wednesday 20 August

10.30am to 1.30pm  
Farningham, Market  
Meadow, High Street,  
DA4 0DH

### Thursday 21 August

10am to 1pm  
Westerham, King George's  
Playing Field, Costells  
Meadow, TN16 1BN

### Friday 22 August

10.30am to 1pm  
Knockholt Recreation  
Ground, Main Road,  
TN14 7LG

Summer 2025 Promo:  
Free Hearing Test JUL-AUG



## HAWTHORN HEARING

At Hawthorn Hearing, We're a friendly team of expert audiologists dedicated to providing premium quality hearing care to help you tune in to the sounds of life.



- Comprehensive Hearing Tests
- In-Depth Tinnitus Consultations
- Advanced Hearing Technology
- Gentle Earwax Removal
- At Your Home or In Clinic

Suite 103, Brewery House  
Black Eagle Close, Westerham, TN16 1RG  
01959 528 559  
info@hawthornhearing.com



## QUALITY INSURANCE THAT'S ON YOUR HIGH STREET

Contact NFU Mutual Sevenoaks  
and Meopham on **01732 496050**  
**sevenoaks&meopham@nfumutual.co.uk**  
144 High Street, Sevenoaks, TN13 1XE



The National Farmers Union Mutual Insurance Society  
Limited (No. 111982).

## Hospice Run

**21 September 2025**

**Are you a serious runner or someone who enjoys regular exercise? Perhaps you prefer walking or you're looking for a family run?**

**You can sign up for...**

1. Family Fun Run, ideal for all ages and abilities
2. 5k for runners starting their fitness journey
3. 10k for regular runners taking in popular Tunbridge Wells landmarks
4. Half marathon, the ultimate challenge for experienced athletes!

The day is about more than just walking or running – there's an amazing event atmosphere, with live music to provide motivation.



**Sign up at [www.hospiceintheweald.org.uk/events/hospice-run-2025](http://www.hospiceintheweald.org.uk/events/hospice-run-2025) or call 01892 820533**





# Bradbourne Lakes update

Work is progressing at pace on our £2.1 million 'Bradbourne Re-bourne project' to overhaul Bradbourne Lakes in Sevenoaks.

So far, we've carried out landscape, water, ecological, tree, historical and archaeological surveys to feed into our improvement plans.

We're also working with the Bradbourne Lakes Residents' Association and others to bring activities, old and new, to the lakes.

A planning application for the work is expected to be submitted later this summer. The improvements should begin in 2026/27, lasting around a year.

The project is being funded by the National Lottery Heritage Fund along with £500,000 secured from housing developers.

Find out more at [www.sevenoaks.gov.uk/bradbournelakes](http://www.sevenoaks.gov.uk/bradbournelakes).

## Model Boat Club takes the plunge!

As part of the Bradbourne Re-bourne project, we've been working with the Sevenoaks Model Boat Club (SMBC) to help them make a welcome return to the lakes.

For many years, SMBC used Lake 4 for its miniature nautical activities. But as the Lake became silted, model boating was no longer possible.

Now, with the Council at the helm, the popular lake is set to be restored. The Boating Club has resurfaced and is proposing an exciting programme of events. These include social sailing,

competitions, skill-sharing and exchange visits.

If you're a model boat enthusiast, a former SMBC member, or would like to get involved, please email [bradbournelakes@sevenoaks.gov.uk](mailto:bradbournelakes@sevenoaks.gov.uk).

## And the winners are...

Earlier this year, we invited residents and schools to join our competition to name the five historic Bradbourne Lakes.

We had dozens of entries and after carefully considering each one, we have come up with a list of winners!

They are:

- Lake 1 - Aurea - Matthew Ball from Sevenoaks History Hub.
- Lake 2 - Lake Attenborough - Duncan Dwinell, local resident and retired teacher.
- Lake 3 - Lady Margaret - Lady Boswell's C.E. Primary School
- Lake 4 - The Boating Lake - Tamsin Peacock, local resident.
- Lake 5 - Wildreserve Lake - John-Paul Chapman, local resident.

The winners will be invited to the lakes opening ceremony with the winning lake names included on new park signage.

## Bradbourne Lakes Summer Festival

FREE

A free festival will take place at the lakes on Saturday, 2 August 2025 from 12.30pm to 4.30pm.

As well as presenting our latest plans, there will be lots of activities for children, including a bouncy castle, river crafts, a scavenger hunt and a 'design the playground' activity.

For adults there's a guided walk, talks by South East River Trust and Professor David Killingray on the history of the Lakes and more.

And if you need a bite to eat, there will be a cake sale and other refreshments (charges apply).

## Sign up for the latest news

Have the latest Bradbourne Lakes improvement news sent straight to your email inbox.



Sign up at [www.sevenoaks.gov.uk/bradbournenewsletter](http://www.sevenoaks.gov.uk/bradbournenewsletter) or scan the QR code.



Solar panels.  
Batteries.  
Heat pumps.



We make it **super simple**  
for Sevenoaks homeowners  
to install these technologies.

**£7,500**  
government grant  
available for  
heat pumps!

#### Why choose Thermly?

- ✓ We're fully independent
- ✓ We provide you with the support you need, every step of the way
- ✓ Get instant, tailored advice for free at **thermly.co.uk**
- ✓ Easily access and compare local trusted, certified installers

A **£500** discount for the  
first 100 homes to install  
technologies through  
Thermly this summer

We contribute **£50**  
to a local Community  
Impact Fund for every  
new installation – so your  
community benefits too!

Visit **Thermly.co.uk**

and see for free how these technologies  
can benefit you and your home.



Scan here to get involved



# New Chairman is prepared for her year in office

Cllr Lynda Harrison, a local Scout leader for more than three decades, is our new Chairman.

Lynda has previously been a leader at the 1st Kingsdown Scouts in her home village with generations of young people passing through the group.

In 2023, Lynda attended the World Scout Jamboree in South Korea after she was selected as one of 12 leaders to represent Kent and UK Scouting.

Lynda says: "Representing my county and UK Scouting at the World Scout Jamboree in South Korea was my greatest honour. I took more than one hundred Scouts and we joined around 43,000 participants from 158 countries. It was an event that made headlines for monsoons, a Typhoon, and an extreme heatwave. But the "be prepared" Scout motto meant we were ready for every eventuality. We made sure we all still had fun and enjoyed the trip of a lifetime."

Lynda has spent her entire life living in Bromley and Kent, including the past 28 years in West Kingsdown.

She first qualified as a nursery nurse, working in a special baby care unit before supporting deaf and hearing-impaired children, then working at a GP surgery.

Later she became the Clerk for West Kingsdown Parish Council, a job she held for 18 years while bringing up her family.

Lynda now works for The Community Cupboard, a food bank and support hub based in West Kingsdown, which she thoroughly enjoys!



New Chairman, Cllr Lynda Harrison, with her daughter and consort, Cllr Emily Bulford

Lynda says: "I am so excited to be the new Chairman. Along with my daughter, Cllr Emily Bulford as my consort, we cannot wait to meet many more residents and be part of their communities, representing and promoting our amazing District."

Lynda has chosen to support two Chairman's charities this year, 'Head in the Game' and 'Friends for families'.

"Head in the Game is a Kent-based charity that improves mental health and suicide prevention through sport," says Lynda. "My sons all play rugby and I know how sport can support not only physical fitness but mental wellbeing too."

"Friends for families is a small charity run entirely by volunteers, supporting local families facing financial hardship. They make sure children have access to essential items, like food, beds and bedding, clothing, and transport."

"I've been fortunate to work with many, amazing families, but I know anyone can fall on hard times," adds Lynda. "During my year as the Chairman, I want to raise the profile and support these two remarkable charities that do so much for families and individuals who need a helping-hand."

Lynda has four grown-up children and two grandchildren. In her spare time, Lynda is a member of the Royal British Legion, enjoys gardening and belongs to 'Show of hands', a British sign language choir, performing at local concerts and fetes. Living on the doorstep of Brands Hatch, she is also a fan of motorsport.

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



Cllr Harrison at the West Kingsdown Community Cupboard

# There's only One You!

Health and fitness are some of the most important things in life, but it's easy to fall into bad habits.

Luckily, there is lots of free help available through our One You Healthy Lifestyle service. Whether it's changing your eating habits, exercising more or improving mental wellbeing, there's a programme for you!

One resident who decided it was time to make a change was Chris Kinghorn from Sevenoaks.

Chris, 41, used to be a chef until a complication following an operation meant he could no longer work on his feet all day. After changing his career to working at The Stag, Sevenoaks, Chris noticed he was putting on more and more weight.

On a visit to the GP, he was told he was obese and had to go on statins for his high cholesterol. This was the wake-up call Chris needed to make a change in his life.

When Chris' GP suggested One You Why Weight, he was skeptical about joining the 12-week group course.

Chris says: "Coming from a chef background, I thought I knew everything about food, but this course was very informative and opened my eyes to how big the portions of food I was eating were."

"They look at your relationship with food and break it down into easy steps to follow. It has completely changed my view on food."

Chris took part in the Edenbridge programme in January 2025 and is continuing his weight loss journey with One You. He has now lost an impressive four stone, can do more exercise and feels happier and more confident in himself.

Chris adds: "This has changed my life, I never expected to lose this much



weight. It isn't a fad diet and the partnership with the leisure centre is a good incentive to help you to exercise more.

If you're thinking about signing up, go for it! It's not restrictive and you can go at your own pace. If I inspire one person to lose weight via One You, I'll be happy."

If Chris has motivated you to make some changes, our next programme starts in September 2025. To find out more on our website [www.sevenoaks.gov.uk/oneyou](http://www.sevenoaks.gov.uk/oneyou) or call us today on **01732 227000**.

## Menopause Support Group

Kent Community Health NHS Foundation Trust at Edenbridge Memorial Health Centre is now holding a monthly drop-in session for anyone going through the menopause or starting to experience menopause symptoms.

The informal sessions are a respectful and confidential space to chat with other women, share your experiences, offer mutual support and talk about ways of managing the perimenopause and the menopause.

Sherree Kempton, from the Kent Community Health NHS Foundation Trust, says: "Everyone's menopause is unique, so this session is a supportive space to help people learn and to consider their options or just chat about how they're feeling.

"This is a group led activity and whilst we don't set an agenda, we are open to covering topics that emerge and are shaped by participants."

It takes place in the Wellbeing Hub on the last Tuesday of each month between 1pm and 3pm and there is no need to book. The group is supported by staff from

Kent Community Health NHS Foundation Trust, Health and Wellbeing Coaches from Sevenoaks Primary Care Network and One You Kent.

Whilst this is primarily aimed at women, men are also welcome to come along if they are seeking advice on supporting a woman through menopause.

Light refreshments will be available.

For more information, please call **0300 013 2191** or email [kentchft.ageingwellemhc@nhs.net](mailto:kentchft.ageingwellemhc@nhs.net).





# Council considers changes to recycling and waste collections

In recent weeks, your Councillors have been looking at a range of ideas to improve our recycling and waste collection service.

New Government legislation means that we have to offer our residents a wider range of kerbside recycling options. At the same time, we are going to take the opportunity to make the service more cost and carbon efficient.

Our 'BIG waste conversation', which surveyed residents about waste collection preferences, saw over 4,000 people take part.

Residents supported the Council's aims to reduce the environmental impact of waste collection. They also supported the introduction of wheelie bins and the proposed new recycling collections for glass, food waste and other small items.

Having considered residents' views and the new regulations, separate weekly food waste collections will begin from April 2026. We are also looking to provide residents with wheelie bins for their waste and recycling and to begin glass kerbside collections from summer 2026. Textiles and small electrical collections could begin at the same time. The green reusable recycling bags would be kept for paper and card collections, which we are now required to collect separately.

To facilitate the introduction of wheelie bins, and the additional recycling requirements, we are now considering the introduction of alternate weekly waste and recycling from summer 2026. Alternate weekly collections



would free up resources to fund these additional recycling options.

These changes would harmonise our waste service with nearby councils that could merge with us from April 2028, enabling any new unitary council to maximise cost and service efficiencies.

As *In Shape* went to print, Councillors were set to consider the waste service improvements at the Council meeting on 22 July 2025.

Cllr Irene Roy, our Cabinet Member for Cleaner and Greener, says: "Residents have told us to modernise our waste collection services. Most people want more recycling options and to lessen the environmental impact of the service.

"Our proposals will deliver these improvements and make the service more cost-effective so we can invest in new, convenient recycling services.

"Recycling is not only good for the environment, but also the most cost-effective way of dealing with waste. But our current recycling rate is only 37%, much lower than many areas and a long way from the Government's national recycling target of 65% by 2035. Our residents acknowledge we must offer a greater range of easy-to-use recycling services to help us recycle more."

You can view the BIG waste survey results at [www.sevenoaks.gov.uk/bigwaste](http://www.sevenoaks.gov.uk/bigwaste).

# Declutter your home and help others!

Residents have recycled nearly 60 tonnes of unwanted household items through the free Anglo home collection service.



We're working with Anglo, who provide weekly, convenient doorstep collections, to help you to declutter your belongings.

Every donation to Anglo is reused for its original intended use. Anglo even make a charity donation and plant a tree for each booking made.

To find out more and make a booking, visit [www.sevenoaks.gov.uk/anglo](http://www.sevenoaks.gov.uk/anglo).

For the year up to 31 March 2024, residents using the service recycled:



## Turn over a new leaf

Save time and money with our tree-mendous garden waste service!

Our easy and environmentally friendly service is just the thicket, as we collect cuttings, leaves and other garden debris every two weeks, saving you trips to the tip.

Once collected, we don't moss around! Everything we take away is composted as used 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 £60 or a 140-litre bin for £44
- 25 garden waste sacks for £27

If we've planted the seed in your head and you think it's a blooming good idea, apply for a permit today. Visit [www.sevenoaks.gov.uk/gardenwaste](http://www.sevenoaks.gov.uk/gardenwaste) or call 01732 227000.

## Go plastic free!

Every year, we support Plastic Free July, a month which encourages everyone to consider their use of single use plastics.

Although July is coming to an end, it's important to be aware of our plastic use all year round.

Here's a few tips on how to cut down on your single use plastics:

- 1 Carry a reusable coffee cup or flask** – It's estimated the UK uses around 4.2 billion disposable coffee cups and 2.9 billion cup lids a year! There are lots of eco-friendly options for reusable cups and they are easily available.
- 2 Bring a bottle** – Plastic bottles are one of the most common sources of plastic pollution. Help the planet with a reusable water bottle.
- 3 Say no to plastic cutlery** – The UK uses an estimated 4.3 billion pieces of disposable cutlery every year! Carry a spare from home to avoid using them.
- 4 Don't cling on to cling film** – Consider alternatives like tin foil which can be recycled.
- 5 Bags for life** – Don't buy new plastic bags when you shop! Take a reusable or canvas bag with you.



For more information on reducing waste and cutting your carbon footprint, visit [www.sevenoaks.gov.uk/climatechange](http://www.sevenoaks.gov.uk/climatechange).



# Complete your secret mission in the Darent Valley

FREE

If you're looking for free family entertainment over the summer break, the 'PuzzleLine' could be for you!

PuzzleLine is our interactive adventure trail at stations along the Darent Valley rail line.

The challenge involves completing a secret mission at each station from Swanley to Sevenoaks.

To complete your missions, you must answer a series of questions designed to test your skills and knowledge as a secret agent.

While the questions are fun, some require a superior level of puzzle-solving. Others simply require a keen eye. Anyone who hits the buffers can ask for help with the answers on the PuzzleLine website.

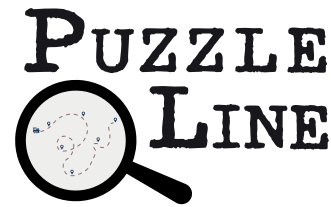
The PuzzleLine can be completed in one or several visits to the stations.

The trail is suitable for anyone aged 11 and above.

PuzzleLine is available at [www.puzzleline.org](http://www.puzzleline.org). PuzzleLine leaflets are also available from stations along the Darent Valley rail line and selected nearby outlets.

Answers are submitted on the PuzzleLine website.

Everyone who completes the trail can download a completion certificate and can enter a free prize draw to win one of three escape room games at TimeQuest Escape Rooms. The prize draw is open until 31 August 2025. Terms and conditions apply, which can be viewed on the PuzzleLine website.



The Darent Valley Line runs between Swanley and Sevenoaks with stops at Eynsford, Shoreham (Kent), Otford and Bat & Ball.

Check [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for tickets. If there are three or more of you taking part, remember to ask for GroupSave.

This project has been made possible with funding from the UK Government's UK Shared Prosperity Fund.

The game was developed by us in partnership with award-winning escape room company TimeQuest and the Darent Valley Community Rail Partnership.

## Are you listening?

FREE



Two free audio walking trails are now available to help you discover more about Shoreham Woods.

Both trails provide directions and are packed with information about local wildlife, history and more!

**The Beech Walk** is suitable for families with young children. A simple route of approximately one mile, which takes 30 to 60 minutes. Along the way you will meet an ancient tree and learn about some of the wildlife sounds you might hear in the woods.

**The Woodpecker Walk** is suitable for adults and families with older children. The route is about four

miles and takes around two hours. With some steep inclines, steps and stiles, this route may be challenging for some. Along the way, you will hear how Shoreham Woods is managed, its history and wildlife.

The walks are available on the free **Echoes** app. Scan the QR code or search for the walks on the Echoes app.

The audio trails were produced for the Darent Valley Landscape Partnership Scheme with thanks to funding from the National Lottery Heritage Fund.

# Family fun for £2 at your local leisure centres this summer

With the school holidays just around the corner, many families will be looking for low-cost ways to keep children active, entertained and off screens. This summer, a local campaign aims to make that a little easier.

The Everyone is Family campaign, run by our leisure operator, Everyone Active, has returned this summer with a wide range of family-friendly activities at White Oak, Sevenoaks and Edenbridge Leisure Centres – all for just **£2 per person**.

Running from 19 July to 3 September 2025, the campaign has something for all ages – from swimming and soft play to racket sports and family-friendly fitness sessions. The aim is to give families more opportunities to spend quality time together, without the barrier of high costs.

Booking information is now available on the Everyone Active website and app. Many of the activities are suitable for all abilities and are designed to encourage everyone,



from toddlers to grandparents, to take part.

In addition to the in-centre sessions, families can sign up for a free Family Activity Plan, which includes more than 50 simple challenges to try at home or outdoors, along with healthy recipes. Whether it's a nature walk,

a garden game or a kitchen cook-off, the plan is full of ideas to help families stay active and connected all summer long.

To find out what's on at your local centre this summer, visit [everyoneactive.com](https://www.everyoneactive.com) or follow your nearest site on Facebook.

## £500k investment in leisure

Residents are benefitting from a £518,000 investment in leisure services after Everyone Active secured a five-year contract to manage three of our leisure facilities.

The agreement, which began on 1 May 2025, is funding significant upgrades at Edenbridge and Sevenoaks Leisure Centres.

Edenbridge Leisure Centre has a new group cycling studio and a modern Grab & Go food area. Upgraded gym equipment from Life Fitness and Keiser will be installed later this year, enhancing the overall fitness experience.

Meanwhile, Sevenoaks Leisure Centre is benefitting from new cutting-edge fitness equipment, as well as an exciting three-storey soft play zone for children up to the age of 12. Inspired by nearby Knole Park, the soft play features a countryside theme and includes a large slide, rock wall, ball pit and enclosed tube.

The new contract also includes the continued management of Lullingstone Park Golf Course.

The new agreement follows a successful two-year interim management arrangement and includes an option to extend for a further two years beyond the initial five-year term.

Everyone Active already manages our White Oak Leisure Centre in Swanley as part of a separate contract.

Everyone Active will continue its inclusive membership programme in the District. This includes complimentary memberships for cared-for children and care-experienced young people (via KCC family support team referrals), free access for people living with Parkinson's and their carers, plus discounted rates for NHS staff, emergency service workers, full-time carers, and Universal Credit recipients.



# High street businesses get new AI support

Thanks to funding from us, a number of high street businesses across the District have been given a unique opportunity to receive support from a new AI website.

Businesses who access the 'Thrivers' website are given a comprehensive 'business health-check', which becomes the framework for a comprehensive business development plan.

Thrivers is like a whole team at your fingertips. It includes 12 specialist AI team members, to focus on each aspect of the business.

The support was made available for free to the first 20 businesses to register to use the service.

One of the businesses who took the opportunity to take part is NiMi Projects, a specialist Japanese homeware shop in Bank Street, Sevenoaks. Director Nicole Bargwanna found the outputs of support helpful and says: "We found Thrivers useful in helping us organise the administration-side of NiMi Projects. The social media planning calendar that it created for us is a particularly useful tool and though we didn't use the content it produced for us, it was on-brand and reassured us that we were already on the right track."

Anyone who missed out on the fully funded support could get access to Thrivers for a special monthly rate of £49 plus VAT (normal rate £89 plus VAT). To find out more, visit [www.hellothrivers.com/sevenoaks](http://www.hellothrivers.com/sevenoaks).

The support is designed and delivered by the team behind [SaveTheHighStreet.org](http://SaveTheHighStreet.org).



Nicole Bargwanna from NiMi Projects, Sevenoaks

## More funding for businesses and communities

Businesses and communities in rural areas can once again apply to the West Kent Rural Grants scheme.

Grants ranging from £5,000 to £20,000 are available to support economic growth initiatives and community, heritage, and tourism facilities. The grants are for capital expenditure only and match funding is required. Other terms and conditions apply.

Applications opened in June 2025, and the scheme will remain open until all the funds have been allocated.

To find out about the scheme, eligibility and to make an application, visit [www.sevenoaks.gov.uk/westkentruralgrants](http://www.sevenoaks.gov.uk/westkentruralgrants).

The grants are funded by the Government's Rural England Prosperity Fund.

## Proposed new rules for beauty practitioners

Businesses and individuals who carry out non-surgical cosmetic procedures, such as Botox, dermal fillers and skin rejuvenation, are likely to need to apply for a licence in the future.

The Government plans to pass new laws to ensure only qualified professionals perform these procedures and that they are licensed by their local council.

To hold a licence, beauty practitioners will need to have relevant training and qualifications, hold the correct insurance, and have documented hygiene and safety procedures in place.

Inspections will also be carried out to ensure practitioners operate from clean and hygienic premises.

We want to stay in touch with beauty practitioners to help them prepare for the changes coming soon.

To register for updates and support, please visit [www.sevenoaks.gov.uk/beautypractitioners](http://www.sevenoaks.gov.uk/beautypractitioners).

# Get some Momentum!

Meeting Point is a fantastic place to hot-desk, co-work, hold meetings and events and network, right in the heart of Swanley.



Since opening two years ago, many businesses have used the co-working hub to help their organisation thrive.

One of Meeting Point's regular business customers is Momentum Financial Services. Since 2019, Sevenoaks based Momentum have covered a range of areas within the finance world, whether it be first time buyers, remortgaging, home movers, or commercial finance.

Momentum found out about Meeting Point through a recommendation and have been regular users of the space while

they are waiting for their new offices to be purchased.

Director of Momentum, Dan Tasker, says: "We cannot fault our experience here at Meeting Point. Lisa and Ben from Meeting Point have gone over and above to ensure our business has seen no disruption during our stay. Our team have mostly used the hot desks and soundproof pod for private meetings and calls. When we've had the whole team together, we have also used the meeting room.

"Our clients and business partners have always complimented the staff and facilities when they have visited. Even once we're in our new office, we will certainly be back to make use of the spaces in the future.

"If you're thinking about co-working, pop your head in the door of Meeting Point and see how great the facilities are."

If you'd like to find out more about Meeting Point, visit [www.meetingpoint.org.uk](http://www.meetingpoint.org.uk), call 01732 443041 or pop in and chat to the friendly team.

## Free business support backed by experts, built for you

We're excited to announce that Greenwich Leisure Limited (GLL), operating under its trusted brand 'Better', will be providing free support to all businesses in the Sevenoaks District.

GLL is a charitable social enterprise with years of experience in supporting small businesses, start-ups, and aspiring entrepreneurs. Their team of experts offers practical, real-world help through one-to-one business advice, mentoring, engaging webinars, and both in-person and hybrid training workshops.

The programme is tailored to your business needs. Whether you're just starting out, looking to grow, or need help overcoming challenges, you'll have access to support in areas such as marketing, finance, branding, procurement, social media, e-commerce, and business strategy.

The 'Better' business support programme is funded by 'Invest

West Kent', a partnership run by Sevenoaks District Council and Tonbridge & Malling, and Tunbridge Wells Borough Councils.

For further details of the support available, visit [www.westkentbusiness.com](http://www.westkentbusiness.com) or follow West Kent Business on LinkedIn and Facebook.



# Celebrating our volunteers!

Back in May, our 'Better Together' project held a special event to celebrate local charity and voluntary groups who have used the service.



Better Together was set up by us to support charities and organisations with their volunteering and community activities.

Better Together began in 2022 and since then, it has helped local people to set up many new initiatives and events as well as funding local projects.

The celebration event took place at Meeting Point in Swanley and recognised all the hard work of the voluntary sector in the community.

Organisations that have benefited from Better Together, including Bear Basics, Grow a Healthy Swanley, Svetlana Chisholm Coaching and Art Without Boundaries, talked about their work to support residents in the District.

It was a great opportunity to hear about all their hard work and thank them for making a difference to the lives of so many people.

If you have a charity, community group or volunteer-led organisation and would like support from Better Together, visit [www.bettertogethercommunity.org.uk](http://www.bettertogethercommunity.org.uk).

# Remembering VE Day 80

Between 5 to 9 May, we put on several exciting events to celebrate VE Day 80, including a tea dance in Edenbridge and 1940s cooking classes in Sevenoaks and Swanley.

The grand finale was an outdoor concert at St Clare's Estate in Kemsing. This free event included performances from the D'Vine Singers, Sounds Familiar and Nouveau Lounge and the West Kent Concert Band.

Guests were also treated to a delicious afternoon tea of cakes, sandwiches and scones.

The nostalgic celebration honoured the spirit of victory, remembrance and community, and many guests dressed in 1940s outfits which gave it a vintage feel.

It was a fantastic afternoon to remember those who fought for our freedom in World War II.





## 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 X 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)

# Ring the bell!



If you have a security or doorbell camera, you can sign up to Kent Police's CCTV Registry and help keep your community safe!

It's free, secure, and quick to register and your camera footage could be used to support investigations, bring criminals to justice, and make your neighbourhood a safer place to live.

The police will not have access to your cameras and can only view the location of registered cameras. They will always contact the camera owner to request footage.

To register or learn more, go to [www.cctvregistrykentandessex.co.uk](http://www.cctvregistrykentandessex.co.uk).



As part of our work to protect women and girls, our Community Safety Partnership are encouraging all licensed premises across the District to sign up to 'Ask for Angela'.

Ask for Angela is a national scheme that helps women and girls who are feeling vulnerable on a night out to get the support they need.

When someone in a licensed premises 'asks for Angela', a trained member of staff will understand the person asking needs help and support, and will be able to respond in an appropriate, discreet way. They might call security, lead the person to a safe space, or help them leave the premises unnoticed.

It supports venues to keep their customers safe and improves perceptions of the business.

We will be providing training information and resources to any business who wishes to take part. The resource pack offered also promotes 'Ask for Andrew' for the LGBTQ+ Community.

# Protect your business

**We work with the Sevenoaks District Safer Towns Partnership to help prevent and reduce business crime throughout our towns.**

Shops, pubs and eateries who wish to take part can join the partnership for a small fee. All members are provided with a radio that links them immediately with our CCTV control room. The radio link helps with staff safety and deterring shoplifters.

Last year, police arrested 31 shoplifters by information provided from businesses with radios. Once arrested and charged, the offenders are banned from all member shops.

There is also a secure website where members can view offender's profiles and share vital intelligence.

If your business would like to join the partnership, please contact Dennis Glasspool on **07778 666860** or email [dennis.glasspool@safersevenoaksdistrict.org.uk](mailto:dennis.glasspool@safersevenoaksdistrict.org.uk).



## Keep updated with all your community news

**Kent Police's 'My Community Voice' is a secure and personal messaging system that allows Kent residents, businesses, and community groups to keep in touch with their local policing teams.**

The service sends updates about your local area directly from the police officers themselves.

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

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

For further information, visit [www.mycommunityvoicekent.co.uk](http://www.mycommunityvoicekent.co.uk).

## Male Victims Domestic Abuse Conference

**On Friday 28 March, the Community Safety Partnership held a conference to highlight male victims of domestic abuse.**

Domestic abuse against men happens far more often than you might expect, in both heterosexual and same sex relationships. It happens to men from all cultures and all walks of life, regardless of age or occupation. Figures suggest that as many as one in three victims of domestic abuse are male.

The morning event was well attended and looked at all aspects of domestic abuse and the effects it has on men.

The conference highlighted support for male victims and survivors of Domestic Abuse and included talks from Chief Executive of Mankind, Mark Brooks OBE, and two survivors of Domestic Abuse. We also heard about the male refuge in Kent, mental health support services and the Male Domestic Abuse Advocacy Service.







If you or someone you know is suffering from Domestic Abuse, please contact:

- Domestic Abuse Support Service (DAVSS) on **01892 570538** - [www.davss.org.uk](http://www.davss.org.uk)
- Look Ahead Male Domestic Abuse Advocacy Service **0333 010 4660** - [www.lookahead.org.uk](http://www.lookahead.org.uk)



# Your Councillors

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

 Conservative (C)	 Green Party (G)	 Independent (I)
 Liberal Democrats (LD)	 Sevenoaks Independent (SI)	 West Kent Independents (WKI)



**Mark Lindop (G)**  
Ash and New Ash Green  
cllr.lindop@sevenoaks.gov.uk  
07568 067200



**Shani Manamperi (G)**  
Ash and New Ash Green  
cllr.manamperi@sevenoaks.gov.uk  
07975 650177



**Laura Manston (G)**  
Ash and New Ash Green  
cllr.manston@sevenoaks.gov.uk  
07958 709904



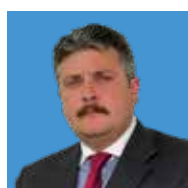
**Michelle Alger (LD)**  
Brasted, Chevening  
and Sundridge  
cllr.alger@sevenoaks.gov.uk  
01732 227000



**Sandra Robinson (LD)**  
Brasted, Chevening  
and Sundridge  
cllr.robinson@sevenoaks.gov.uk  
07557 506191



**Nigel Williams (C)**  
Brasted, Chevening  
and Sundridge  
cllr.williams@sevenoaks.gov.uk  
07825 996176



**James Barnett (C)**  
Cowden and Hever  
cllr.barnett@sevenoaks.gov.uk  
01732 227000



**Rachel Waterton (I)**  
Crockenhill and Well Hill  
cllr.waterton@sevenoaks.gov.uk  
01732 227000



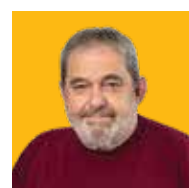
**Kim Bayley (WKI)**  
Dunton Green  
and Riverhead  
cllr.bayley@sevenoaks.gov.uk  
01732 227000



**Graham Clack (C)**  
Dunton Green  
and Riverhead  
cllr.clack@sevenoaks.gov.uk  
07769 644576



**Angela Baker (WKI)**  
Edenbridge North  
and East  
cllr.baker@sevenoaks.gov.uk  
01732 227000



**James Morgan (LD)**  
Edenbridge North  
and East  
cllr.j.morgan@sevenoaks.gov.uk  
01732 227000



**Alan Layland (WKI)**  
Edenbridge South  
and West  
cllr.layland@sevenoaks.gov.uk  
07971 154254



**Margot McArthur (WKI)**  
Edenbridge South  
and West  
cllr.mcarthur@sevenoaks.gov.uk  
01732 227000



**Michael Barker (G)**  
Eynsford  
cllr.barker@sevenoaks.gov.uk  
01732 227000



**Laurence Ball (C)**  
Farningham, Horton  
Kirby and South Darent  
cllr.ball@sevenoaks.gov.uk  
07515 770220



**Alan White (C)**  
Farningham, Horton  
Kirby and South Darent  
cllr.white@sevenoaks.gov.uk  
07841 410147



**Emily Bulford (C)**  
Fawkham and West  
Kingsdown  
cllr.bulford@sevenoaks.gov.uk  
01732 227000



**Lynda Harrison (C)**  
Fawkham and West  
Kingsdown  
cllr.harrison@sevenoaks.gov.uk  
01732 22000



**Sean Malone (C)**  
Fawkham and West  
Kingsdown  
cllr.malone@sevenoaks.gov.uk  
01732 227000



**John Grint (WKI)**  
Halstead, Knockholt  
and Badgers Mount  
cllr.grint@sevenoaks.gov.uk  
07752 848346



**Gary Williamson (C)**  
Halstead, Knockholt  
and Badgers Mount  
cllr.williamson@sevenoaks.gov.uk  
01959 532370



**Larry Abraham (C)**  
Hartley and Hodsoll  
Street  
cllr.abraham@sevenoaks.gov.uk  
01474 706690



**Penny Cole (C)**  
Hartley and Hodsoll  
Street  
cllr.penny.cole@sevenoaks.gov.uk  
07540 668751



**Perry Cole (C)**  
Hartley and Hodsoll  
Street  
cllr.perry.coles@sevenoaks.gov.uk  
07834 768315



**Christine Hudson (SI)**  
Hextable  
cllr.hudson@sevenoaks.gov.uk  
01322 662271



**Darren Kitchener (SI)**  
Hextable  
cllr.kitchener@sevenoaks.gov.uk  
07496 818558



**Chris Haslam (WKI)**  
Kemsing  
cllr.haslam@sevenoaks.gov.uk  
01732 227000



**Simon Reay (WKI)**  
Kemsing  
cllr.reay@sevenoaks.gov.uk  
01732 227000



**Malcolm Silander (LD)**  
Leigh and Chiddingstone  
Causeway  
cllr.silander@sevenoaks.gov.uk  
01732 227000



**John Edwards-Winsor (C)**  
Otford and Shoreham  
cllr.edwards-winsor@  
sevenoaks.gov.uk  
01959 522503



**Irene Roy (C)**  
Otford and Shoreham  
cllr.roy@sevenoaks.gov.uk  
01732 227000



**Richard Streatfeild (LD)**  
Penshurst, Fordcombe  
and Chiddingstone  
cllr.streatfeild@sevenoaks.gov.uk  
01732 227000



**Roddy Hogarth (C)**  
Seal and Weald  
cllr.hogarth@sevenoaks.gov.uk  
01732 227240



**Julia Thornton (WKI)**  
Seal and Weald  
cllr.thornton@sevenoaks.gov.uk  
01732 227000



**Tony Clayton (LD)**  
Sevenoaks Eastern  
cllr.clayton@sevenoaks.gov.uk  
07876 354581



**Elizabeth Purves (LD)**  
Sevenoaks Eastern  
cllr.purves@sevenoaks.gov.uk  
01732 227000



**Chloe Gustard (LD)**  
Sevenoaks Kippington  
cllr.gustard@sevenoaks.gov.uk  
01732 227000



**Nicholas Varley (LD)**  
Sevenoaks Kippington  
cllr.varley@sevenoaks.gov.uk  
07973 345377



**Alan Leaman (LD)**  
Sevenoaks Northern  
cllr.leaman@sevenoaks.gov.uk  
07957 482330



**Claire Shea (LD)**  
Sevenoaks Northern  
cllr.shea@sevenoaks.gov.uk  
07866 677760



**Susan Camp (LD)**  
Sevenoaks Town and  
St John's  
cllr.camp@sevenoaks.gov.uk  
01732 227000



**Victoria Granville (LD)**  
Sevenoaks Town and  
St John's  
cllr.granville@sevenoaks.gov.uk  
01732 227000



**David Skinner (LD)**  
Sevenoaks Town and  
St John's  
cllr.skinner@sevenoaks.gov.uk  
01732 227000



**Clare Barnes (C)**  
Swanley Christchurch  
and Swanley Village  
cllr.c.barnes@sevenoaks.gov.uk  
01322 613595



**Michael Horwood (C)**  
Swanley Christchurch  
and Swanley Village  
cllr.horwood@sevenoaks.gov.uk  
07815 483891



**Nina Scott (C)**  
Swanley Christchurch  
and Swanley Village  
cllr.scott@sevenoaks.gov.uk  
01732 227000



**Lesley Dyball (C)**  
Swanley St. Mary's  
cllr.dyball@sevenoaks.gov.uk  
01732 227000



**Cathy Morgan (C)**  
Swanley St. Mary's  
cllr.morgan@sevenoaks.gov.uk  
07983 555893



**Glynnis Darrington (C)**  
Swanley White Oak  
cllr.g.darrington@  
sevenoaks.gov.uk  
01732 227000



**Paul Darrington (C)**  
Swanley White Oak  
cllr.p.darrington@  
sevenoaks.gov.uk  
01732 227000



**Jasmine Ferrari (C)**  
Swanley White Oak  
cllr.ferrari@sevenoaks.gov.uk  
01732 227000



**Diana Esler (WKI)**  
Westerham and  
Crockham Hill  
cllr.esler@sevenoaks.gov.uk  
07984 702850



**Kevin Maskell (C)**  
Westerham and  
Crockham Hill  
cllr.maskell@sevenoaks.gov.uk  
07966 171398

## 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**.

## Don't lose your vote!

Later this year we will carry out the annual canvass to update the Electoral Register, which lists the names and address of everyone who can vote.

Every household in the District will be contacted by email or post to check if the details we hold are correct.

It's quick and easy to respond to the canvass. Please read our communication carefully and follow the instructions to make sure your details are accurate on the register.

If you are a postal voter, you may also receive an email or letter from us inviting you to reapply for your postal vote. Following a change in the law, the length of time an elector can have a postal vote for has changed from indefinitely to a maximum of up to three years.

We will be contacting everybody who is due to reapply by 31 January 2026. If we don't receive a new application, we'll write to you again later in the year.

If we contact you, it's important that you reapply for your postal vote and respond to your annual canvass communication if you need to.

## 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'.

# Swim safe!

As the weather heats up, more of us may be tempted to go for an outdoor swim. Whilst open water swimming has its benefits, there are also dangers to consider when taking a dip.

Water in lakes and ponds can be murky, hiding hazards such as rocks, logs and uneven surfaces and it can also be difficult to tell the depth. Open water is usually colder than water in a pool, so it can make you go into shock.

There are things you can do to keep safe. Here are our top five tips:

- **Follow the signage** – if it says it's not safe to swim, don't go in
- **Look around** – if there is no one else swimming, there may be a good reason for it
- **Don't go alone** – make sure you have someone with you and tell others where you are going
- **Check your exit** – make sure you can clearly see where you can exit the water. Also look for trip hazards
- **Be prepared** – check the weather and, if applicable, the tide before you go and make sure you have the correct gear.

If you see someone in trouble in open water, call 999 and ask for the Fire Service. Look around for any lifesaving equipment. Depending on where you are, there might be a life ring or throwline – throw them to the person in the water and try to pull them in. It's natural to want to help the person in trouble while rescue services are on the way, but you should never enter the water to try to save someone.





# Can you contribute to public confidence in the Council?

## We're looking for a new Independent Member to join our Audit Committee.

This Committee reviews the effectiveness of our governance and risk management arrangements.

As an Independent member on the Committee, you will serve an important role bringing independent scrutiny to the Committee's work.

You'll need to have the skills and experience in one or more of the following areas: local government, governance, audit, finance risk management and internal control. You should also have a connection with the Sevenoaks District, for example living or working here. You'll need to attend around four evening committee meetings each year.

The post is not open to anyone who is, or has within the last five years, been a Sevenoaks District Councillor or employee or has close relatives or friends at the Council.



This post pays an annual allowance of £800 plus expenses. The appointment will be for up to four years.

For an informal discussion about the post, please contact Adrian Rowbotham, Deputy Chief Executive and Chief Officer for Finance and Trading, on **01732 227153**.

To apply, visit [www.sevenoaks.gov.uk/jobs](http://www.sevenoaks.gov.uk/jobs).

The closing date is midnight on Sunday 31 August 2025.

## Sevenoaks District Council at your fingertips

### Main Office

Argyle Road, Sevenoaks,  
Kent TN13 1HG

**01732 227000**

Open Monday to Thursday 8.45am to 5pm and Friday 8.45am to 4.45pm.

Emergencies (outside our usual hours)

**01732 227000**

then listen to the options.

### Leisure centres

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

Edenbridge Leisure Centre\*\*  
**01732 442364**

Lullingstone Park Golf Course\*\*  
**01959 583019**

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

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

Sevenoaks Leisure Centre\*\*  
**01732 442365**

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 independent limited companies  
\*\* Operated by Everyone Active



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

**Editor** Daniel Whitmarsh

**Editorial Assistant** Amy McGauley

**e-mail** [communications@sevenoaks.gov.uk](mailto:communications@sevenoaks.gov.uk)

**Tel** 01732 227000

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

### In Shape advertising

Sevenoaks District Council accepts paid-for advertising in **In Shape** to pay towards the magazine's production costs.

**Disclaimer:** Whilst every effort is made to ensure the accuracy of the content of these advertisements, Sevenoaks District Council cannot accept any liability for errors or omissions contained in any advertisements provided by an advertiser. Sevenoaks District Council does not accept any liability for any information or claims made by the advertisement or by the advertisers. Sevenoaks District Council does not endorse or recommend any advertiser.

**In Shape is available in other formats and can be explained in other languages by calling 01732 227000.**

**Design & print**

[www.whateverdesign.co.uk](http://www.whateverdesign.co.uk)

Printed on carbon balanced paper.

Published July 2025.



UP TO  
65% OFF  
SELECTED  
ITEMS

UP TO  
24 MONTHS  
INTEREST  
FREE CREDIT  
ON SELECTED ITEMS

# The Best Beds, The Best Sofas The Best Furniture Sale Guaranteed

**Rolyn**  
The best beds in the world

**VISPRING**  
Luxury Beds - London 1981

**dunlopillo**  
NATURAL COMFORT SINCE 1956

**TEMPUR**

**JOHN SANKEY**

**Devere**

**JOHN SANKEY**

**lignerozet**



## DURESTA TRAFALGAR

We at Wells are delighted to be the Premier stockist for Duresta with the largest display of this beautiful furniture.

With over a dozen models in roomsets on display and having worked hand in hand with Duresta we have created a truly inspirational display with unique fabric choices and a beautiful oak parquet floor to really set the scene.

DURESTA

**wells**

BEDDING & INTERIORS  
The furniture experts since 1925

*Where quality and service cost less!*

01892 535555  
sales@wellsinteriors.com

44 High Street  
Royal Tunbridge Wells