



# Health and Wellbeing

## Information pack for residents

### THE SIX WAYS TO WELLBEING

#### Be Active

*10-minute sessions of physical activity can make you feel good*

- Go for a walk or run
- Go out on your bike
- Dance
- Discover a physical activity you enjoy

#### Connect

*Your friends, family, colleagues and neighbours are the cornerstones of your life, invest time in developing them*

- Contact someone you haven't been in touch with for a while
- Join a nearby club or group
- Plan to meet up with friends

#### Take Notice

*Take time to be aware of the world around you*

- Be curious
- Explore your local area
- Take a five-minute break to clear your head

#### Keep Learning

*Learn something new or boost your skills. It's fun and it helps build confidence*

- Try something new
- Rediscover an old interest
- Learn to play an instrument
- Cook your favourite food

#### Give

*Do something nice for a friend or a stranger – even doing small things can make a big difference*

- Compliment someone
- Volunteer
- Join a community group

#### Care: Planet

*Look after your community and environment*

- Reduce, reuse, recycle and repair
- Plant a seed or grow some vegetables
- Walk, cycle or use public transport

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## OVERVIEW

Sevenoaks Town Council prides itself in offering a broad selection of services to help improve the health and wellbeing of its residents. By providing these services and opportunities the Town Council aims to support people of all ages and from all backgrounds to live healthier, more fulfilling lives and help to avoid ill-health in the future. Mental health and wellbeing are strongly related, and good levels of wellbeing can create flourishing communities.

Wellbeing is a term that covers many different areas within our lives and as a council we aim to adopt and promote the 6 ways to wellbeing, a set of nationally researched actions to improve personal wellbeing.

Sevenoaks Town Council similar to many other organisations has needed to adapt and operate differently in the past 18 months during the COVID-19 pandemic. This has included making its facilities available for an Asymptomatic Covid Testing Centre, emergency grants for Food Banks and voluntary groups, additional maintenance for public open spaces, litter picking and additional cleaning of public facilities. It has also been the same as other organisations in having shortage of staff due to isolation etc and reduced income.

This information pack details the many opportunities and services that Sevenoaks Town Council provides to help Sevenoaks Town residents improve their overall wellbeing.

### 1. CLIMATE CHANGE INITIATIVES

**In November 2019 Sevenoaks Town Council (STC) resolved to make the following its No. 1 Priority:**

- **To recognise the Government and KCC declarations for aiming for Zero Carbon.**
- **To integrate this within the vision and throughout the Neighbourhood Development Plan (NDP) and within the Town Council's general operation of functions and facilities.**

**Sevenoaks Town Council initiatives to date include**

Reducing cars / traffic particularly in relation to school traffic	<p>The NDP is progressing to referendum and includes relevant proposals.</p> <p>STC is committed to working with the Darent Valley Community Rail Partnership (DVCRP) and KCC / Go Coach to operate the No 8 town wide bus to encourage more local sustainable travel.</p>
STC's new buildings to be sustainable and eco friendly as possible. Existing buildings to be more sustainable with reduced carbon footprint where practical.	<p>The new Bat &amp; Ball Centre is as eco-friendly as possible:</p> <ul style="list-style-type: none"> <li>• Rebuild instead of new build</li> <li>• Eco friendly and sustainable materials</li> <li>• Solar panels</li> <li>• Motion sensor lighting</li> <li>• Additional insulation</li> <li>• Improved heating and ventilation system</li> </ul>

Planting of more trees, where possible fruit and nut trees.	From April 2020 to May 2021 STC planted 790 trees. There are plans to plant many more this civic year and an Adopt a Tree scheme has also been launched.
Plastic Free Pledge & Refill Schemes	To continue to promote these national schemes locally
Cycle Racks / planters to be installed.	New facilities to park 30 cycles have been installed at Bat & Ball Centre. Cycle planters have also been installed around the town and will be at the Town Council & Business Hub site.
Install drinking fountains	Drinking fountains will be installed at the Vine and Greatness Recreation Ground
Install electric vehicles and electric car charging points at STC sites.	Plans are progressing for the installation at the Bat & Ball Centre and Town Council / Business Hub site. New vehicles purchased to be electric.

## 2. ANNUAL WELLBEING EVENT

Normally each year the Sevenoaks Town Team hosts a Wellbeing Show. This free entry event aims to increase public awareness around all aspects of physical and mental wellbeing and provide networking for professionals. With plenty of stands, free talks, and demonstrations regarding a host of different topics around wellbeing this is a fantastic event for all.

PHOTOS FROM PREVIOUS SEVENOAKS WELLBEING SHOW



### 3. PARKS AND OPEN SPACES

Sevenoaks Town Council owns and manages approximately 42 hectares of parks and open spaces available, free to use, for the public. These open spaces have lots to offer all year around and are great places to explore and have fun. For example, Greatness Recreation Ground hosts a skateboard park, a playground and a football pitch, and the Vine Gardens includes wooden play equipment for infants, lots of benches, a café, cricket pitches, and a bandstand with regular performances during the Summer providing free musical entertainment.

These local green spaces became even more essential to the public's well being during the pandemic and times of 'lockdown' especially for those people who did not have their own gardens.

For a full list of all our parks and open spaces please visit the Sevenoaks Town Council website – [www.sevenoakstown.gov.uk](http://www.sevenoakstown.gov.uk)

PHOTOS OF OUR PARKS AND OPEN SPACES



#### 4. OUTDOOR GYM & MULTI USE GAMES AREA (MUGA)

The Town Council provides outdoor gym equipment at Greatness Recreation Ground and Julian's Meadow and soon to be installed at Hillingdon Rise. The equipment has permanent access and is free for public use. The outdoor gym is a great place to keep fit and have fun outdoors. There are several pieces of fitness equipment with benches to rest on after your workout.

A new MUGA was installed for 2021. This provides facilities for netball, basketball practice, 5 aside football and tennis.

The majority of time, see below the facility is free to use.

	Monday (Tennis Nets)	Tuesday	Wednesday (Tennis Nets)	Thursday	Friday	Saturday	Sunday (Tennis Nets)
6.00 a.m. – 9.00 a.m.	No Charge	No Charge	No Charge	No Charge	No Charge	No Charge	No Charge
9.00 a.m. – 12.00 p.m.	Charging for Pre- Booked	No Charge	Charging for Pre-Booked	No Charge	Charging for Pre- Booked	No Charge	No Charge
12.00 p.m. – 3.00 p.m.	No Charge	Charging for Pre- Booked	No Charge	Charging for Pre- Booked	No Charge	No Charge	No Charge
3.00 p.m. – 6.00 p.m.	No Charge	Charging for Pre- Booked	No Charge	Charging for Pre- Booked	No Charge	Bookable for sports parties at B&B Centre	No Charge
6.00 p.m. – 9.00 p.m.	No Charge	Charging for Pre- Booked	No Charge	Charging for Pre- Booked	Charging for Pre- Booked	No Charge	No Charge

## 5. ALLOTMENTS

Sevenoaks Town Council manages two allotment sites, Bradbourne Vale Road Allotments and Quaker's Hall Allotments where Sevenoaks Town residents can plant and grow their own produce, flowers, plants, and even keep bees.

Bradbourne Vale Road Allotments has 35 plots and Quaker's Hall Lane Allotments has about 250 plots with small sheds for storage and a source of running water.

At Quaker's Hall there is a Trading Centre (currently managed by Sevenoaks Allotment Holders' Association), open from 9.30am to noon every Sunday, which provides free advice, composts, seeds and general gardening sundries as well as toilets. There are car-parking areas outside the Trading Centre and inside the main gate. Additionally, the views of the North Downs from the site are wonderful!

For more information on allotments in Sevenoaks please email [allotments@sevenoakstown.gov.uk](mailto:allotments@sevenoakstown.gov.uk).



## 6. ADOPT A TREE

Sevenoaks Town Council believes that trees benefit the local environment, help improve air quality, provide homes for wildlife, food for insects and are visually attractive. To some Sevenoaks is known as the 'Town of Trees'.

For these reasons and more the Town Council has launched the 'Adopt a Tree' project encouraging local residents to purchase and or adopt a tree to commemorate a special event or person and to be beneficial to the local environment. For more details see [www.sevenoakstown.gov.uk](http://www.sevenoakstown.gov.uk)

## 7. PUBLIC TOILETS

Sevenoaks Town Council provides where possible Public Toilets at the places it manages these include

- Cemetery
- Bat & Ball Station
- The Vine
- Greatness Recreation Ground
- Town Council Offices
- Bat & Ball Centre
- St John's Hill car park
- House in the Basement Youth Cafe

Public toilets play a role in community health and individual well-being. Where toilets are available, people can enjoy outings and physical activities in their communities. By giving people the confidence to get out of their cars and onto their feet, bicycles and other public transport, public toilets can also contribute to improved environmental health.

During the pandemic the Town Council kept all public toilets open and arranged for additional high-level cleaning to take place.



## 8. FACILITIES FOR COMMUNITY MEETINGS

Sevenoaks Town Council has several rooms that can be hired by the public for community purposes including the new Bat & Ball Centre, Council Chamber located in Sevenoaks Town Council on Bradbourne Vale Road, and two rooms at Bat and Ball Station, the Booking Hall, and Luggage Room. These rooms can host, and have hosted, all sorts of community groups for all different purposes including but not limited to health care meetings, religious group meetings and exercise groups.

For more information, please see the Town Council website: [www.sevenoakstown.gov.uk](http://www.sevenoakstown.gov.uk) or email [hallhire@sevenoakstown.gov.uk](mailto:hallhire@sevenoakstown.gov.uk).

**Bat and Ball Station: Booking Hall**



**Bat and Ball Station: Luggage Room**



**Bat & Ball Centre**



**Sevenoaks Town Council: Council Chamber**



## 9. YOUTH CAFÉ

The Sevenoaks Youth Café, located in the basement of the Stag Theatre, gives young people a safe, fun place to socialise and meet new people, all year round.

A recent study from the Office of National Statistics found that almost 10% of people aged 16 to 24 were 'always or often lonely', the highest proportion of any age group. The Sevenoaks Youth Café aims to help combat loneliness and isolation in the local community by providing somewhere where young people can meet, as well as running fun events and activities that help to reduce the amount of time young people spend on social media which can also be detrimental to mental health. Some of these events include monthly open mic nights, free music lessons, and mental health, exam stress busting, and theatre workshops.

On Tuesday evenings, 6-8pm the Youth Café is open for children with special needs sponsored by Kent County Council. This evening not only provides them with somewhere safe and comfortable to go, but also provides them with the confidence in the venue to attend at other times and integrate with the other young people. Otherwise, the Youth Café is open for all on Wednesdays and Fridays 4-9pm and Saturdays 2-8pm.

PHOTOS OF THE SEVENOAKS YOUTH CAFE



## 10. VOLUNTEERING OPPORTUNITIES

Sevenoaks Town Council offers lots of opportunities throughout the year for people of all ages to get involved and volunteer in their local community. Some of these opportunities include:

### **Sevenoaks in Bloom**

Every year since 2014 Sevenoaks has entered the national In Bloom competition and encourages volunteers from the community to help rejuvenate parts of the town using plants and flowers to make the town beautiful.

PHOTOS OF SEVENOAKS IN BLOOM 2018



### **‘Friends of’ community groups**

These are groups of volunteers that help with general tidiness and gardening in the area, including: friends of the vine, and friends of the upper high street gardens. Joining one of these groups is a brilliant opportunity to meet new people and help to positively contribute to the local community’s environment.

### **Youth Councillors**

Every two years we elect a group of youth councillors to represent the views, issues, and opinions of young people across Sevenoaks. They work together to make Sevenoaks a better town for young people. Becoming a youth councillor gives young people the chance to improve their leadership skills, learn more about local government, enhance their CV, and gain volunteering/community service hours for awards such as DofE, ASDAN and IB’s CAS.

## Give it a Grow

# Give it a Grow

and grow something you can eat and share

The aim this year is to support Mayor Cllr Dr Merylyn Canet and her green initiative to get more people interested in gardening, supporting wildlife and helping the community to protect the local green environment.

## The green initiative will have benefits for all the community

Healthy Living  
Learning Together  
Wellness and Therapy  
Growing your Own  
Making new Friends  
Protecting our Green Spaces

## How you can Help

Promote the Mayor's Green Initiative  
Encouraging more volunteers to get involved  
Help us start a 'Friends Group' for your local public open space/park  
Growing and planting edible fruit, vegetables, flowers and herbs  
Growing local = less food miles

## Sharing your Knowledge

Arranging local groups in your road and neighbourhoods to garden together and celebrate nature  
Plant a tree/hedge to increase habitat and reduce pollution

## Want to Volunteer?

If you want to volunteer please register with Sevenoaks Town Council via [OSL@sevenoakstown.gov.uk](mailto:OSL@sevenoakstown.gov.uk) or 01732 459953 so that arrangements can be made for coordinating planting, clearing away debris, creation of Friends Group and anything else you may wish to contribute to the 'Give it a Grow' project.



## 11. NO. 8 BUS

Sevenoaks Town Council introduced the number 8 bus service with GO-Coach to link the town's residential areas to Sevenoaks Town Centre. The bus operates six days per week, linking the two train stations, bus station, residential areas and town centre and is £2 for a one-way journey.

This gives those residents who do not drive, or do not like to drive into town, an easy, cheap/free way to travel around town and interact with the town and its community. Additionally, older passengers have said that they find the bus a good way to socialise with other residents and meet new friends, all which helps combat loneliness in local communities.

## 12. CYCLING FACILITIES

As part of Sevenoaks Town Council's dedication to encouraging cycling within Sevenoaks, the council has committed to support the Sevenoaks District Council's cycling strategy. Cycle racks are being installed at Sevenoaks Town Council facilities, encouraging residents to take a healthier and greener transport option around the town. Recently Sevenoaks Town Council has installed 30 cycle racks at the entrance of Bat and Ball Station and 30 at the new Bat & Ball Centre. Cycle Planters have also been installed within the town centre.

## 13. FACILITIES AND GRANTS FOR VOLUNTARY LOCAL ORGANISATIONS

Sevenoaks Town Council runs a grant scheme to assist approved Local Voluntary or Charitable Bodies which provide services to residents within the Parish of Sevenoaks. This is to encourage and support the activities of voluntary organisations within Sevenoaks Town and promote new community initiatives where real benefits are offered to the community.

Some examples of what the Grant Scheme might support include:

- Equipment
- Training
- Hire of premises
- Information or publicity
- Other project costs
- Start-up or development costs for new community groups

During the pandemic the Town Council created the Community Resilience Fund ensuring that quick decisions could be made to assist with funding voluntary project such as Food Banks.

See Sevenoaks Town Council website: [www.sevenoakstown.gov.uk](http://www.sevenoakstown.gov.uk) for more details on the Grant Scheme and how to apply.

#### 14. MIND GARDENING COURSE

Sevenoaks Town Council in collaboration with West Kent Mind run a 9-week gardening programme in Sevenoaks for adults experiencing mental health problems. The programme involves joining in with gardening and conservation activities to learn new skills, meeting new people and experiencing the wellbeing benefits of nature in a supportive and healing environment.

For more information, please call West Kent Mind on 01732 744950 or email [community@westkentmind.org.uk](mailto:community@westkentmind.org.uk)

#### 15. WEEKLY TEA DANCE

Sevenoaks Town Council runs a weekly tea dance for the people of Sevenoaks on Wednesdays from 2:30 – 4:30pm. Historically this has taken place at the community centre but during refurbishment it will take place at the Stag Theatre. As well going to enjoy the dancing, it's a great place to meet other people. Entry to the tea dance is £2.90 per person with free tea and cakes served in the interval.



## 16. PLASTIC FREE SEVENOAKS PLEDGE

Every year the world produces millions of tonnes of plastic, half of which is estimated to be single use and much of which ends up in rivers, waterways, and oceans. In response to the global problem of plastic pollution, Sevenoaks Town Council and Sevenoaks Youth Council have committed to phasing out single-use plastic across all its facilities. This includes strongly encouraging groups and organisations to find alternatives to single-use plastic when using Town Council venues and launching an anti-litter campaign to encourage more recycling and less litter.



## 17. SEVENOAKS REFILL SCHEME



In May 2019 Sevenoaks Town Council will be launching the Sevenoaks Refill Scheme in collaboration with Sevenoaks Town Partnership to encourage residents to switch to reusable water bottles and reduce single use plastic. By looking out for the Refill logo, residents can now refill their own water bottle for free from any of the participating businesses.

Residents can also download the free Refill app to their device at [refill.org.uk](http://refill.org.uk) to discover where the nearest free refill point is wherever they are in the UK.

## CONTACT

For more information about any of the services detailed in this pack feel free to contact Sevenoaks Town Council on:

**Email:** [council@sevenoakstown.gov.uk](mailto:council@sevenoakstown.gov.uk)

**Phone:** 01732 459953

Or visit our website to find out more about upcoming projects, opportunities and events that can help you and your wellbeing.

[www.sevenoakstown.gov.uk](http://www.sevenoakstown.gov.uk)