



## Sevenoaks Allotment Holders' Association

Supporting Sevenoaks' allotment community for over 100 years

### Sevenoaks Allotment Holders' Association (SAHA)

#### Contact person

Sharne Battenhaussen

#### Club address

Quaker's Hall Allotments, Allotment Lane, Sevenoaks, Kent, TN13 3UZ

#### Website

[www.sevenoaksallotments.com](http://www.sevenoaksallotments.com)

#### Email

[secretary@sevenoaksallotments.com](mailto:secretary@sevenoaksallotments.com)

#### Apply for an allotment

[www.sevenoakstown.gov.uk/Allotments\\_21381.aspx](http://www.sevenoakstown.gov.uk/Allotments_21381.aspx)

#### Main activity

An allotment is your own private outdoor sanctuary, a peaceful retreat from the digital world where you can swap the gym for fresh air and "functional fitness" while cultivating a gourmet garden. It's a creative canvas that allows you to design a space tailored to your pace, offering the unmatched reward of harvesting sun-warmed produce that taste far better than anything found on a supermarket shelf. Beyond the soil, you'll join a welcoming community of like-minded neighbours, turning a small slice of earth into a rewarding lifestyle of slow living, seasonal discovery, and the simple joy of watching your hard work bloom into a beautiful, edible escape.

## Who is welcome or qualified to join?

Beginners
Experienced
Under 12's
Under 18's
Over 55's

## How can new members engage and try?

In order to engage, you would need to contact the Sevenoaks Town Council via this link [https://www.sevenoakstown.gov.uk/Allotments\\_21381.aspx](https://www.sevenoakstown.gov.uk/Allotments_21381.aspx)

## Costs

Prices 1/10/2025 – 30/9/2026: 23p per square metre. £30 per key refundable deposit

## We offer...

Having an allotment is often described as having a "secret garden" that pays you back in more than just vegetables. Beyond the obvious perks of fresh food, it offers a surprisingly wide range of physical, mental, and social rewards.

- 1. Physical Health: "The Green Gym" Functional Fitness:** Gardening involves digging, lifting, and stretching, which provides a full-body workout. Just 30 minutes of gardening can burn around 150 calories. **Vitamin D Boost:** Regular time outdoors helps your body produce Vitamin D, which is essential for healthy bones and a strong immune system. **Fresh, Nutrient-Rich Food:** Because you harvest and eat produce immediately, you get the highest possible nutrient density. For instance, store-bought tomatoes can lose up to 30% of their Vitamin C during transport and storage.
- 2. Mental Well-being: "A Sanctuary for the Mind" Stress Reduction:** Studies show that spending time in green spaces significantly lowers cortisol levels. The "rhythmic" nature of weeding and planting is a form of active mindfulness. **Combatting Loneliness:** Allotment sites are vibrant social hubs. Many gardeners report feeling a greater sense of belonging and community, which is as beneficial for health as regular exercise. **Sense of Achievement:** There is a unique psychological "win" in taking a tiny seed and turning it into a meal for your family. This builds self-esteem and provides a sense of purpose.
- 3. Environmental & Financial Impact Zero Food Miles:** Your produce travels mere meters from the soil to your plate, drastically reducing your carbon footprint and eliminating plastic packaging. **Biodiversity Hotspots:** Allotments can attract up to 50 times more bees than other urban green spaces. By growing a variety of plants, you're providing a vital refuge for local wildlife. **Organic Control:** You have 100% control over what goes onto your food. You can choose to grow entirely pesticide-free and organic, which is often much cheaper than buying organic at a supermarket.

### What do new members need to bring?

While our plots are typically provided as blank canvases to allow for complete personalisation, members are responsible for sourcing their own gardening equipment and supplies. To support you in this transition, we offer a well-stocked on-site Trading Centre. Available exclusively to SAHA members, this facility provides a convenient range of essential materials and infrastructure to help you develop and establish your allotment efficiently

### What do new members gain in the first 8-12 weeks

Improvement in fitness/conditioning
New friends
New skills
Family friendly activities

### What is your club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Expansion of inclusive/adaptive participation
Keeping costs accessible

### Community

In allotments, the sense of community is the true heart of the gardening experience, transforming individual plots into a vibrant social ecosystem. Through the Sevenoaks Allotment Holder Association (SAHA), members benefit from a unique "over-the-fence" culture where intergenerational wisdom is shared freely, and seasoned gardeners mentor newcomers in the art of cultivation. This spirit of cooperation is further strengthened by a busy calendar of social events—ranging from seasonal gatherings and seed swaps to summer social events—which provide a platform for neighbours to celebrate their harvests and build lasting friendships. Supported by communal resources like the Trading Centre, the allotment serves as a vital hub for local connection, combating isolation and fostering a shared sense of pride and ownership that extends far beyond the soil.