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ISSUE 1

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# SEVENOAKS 2020 - AN EXHIBITION AND A BOOK

Sevenoaks 2020 is a photography project involving an exhibition and a book which celebrates the diversity and dynamism of our town centre and the people who make it work.

The first written record of Sevenoaks dates from ca 1120. 900 years later, Sevenoaks 2020 was conceived as a way of addressing the contemporary challenges faced by town centres in the age of internet and car-based out-of-town shopping.

The project photographed all the 250 plus shops, restaurants, hair-dressers, beauty parlours, offices, studios... in the town centre. Half of the images feature the people working in these outlets. They are, of course, familiar to everyone who makes use of all that they provide. From haberdashery to health care; coffee to computers; dentistry to dustbins; art to artichokes; jewellery to jazz; specs to sports-wear, it's all there - and much more besides.

And then, just as the photography was almost 100 per cent complete, along came Covid-19. The onset of the pandemic in early 2020 presented - and will, along with the potentially far more serious climate emergency, continue to present - a far greater challenge to the town's businesses and activities.

Most were, perforce, stilled during lockdown. And so the photographs have taken on a greater significance as a portrait of a town centre at a decisive moment in time.

The exhibition of all the photographs highlights the vibrancy and diversity of the town centre. As soon as social distancing regulations allow - hopefully before the end of August - it will be held in the Kaleidoscope Galley within the town centre Library.

The associated book-of-the-show makes the exhibition portable and so helps to enable the exhibition's message of all that the town centre offers to spread far and wide. It includes all the photographs from the show along with a commentary on what is now needed to re-design the town centre in order to make it even more attractive. Hopefully it will help to stimulate the conversations needed to shape the decisions which need to be made and implemented to ensure that the town centre remains even more vibrant and even more attractive.



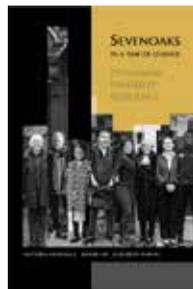
*Pictured from top: Devine, Bus Station Café Grill and Harveys Menswear.*

The book, which was published on 31 July, is entitled SEVENOAKS in a time of change DYNAMISM DIVERSITY RESILIENCE. It was written by Victoria Granville, Roger Lee and Elizabeth Purves.

It is available both online and directly from

Sevenoaks Bookshop  
[www.sevenoaksbookshop.co.uk](http://www.sevenoaksbookshop.co.uk)

and directly only from The Stag  
[www.stagsevenoaks.co.uk](http://www.stagsevenoaks.co.uk)



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## WALKING BACK TO HAPPINESS IN SEVENOAKS

**With stunning local beauty spots on the doorstep - Ightham Moat, Chipstead Lake and Sevenoaks Wildlife Reserve to name a few – now has never been a better time to walk off some of that lockdown excess. Jo Turner talks about what walking can do for your health.**

During lockdown I was furloughed, and my husband John had to work from home. We decided to use the time it usually took us to commute (an hour each way) to walk. We'd never really walked as a form of exercise before...we'd never really taken any form of exercise before, so this was something new. We worked out a route and as we were used to getting up at 6am to travel to our respective jobs and we decided that staying in that routine seemed sensible so we wouldn't be too out of sync on our return to work. The mornings were gradually becoming lighter at the start of lockdown so although we were heading out early it wasn't dark. We have walked for just over an hour every day for ten weeks and this is what we've discovered.

**Walking trims your waistline** - Both John and I had the start of middle age spread. Over ten weeks I've dropped a dress size and John has discovered he's wearing the trousers that prior to lockdown he'd been considering donating to charity.

**Walking relieves arthritis pain** - After four weeks John noticed that his arthritis pain seemed less. This seemed counterintuitive so I consulted the

arthritis society website and discovered that walking is recommended because it does indeed help reduce inflammation and stiffness in your joints. The important thing to remember is to walk 'correctly'. Hold your head up; keep your neck, shoulders and back relaxed; swing your arms naturally, with a slightly bent elbow; tighten your stomach muscles a little to give yourself a supported core, and breathe deeply as you walk.

**Walking improves your mental wellbeing** - At the start of lockdown I think we both felt really anxious about all the uncertainty. As the weeks progressed, while we walked we discussed our worries and thrashed out solutions to some of the problems we faced or might face. I certainly began to feel in a better place mentally and as though I could cope better with life in general. Being outside, breathing in the fresh air and enjoying the sunshine definitely helped to clear some headspace each day.

**Walking reduces blood pressure** - John's blood pressure had been sneaking upwards and just before lockdown our GP had been monitoring it with a view to him starting blood pressure medication. When it became clear that he wasn't going to be examined by a doctor for some time I was concerned enough to buy a home blood pressure monitor online. We tested it out to make sure the readings matched those of the clinic then forgot about it! After six weeks (on the date he was supposed to have been returning the GP) we tried it and discovered his blood pressure was just within normal range. By week ten it was well within the normal range. Mine too has dropped significantly.

Crucially throughout this period neither of us has felt like we were 'exercising'. Walking felt natural and easy. I know this article is anecdotal and personal but there is plenty of research to support exercise being almost as important as diet in controlling type-2 diabetes; that it helps with balance and co-ordination and so helps to prevent falls in older people, meaning they are more likely to stay out of hospital, which at the moment is even more important than usual, and finally that it helps boost the immune system which is important for obvious reasons right now. We will definitely continue to fit walking into our day even when life returns to a more normal pattern.



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# STUDENTS SUPPORT SEVENOAKS WELCOMES REFUGEES THROUGHOUT LOCKDOWN

Students from Sevenoaks School have been working with Sevenoaks Welcomes Refugees for the past few years as part of their service activities and during lockdown, they have adapted their support to continue helping the charity.

## Distance English language lessons

Good language skills are essential to enable the families to find work and integrate into the community, so students are helping the refugees become more fluent in English. Before lock-down refugees attended regular conversation classes in school on Thursday afternoons but the lessons have been adapted to continue remotely.

The school also supports the refugees to find employment, offering assistance searching for suitable jobs, talking to potential employers and helping them to write CVs.

## Fundraising and awareness raising

Students have been helping the charity with publicity by creating an easily accessible and informative website, which advises potential on how to join and keep the local community informed.

To go one step further, students have also created an Instagram account to keep the community updated on upcoming events, which recently included the raising the profile of a fundraiser YouTube concert held on 27 June with Ayman Jarjour and Maya Youssef for which the charity raised over £3,000.

Students have also continued to sell 'A Taste of Home', a cookbook they created last year in conjunction with some of the refugees to feature authentic Syrian recipes. More than 170 copies have now been sold with a vegetarian volume two due in the pipeline. This project has not only allowed them to raise awareness, but it has also raised funds to help resettle more refugees.

[www.sevenoakswelcomesrefugees.org](http://www.sevenoakswelcomesrefugees.org)



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\*Based on a lawn size up to 40m<sup>2</sup>

# COUNCIL ISSUES NEW GREEN BELT WARNING

**Sevenoaks District Council is taking action to protect a Green Belt site in Hever, which is being sold for development.**

The Council received tip-offs from residents that the land off Newhouse Farm Lane, Hever, near Edenbridge, is being sold as individual plots. The marketing materials suggest the land could be developed for housing.

However, the site is protected. It is in the Green Belt and just outside an Area of Outstanding Natural Beauty and therefore it's unlikely to be granted planning permission for development.

To ensure the site continues to be protected, the Council served Article 4 Directions on Thursday 30 July 2020 restricting the activities that can normally be carried out without planning permission. This includes putting up fences, gates or walls, stationing caravans and other temporary uses.

This latest action comes after the Council served Article 4 Direction on sites in Edenbridge (Hever Road) and West Kingsdown (St Clere Hill Road) as they too were being marketed as individual plots for development.



Cllr Julia Thornton, the Council's Cabinet member for planning, says: "We have committed to our residents that we will do everything possible to protect our much cherished environment. Serving these latest Article 4 Directions clearly demonstrates that we are delivering on this promise".

"Green Belt sites are protected in law and any proposal to build on them is extremely unlikely to be granted planning permission. People considering these sites should be warned, they are effectively being offered agricultural land."

Anyone who is considering buying a plot of land should check its planning status first. They can do this on the Council's interactive planning map.

Alternatively they can seek advice from the Council's Pre-Application Planning Advice team or call **01732 227000**.



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**Sevenoaks Literary Festival was established in 2002 with the aim of bringing the brightest and best of current authors to the area.**

Now in its nineteenth year, it is clear that that aim has been more than fulfilled. Indeed, the success of the Festival has spawned other, local festivals in the region.

Run by a small group of volunteers, Sevenoaks Literary Festival is almost completely self-funded. Taking place over a period of two weeks from the end of September to the beginning of October, the Festival's events are normally held at various venues throughout the town.

This year, however, the Festival is entirely virtual.

The programme for 2020 is now almost complete.

It will be held between Friday 25 September and Saturday 10 October.

Full details will be posted on the Festival website as soon as possible: <https://sevlifst.com>

The Festival has always included a broad range of speakers: novelists, musicians, biographers, activists, poets, historians, politicians, political commentators and journalists.

Leading novelists have been central to the Festival from its inception: Hilary Mantel talked about Wolf Hall on the eve of her Booker Prize win; other novelists include Kate Mosse, Sarah Waters, Patrick Gale, Jonathan Coe, Justin Cartwright, Sarah Dunant, Victoria Hislop, Penelope Lively, Lionel Shriver, Meg Rosoff, Mick Herron and Sebastian Faulks.

Biographers have included the prize-winning Lucy Hughes-Hallett; Andrew Lownie on Guy Burgess and, more recently, on the Mountbattens; Matthew Hollis talking about the poet Edward Thomas, Kathryn Hughes on Mrs Beeton; Michael Smith recounting the trials and adventures of Ernest Shackleton; Kate Williams on the infamous Emma Hamilton and the Queens Mary and Elizabeth; and former MP Chris Mullin on the politics of post-Brexit Britain.

The diverse range of historians speaking at the Festival has consistently attracted large audiences. They include Sir Roy Strong, Ian Mortimer, Tracy Borman, Thomas Penn, Stephen Smith, Tessa Dunlop and most recently



Julia Lovell exploring the continuing global reach of Maoism and Henry Hemming revealing the British practices of fake news in persuading the USA to engage in the second world war. Sevenoaks audiences also enjoy politics, with recent sell-out audiences for Alan Johnson, Gina Miller and Luke Harding speaking on money, Putin and Trump.

National Poetry Day usually coincides with the Festival and poetry is a regular feature. Past guests have included three Poets Laureate – Andrew Motion, Carol Ann Duffy, and the geographer Simon Armitage; the National Poet of Wales – Gillian Clarke and the National Poet for Scotland – Liz Lochhead, as well as popular names such as Jackie Kay, Ruth Padel and Daljit Nagra. Lemn Sissay gave a riveting performance of his poetry as well as offering a chilling account of the inhuman power of the state in his memoir *My name is why*.



Lemn Sissay



Sebastian Faulks



Michael Rosen



Gina Miller

The Festival's Literary Teas and Literary Lunches have been excellent opportunities for audiences to get up close with authors, as well as to indulge in some excellent food. Authors have included John Julius Norwich, Virginia Nicholson, Daisy Goodwin, Sophie Hannah, Sinclair McKay, Juliet Nicolson, Helen Lederer, Vanessa Nicolson, Gloria Hunniford and Thomas Harding on, appropriately enough, the history of what was the largest catering company in the world – J. Lyons.

A special feature of the Festival is the Schools Day, with talks and workshops for about 450 primary school children. Recent participants have included the illustrator William Grill, Michael Rosen, Piers Torday and Harriet Goodwin. Sadly the schools day has had to be cancelled this year.

Sevenoaks Literary Festival continues to develop, and no two years are the same. Musical events have included The Milton Consort accompanying Shakespeare's Sonnets on period instruments; Laura Barnett discussing her novel *Greatest Hits* whilst Mercury-prize nominated Kathryn Williams played the music

specially written for it; and photographer and poet Virginia Astley reading from *The English River* accompanied on the harp by her daughter. The visual forms a telling element of the Festival. Film director James Ivory introduced a screening of his film *A Room With A View* and Adam Nicolson was joined by his illustrator Tom Hammick with a selection of his brightly coloured landscapes.

The annual day-long Young Readers Festival Day was launched in 2018. It is run by Sevenoaks Bookshop with long-standing support from Sevenoaks Literary Festival. The YRFD brings a mixture of ticketed and free events and activities for children of all ages. However, as with the Schools Day, the YRFD has been cancelled this year.

This broad range of events – and 2020 will be no exception - is testament to the objective of Sevenoaks Literary Festival to make books and literature as alive, accessible and relevant as possible.

## SOAP AWARD

The Kentish Soap Company's Blissful soap has won the bronze award in the soap bars category at the ninth annual Free From Skincare Awards, sponsored by Lyonsleaf.

The Europe-wide Awards were founded to encourage and reward manufacturers of skincare products that are 'free from' many of the allergens, chemicals, additives and fragrances associated with skin sensitivities, allergies, and ethical, environmental and health concerns.

"We are so proud to have won this award for our Blissful soap", says Jayne Waddy, founder. "The ethos of the Free From Skincare Awards is close to our heart and we feel privileged to be a part of them. Our natural, vegan-friendly, plastic-free soaps, candles, bath and body products are all handmade by us in Kent so we know everything that goes in to them. As an independent, family-run business we've had such an exciting journey and we're looking forward to launching more products soon."

The announcements were made on 21st July, and followed a long judging process which included a rigorous month-long assessment by four experienced skincare testers, and concluded with round-table expert judging sessions, conducted both in person and virtually on Zoom!

For the full set of results, see the Awards website at [www.freefromskincareawards.co.uk](http://www.freefromskincareawards.co.uk)



## SHEPHERD NEAME HONOURED FOR ITS COMMITMENT TO THE LOCAL COMMUNITY

Britain's oldest brewer Shepherd Neame has been honoured for its outstanding efforts to support the local community during the Covid-19 crisis.

The independent family business, which has been based in the historic market town of Faversham for more than 400 years, has undertaken a number of community-focused actions during the past four months, including:

- Sending food from all of its closed managed sites to local food banks and to support the homeless
- Teaming up with Copper Rivet Distillery to create alcohol hand sanitiser for emergency services
- Supporting Kent hop growers with a bumper order
- Donating £4,000 to the Kent NHS Community Heroes charity in recognition of the reopening of the online shop
- Ordering 3,000 cloth face masks for team members from local company Tillet Racing Seats in Sittingbourne
- Sourcing new pub safety signage from its Charity of the Year, Royal British Legion Industries (RBLI) based in Aylesford
- Suspending all rents for licensees during the duration of lockdown, and now supporting with ongoing rental concessions

Faversham Mayor Councillor Alison Reynolds presented Chief Executive Jonathan Neame with a certificate at the brewery in Court Street on Tuesday (July 21).

She said: "I am so proud of the way Jonathan and the Brewery have performed throughout these difficult times. In particular, I have been inspired by when they were able to produce alcohol for much-needed hand sanitiser, and more recently when hearing directly from tenants what fantastic support Shepherd Neame have provided. We have something really special here in Faversham, and it wonderful to recognise this."

Jonathan Neame said: "We are delighted to receive this special honour. Our focus throughout this crisis has been to protect our people and the Company for the long term, and also continue supporting local businesses and contribute to the national effort. This honour is great recognition for our fantastic team members, who have shown great spirit, great dedication to the Company and have been a great support to each other in these challenging times."

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## SMISHING: MEET THE NEW KID ON THE FRAUD SQUAD'S BLOCK

A few years ago, 'phishing' was big news. There can't be a person in the UK who hasn't received their email from an imaginary Nigerian prince or a shady London Investment Office. Most of us are wise to phishing emails. But now there's 'smishing'. This is shorthand for SMS phishing. SMS stands for 'short messaging service' and is basically 'texting'. So smishing is the text equivalent of phishing!

Smishing texts are sent for the sole purpose of committing opportunistic fraud. The texts look like they're from a reputable company and they all have one thing in common – they encourage you to take action, often calling a premium rate number or sharing your confidential information.

It can be easy to mistake smishing texts for genuine messages but there are give-aways:

They are often peppered with spelling mistakes.

They may tell you your account is in danger and you need to act immediately, the threat being that if you don't your account will be suspended or reported or blocked. This is a scare tactic, to prompt you to follow their instructions.

They may tell you that you have won a prize, or that you will miss out on an exclusive offer unless you call a number immediately.

### STOP



If the text is badly written and full of spelling mistakes, it's unlikely to be genuine.

If your account is in danger then no phone company, bank, credit card company or HMRC will expect you to contact them directly from the text. **GO TO THE ORIGINAL SOURCE OF THE COMPANY THE TEXT CLAIMS TO BE FROM.** Phone them from the number on official documentation, such as a bill, or a bank statement, or use the contact details from the company's official website. **DO NOT** call any numbers given in the message. They will tell you whether the text came from them. If it didn't, they may refer you to their fraud department.

If a prize or an offer seems too good to be true it almost certainly is. Simply receiving a suspicious message won't breach your phone or bank security. Scams won't work unless you follow the instructions in the text.

**DON'T RESPOND** in any form to the message as that indicates the number is active and you may be repeatedly targeted.

If you accidentally fall for one:

- Change your passwords immediately to bank accounts, phone accounts and email account.
- Contact your bank and your phone company for advice. Don't feel embarrassed; smishing messages are designed to look convincing.

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**This summer, with travel restrictions in place, a staycation will be the best method for Britons to let their hair down. A staycation – or a ‘safecation’ as some are calling it – can be just as relaxing and stimulating as any overseas holiday. Energise E-bikes, a pioneering retailer right here in Kent, shows you exactly how to do that.**

The key to a successful staycation is having a Traveller’s Mindset. This means travelling with the intention to look at things as if looking at them for the very first time. With a Traveller’s Mindset, even in familiar places, you would be surprised at the architectural details you’d missed, the boutique shops you’d hurried past, and the scenic routes just waiting for you explore.

So what’s the best way to get around on a staycation? For a fast-growing number of Brits, and for millions the world over, the answer is an electric bike or ‘e-bike’. An electric bike can go where cars aren’t allowed, where walking would take too long, and where traditional bikes would struggle. In short, they are the staycationer’s best friend.

An electric bike is not a moped. It is a pedal bike that boosts your pedal power with a shot of electrical power from a small motor, in the same way that a microphone adds power to a singer’s voice. They’re more powerful than a traditional bike, so you can take longer rides in hillier places and carry more with you. It’s not a ‘free ride’. The motor doesn’t engage unless you are pedaling, and you decide how

much of a power boost you get by using the controls on the handlebar. There are folding electric bikes that you can pack up and stick into your boot, electric mountain bikes that can help you explore the wildest parts of the UK, electric ‘gravel’ bikes which are at home on the roads and light trails, and also electric trekking bikes which are all-purpose workhorses, able to carry all the bits and bobs you need to make an all-day bike ride go as smoothly as possible.

The good news is that you don’t have to travel far to find the some incredible, traffic-free spaces. Right here in Kent are some beautiful routes that will leave you feeling refreshed and rested. Here are two that you might like to explore by e-bike.

### Crab and Winkle Way

This is a delightful, mainly off-road route from Canterbury to Whitstable. The scenery is wonderful – especially once you reach the highest elevations and can see the whole of Whitstable. There are also places to stop and picnic, such as the ancient and beautiful Blean Woods. Whitstable’s eateries are a good reward for this 24 mile round trip with some of our favourites including Whitstable Oyster Company and Sundae Sundae.

### The Tudor Trail

A perfect short trail – only 6 miles – which nevertheless takes in the bridge over the River Medway and Well Place Farm with expansive views of that famous Kent countryside before taking you alongside two lakes on the way to Penshurst Place,

a characterful building and the most complete example of 14th-century domestic architecture in England.

### The Kent Coastal Castles Trail

If you’d rather be beside the seaside, try the Kent Coastal Castles trail. Beloved by walkers and cyclists alike, and also wheelchair accessible, this route between Kingsdown and Deal takes in the historic Walmer Strand – legendary landing site of Julius Caesar – as well as Walmer Castle and Wellington Parade. It even takes you to South Foreland Lighthouse, St Margaret’s at Cliffe with its glorious views.

### Which type of electric bike should I use on staycation?

Which electric bike you take on staycation depends on how you transport the bikes to your destination, and what terrain you’re going to cover. However, for most rides in the UK, an electric trekking bike will work a treat. A trekking bike’s frame lets you sit in a comfortable position, and the wide tyres soak up shocks from the road while also allowing you to go off-road if you need to. They also come with all the

things that make travelling by bike easier: rear rack, mudguards, kickstands and lights.

### How do I make sure I’ve got the right e-bike for me?

Try them out! You could waste hundreds of hours reading reviews and specification sheets of electric bikes online, but even that level of information will never be able to tell you how your body will react to any given bike. The fastest and most reliable way to pick out the best electric bike for you is to test-ride them with a reputable dealer. Within half an hour, you can try various electric bike models which can be adjusted to fit you like a glove.

### Kent’s Hidden Gem

Energise E-bikes in Royal Tunbridge Wells is a leading light in the electric bike world, having been opened by the Mayor of Tunbridge Wells in 2013. With the widest range of electric bikes in Kent, and quiet roads for customers to try them out on, the showroom on St Johns Road is the perfect place to pick up an e-bike for your summer staycation. Head to [energiseebikes.co.uk](http://energiseebikes.co.uk) for more information.



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**An interview with senior audiologist, Sandra Rodrigues, Hearbase at Sevenoaks Medical Centre, part of KIMS Hospital**

**What is an audiologist?**

An audiologist is a clinical health care professional responsible for helping those who have problems with their hearing and balance disorders. It's a highly qualified role, and each day an audiologist could be assessing and fitting hearing aids, providing ear protection, tinnitus support and advising on balance and wax removal.



**How long have you been at Hearbase?**

I have been at Hearbase for over 7 years now and I enjoy my work, especially meeting and helping so many people in the local community, old and young, including children, from all walks of life. I am based at the new Hearbase clinic at the wonderful Sevenoaks Medical Centre, Beadle House, London Road, Sevenoaks, TN13 2JD.



**What are the first signs of a hearing problem?**

Some of the early signs are when you struggle to keep up with conversation in noisy places, when your family tell you the TV is too loud, or when you have difficulty hearing people clearly. If you experience ringing or buzzing in your ears, or head, or a feeling of blockage, these can also be early signs of hearing loss. Also, if you find you can hear better when you look into people's faces that is also a red flag and you should get your hearing tested.



**Why should I have my hearing tested?**

Not being able to hear, seriously impacts your quality of life, not to mention talking with friends, family and others. I recommend if you show any of these early signs, you should get it checked. If you are concerned about someone close to you who struggles to hear, speak to them about getting a free hearing test and why not join them to offer support if they need a little bit of encouragement?



**Why should I go to Hearbase at Sevenoaks Medical Centre?**

Well, to start, our hearing tests are completely free. This isn't unique to us, you can get your hearing tested elsewhere, but as we are expert audiologists, if we find anything of concern after your free hearing test, we will point you in the direction of specialist services quickly. We are a really friendly bunch of people and our focus is to listen and help you to manage your hearing.

**How should I look after my hearing?**

If you notice any change to your hearing, large or small, then always get it checked. Having a hearing test should be done regularly like you do with your teeth and eyes. This is important however old or young you are. If you work in a noisy place or have a history of hearing loss in your family, have a hearing test, it only takes 30 minutes.



## An offer of help

We've plunged into difficult and worrying times. Within just a few weeks our lives have changed and there's no end in sight. We will get through it, but we do need to help each other wherever we can.

As a local firm of financial advisers we, just like everyone else, want to do 'our bit' to help our community.

**So, if you're concerned about your finances and need advice, please call us – we may be able to make a difference.**

If you need to arrange a mortgage, are worried about your pensions or investments, have questions about employee benefits for furloughed colleagues, want to ensure you're protecting yourself, your family or your business effectively – or simply want to have a chat to reassure yourself, that you're doing everything you can, to make sure your business and personal finances weather the storm, we're here to help.

Although we may not be able to meet, we're happy to answer your questions over the phone at no cost and, of course, any initial consultation we may suggest is also complimentary.

Finally, please beware of scams! If you want to check us out, please visit the Financial Services Register at [www.fca.org.uk](http://www.fca.org.uk) – we're listed under reference 607130.

## Do you need financial advice?



*Perhaps you wish to purchase a new property, or are looking to save some money on your existing mortgage?*

*Are you seeking advice on your pensions or do you have some money that you would like to invest?*

I'm Daniel Karim, an Independent Financial Adviser with over 27 years' experience in banking and finance. I pride myself on being truly independent, meaning that I can access the whole of the market to help clients like you find the right solutions, at the right time, for your financial needs.

I love what I do for my clients - discussing their financial aspirations, helping them achieve their dreams of financial freedom and the quality of life they desire. My first experience of the benefits of financial planning was a personal one, as a result of my father's premature passing. Although he had undertaken basic steps towards providing for the family's future, these basic steps went a long way to ensuring that the family were protected from severe financial hardship. This experience enhanced my passion for financial services and this passion for what I do has lasted many years. My clients often remark that I always appear cheerful, with a big smile on my face!

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## TATT - ARE YOU TIRED ALL THE TIME?

**How do you feel when you wake up? Are you refreshed and ready for the day? Or do you feel drained, like you've hardly slept.**

GPs report that more patients are complaining of lack of energy. The syndrome even has its own name, TATT - which means tired all the time.

If you constantly feel lethargic it is important not to ignore it. TATT is common but there are steps you can take to help yourself. There are many different causes of fatigue, and a good place to start is a chat with your GP.

If you feel overwhelming exhaustion, which gets worse rather than better with activity, and does not improve with rest, you might be suffering from myalgic encephalopathy (ME) or chronic fatigue syndrome (CFS). There is not a definitive cure for these conditions but there are treatments and self-help measures that can help to ease the symptoms.

A GP will test for other medical problems that can cause tiredness, such as anaemia, thyroid issues, food intolerances or diabetes.

Many cases of TATT are related to mental health problems, such as depression and anxiety. Traumatic life events, stress and money worries can also cause fatigue. Talking therapies can help in these cases, and your doctor may be able to refer you to a counselling service.

If a GP has ruled out more serious underlying causes but you still feel tired, there are lifestyle changes that will help. First make sure you're getting enough good quality sleep. Make it a priority for a few weeks to see how much better you feel.

The Royal College of Psychologists' advice is to have both a regular bedtime and wake time, and avoid napping. If you struggle to drop off try a soak in a warm bath before you go to bed because this will make you feel calm, and the drop in body temperature when you exit the bath fools the body to start to prepare for sleep.

Reduce your stress levels by scheduling relaxation time into your day. This could be something as simple as listening to your favourite music or meeting friends for a chat.

A good diet also plays a role in increasing your energy levels. Try eating small snacks throughout the day, rather than one large meal in the evening. Avoid alcohol and drink more water. Cutting caffeine will also help but cut down gradually to minimise the risk of headaches.

Finally, a little light exercise is another proven way to fight fatigue. Even a quick 15-minute walk around the block will give boost your energy.





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## ARE YOU HAPPY?

Late last year, a survey by property company Rightmove was conducted to find the happiest place to live in the UK. Sevenoaks, perhaps unsurprisingly, made the top ten.

The town has also regularly won similar polls by region. But while community spirit and other factors go a long way to making people content in their life, what about personal happiness? Tracey Anderson takes a look:

"Are you happy?". It's an interesting question... with an interesting answer. It turns out that happiness is not a destination; it isn't something to be achieved. Happiness is something that resides inside you. You can be happy wherever you are, right now.

Define happiness for you - Happiness isn't the same as pleasure. It isn't a single emotion. Happiness requires you to go through the pain and struggles of life and deal with them like everyone else.

How you react to pain and struggle defines your happiness. As you deal with and solve your own problems and those of others you actually become happier.

More doesn't mean happier - More money, a faster car and a bigger house won't make you happier, because happiness comes from within. Beyond the financial security we need to provide a place to live, pay for essential services and food to eat, we don't need a whole lot more. More is nice, but not essential for happiness.

Find your thing - You're not going to excel at most things in life but all of us have at least one thing we're great at. It could be knitting, playing piano, or making wooden bird houses, but find it, enjoy it, and make it yours. You don't have to be world class, just good enough to give you pleasure.

Find your values - Consciously think about your thoughts and feelings. Don't stay in a job you hate to buy things you don't need. Don't hang out with the group of friends who drag you down when you can spend time with one or two who lift you up, and definitely don't keep saying yes to things you don't want to do.

This isn't a magic formula for happiness, but it's a start. Happiness, like anything worthwhile takes practice.

Be happy.



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## CLEANING COMPANY SANITISES SEVENOAKS TOWN CENTRE

Local cleaning specialists Wetton has joined forces with Sevenoaks District Council to sanitise street furniture in Sevenoaks town centre for free to help make the area COVID secure.

The Pembroke Road-based company is providing the service to help protect the public and to support other town centre businesses.

Wetton is using an electrostatic spraying process to sanitise everyday objects that could be touched by the public, including pedestrian crossings, handrails, bins and parking machines. The special bug-killing spray forms a sanitisation shield, which continues to work for up to 30 days after application.

The company has also carried out microbe tests on sanitised equipment to confirm the spray is working effectively.

Wetton will continue to work with Sevenoaks District Council over the coming months to monitor the levels of microbes found in the town centre to see when further treatment will be required.

Following the initial High Street treatment, Wetton's Executive Director, Justin Baker, says: "We hope this will help support our fellow town centre businesses and encourage visitors back to this friendly market town as more shops, restaurants and bars start to reopen."

Cllr Margot McArthur, the Council's Cabinet Member for Cleaner and Green says: "We are so grateful to Wetton for the extra cleaning in Sevenoaks town. I'm sure our town centre businesses are grateful too. Wetton is doing an amazing job sanitising and testing. This, combined with our own cleaning schedules, should give greater confidence to shoppers and diners to return to the town when they're ready to do so."

Another local organisation to benefit from Wetton's help is Sevenoaks Town Football Club. The staff at Wetton have completed a full sanitisation clean of their 3G pitch facilities and have worked with the club to help implement a COVID secure environment ready for when players return to training.





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## GOING FOR GOLD - REMODELLING SENTIMENTAL JEWELLERY

**Have you got some old gold jewellery, which has sentimental value but which you never wear?**

It sits in your jewellery box, among the costume jewellery you wear all the time, and whenever you see it you feel a pang of guilt. Gold has always been seen as a good investment as it holds its value especially in uncertain economic times. This means that many of us have some random inheritance pieces in our jewellery box. It doesn't feel right to sell it so what can you do?

Have you ever thought about creating new jewellery from old jewellery?

It might have been a thoughtful but misplaced gift, or inherited from an elderly relative with dubious taste, or it might be pretty but looks dated, and isn't your style. Jewellery has one purpose... to adorn, and if you're not wearing it, you're preventing it from fulfilling that purpose. So why not use your old jewellery to create something you love to wear?

### Find a jeweller

Do your research. Ask friends and family who they use. If you see someone wearing a particularly beautiful piece, compliment them on it and ask if they had it made and by whom. People who wear gorgeous jewellery usually know of a jeweller, even if their current piece was not purchased from them, and they love to share that information, because who doesn't love to be complimented on their exquisite taste!

### Design Meeting

The jeweller will set up a meeting to assess your heirloom jewellery. They'll look at the quality of the gold and any gems. The gems don't have to be real. Some quality paste gems are stunning in their own right and may just need a more modern setting to transform them. Some jewellery processes such as 'casting' are not suitable for paste gems or softer gems such as emeralds.

### Sketching & Designs

Make sure you take in some pictures of jewellery that you love, or architecture you like, or pebbles and plants from the natural world. The jeweller will want to see what you like so they can bring your ideas and inspiration to life on paper. Be sure to be clear about your budget, you'll feel much happier if you are. They usually send 3-5 sketches of their ideas and then you get to discuss them and decide on any revisions. Jewellers generally won't copy someone else's work exactly; they will want to create a piece for you. Some jewellers work on their designs in pencil and ink, others on a 3D CAD system. Find a jeweller who works in a way you feel comfortable with.

### Collection

At collection, the jeweller will take you through caring for your jewellery and advice on maintenance. Some offer an annual clean and service. Also ask about insurance value.

Then enjoy wearing your jewellery, full of memories, yet uniquely yours.



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Most people find the sound of water relaxing. The benefits of 'blue space' – the sea, rivers, lakes, canals and waterfalls, have been studied, and found to be psychologically restorative; associated with increased sense of well-being, lower levels of stress and mental illness, lower blood pressure, and higher levels of vitamin D. In short, being by water is good for body and mind.

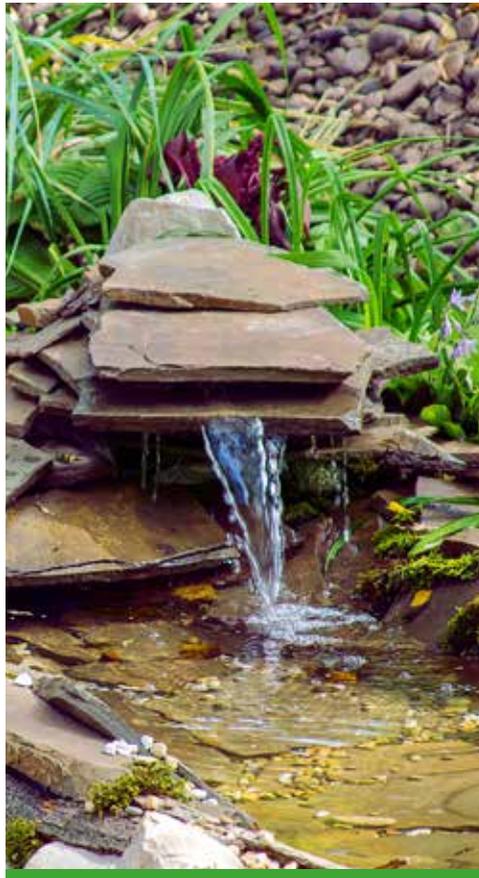
Can we replicate this in our gardens?

The presence of water in the garden can transform a space into a natural haven of calm, and provide a focal point. Running water in a garden produces negative ions which are known to increase serotonin production in the brain. Serotonin is the chemical that elevates our mood and relaxes us.

There are many ways to introduce water into a smaller space, including natural look ponds and waterfalls, but you don't need a deep ornamental pond; you can create a small pond in a container, or create a toddler and pet-friendly pebble pond, or install a modern water feature which uses reflective surfaces that bounce light around, creating movement and life in the tiniest space.

Any water source will attract a wide range of wildlife. I have a metallic sphere water feature on my patio that seems to be a magnet for dragonflies, which are a delight to watch. A shallow beached area or pebble pool will attract bathing birds, and also frogs and toads, which can shelter, breed, and stay out of sight of potential predators. You may even attract a hedgehog or two. They enjoy shallow pools with sloped edges, so they can drink and bathe without falling in. A small barrel or container pond will allow algae to grow which will attract water invertebrates including snails, pond skaters and water boatmen.

Kids love water so introducing a pond is a great way to encourage them to learn about local wildlife while having fun. Safety is crucial though; if you have young children it might be better to wait until they are older before creating a large pond, as it will require constant supervision. A pebble pool with a small fountain effect provides all the sound and fun of water with none of the depth, and a large trug or half barrel can be transformed into a tiny wildlife pond. If you do create a pond, position it where it can be seen from the house, make sure the edges slope gently, and fence it off while the children are young.



Planting around water features is half the fun. The water forget-me-not, *Myosotis scorpioides* is perfect for growing in shallow water or in the muddy area at the edge of ponds. It has pretty blue flowers in late spring and attracts newts, which lay their eggs on the leaves. Irises and grasses look lovely planted around any water features and you can even find a tiny lily - *Nymphaea 'Pygmaea Alba'* white - for small ponds, which has the bonus of being heavily scented.

Water features in a garden are no longer the preserve of the rich, with acres to spare. Even if you only have a tiny balcony you can now enjoy the sight and sound of water in your outside space.

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*At the time of going to print, the Sevenoaks district had recorded 355 official cases of Coronavirus. But have you had COVID-19 without knowing? A new study reveals at least one in five people infected don't show any symptoms*

**A new antibody testing study led by researchers at King's College London has shown that one in five people in London and the South East of England who have been infected with coronavirus didn't show any symptoms of COVID-19, while more than a quarter who did fall ill didn't have the three core signs of the disease: persistent cough, fever and loss of smell (anosmia).**

This is the first UK-based study linking detailed ongoing symptom collection data with antibody testing, and highlights the likely extent of COVID-19 infection across the region.

To understand the true picture of the disease we not only need to know who is infected right now - currently determined through swab testing - but the extent to which people have previously been exposed to the SARS-CoV-2 coronavirus, as revealed by testing for antibodies in the blood.

The virus is difficult to study as some people become seriously or fatally ill, others will have a wide range of less severe symptoms, while some will have very mild or no symptoms at all (asymptomatic).

The researchers carried out antibody testing on blood samples from 432 adults aged 18-89 in the ongoing TwinsUK study living in Greater London and South East England, 382 of whom had also been regularly logging their health over three months using the COVID Symptom Study app. Participants were also given a swab PCR test to check whether they were currently infected with coronavirus, and asked if they had ever previously been tested.

The team discovered that one in 8 (51, 12%) were positive for viral antibodies. This is approximately double the proportion estimated by a recent ONS survey of antibody testing in the UK general population.

Focusing on 48 people with a positive antibody result who had also been regularly logging their health, the researchers found that nearly one in five (9, 19%) never experienced any COVID-19 symptoms throughout the duration of the study.

More than one in four (16, 27%) who had antibodies and experienced symptoms didn't have the 3 core NHS symptoms of persistent cough, fever and anosmia. However, loss of smell alone was still highly specific for having COVID-19, compared with the combination of all three symptoms, highlighting its importance as a key early warning sign of the disease.

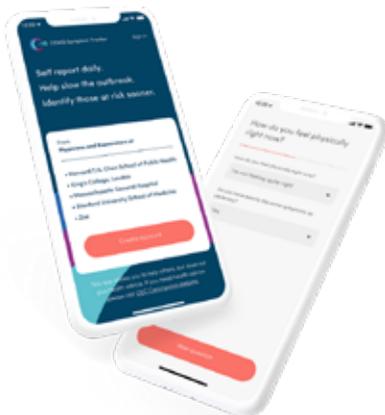
Additionally, around half of the app users who reported symptoms that were highly predictive of COVID-19 did not have antibodies against the virus, confirming other studies showing that current antibody testing misses a substantial fraction of cases.

This could be some because antibodies fade quickly in some people, or they never create an antibody response at all. Further work by the team is looking into whether alternative aspects of immunity, such as T cells, may also play a part in the immune response to the virus.

Understanding the true extent of infection and transmission is vital in order to effectively identify and contain further outbreaks across the UK. This study highlights the fact that a significant proportion of the population in London and the South East are likely to have been exposed to coronavirus, many of them without showing any symptoms at all.

Study lead and consultant geriatrician Dr Claire Steves said:

"Our findings highlight the fact that a significant proportion of people who get infected with coronavirus don't have any obvious symptoms but may still pass the disease on to others. It's essential that we all take steps to protect the health of everyone by sticking to social distancing



guidelines, wearing face coverings in public and following good hand hygiene practices."

"Testing is much more available now," she added, "So if you have symptoms you can't explain - get a swab or saliva test, as that way you will know to protect yourself and the people around you."

COVID Symptom Study lead Professor Tim Spector said:

"These results suggest that both swab and antibody testing significantly underestimate the extent of coronavirus infections in the population. We need to combine testing approaches together with getting as many people as possible logging their daily health through the COVID Symptom Study app to really understand the spread of the virus and control it over the months ahead."

The findings are available online as a pre-print, and have been submitted to a scientific journal for rapid peer review and publication.

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## LOAN AGREED TO SUPPORT THE STAG

Sevenoaks District Council has agreed to offer Sevenoaks Town Council a loan facility of up to £220,000 to help support the future of The Stag.

Due to the Coronavirus pandemic, the future of The Stag, which is run by the Town Council, was in the balance, with funds predicted to only last a few more months.

The Stag launched a public fundraising campaign to save the independent venue and residents and patrons have come forward to help.

Now, Sevenoaks District Council has stepped in and offered a £220,000 loan facility to the Town Council to take as much or as little as they need to help the arts and entertainment hub through this period.

With a strong, realistic recovery plan in place, and the Town Council guaranteeing the loan, there is minimal risk to the District's Council Taxpayers.

The loan facility is in addition to a discretionary £25,000 Coronavirus support grant agreed and distributed to the Stag by Sevenoaks District Council at the start of the month.

Leader of Sevenoaks District Council, Cllr Peter Fleming, says: "Coronavirus has had a serious impact on the arts and sadly, many venues may not make it through the lockdown. We were determined to help the Town Council to support this important arts hub that benefits not just Sevenoaks but also the wider District economy."

"Access to the arts will play an essential role in reconnecting with communities and bringing people together through cultural activities once the current position changes. "This loan facility will act as a safety net for the Stag and the Town Council can use it as it sees fit. But I would still urge the public to support the Stag's fundraising campaign and the centre when it reopens its doors shortly."

Business Development and Marketing Manager Lisa Whitbread from The Stag, adds "We are very grateful for the offer of the loan. We will need funding for us to reopen, stay open and survive and that includes the grant funding from Sevenoaks Town Council and the money raised from generous public donations. We are still hopeful that we can move forward with confidence towards a brighter future for The Stag."

Cllr Nicholas Busvine OBE, Mayor of Sevenoaks says: "Sevenoaks District Council's recognition of the Stag as a cultural centre's positive impact on the town and District is very welcome. We also greatly value all offers of financial support that have been made to help save our Stag. I would particularly like to thank the thousands of local residents who have sent messages of support to the Stag and who have so generously donated. We need to keep up the momentum – and take the opportunity to go to the Stag now it is re-opening".

The decision to loan Sevenoaks Town Council £220,000 was agreed by the Council's Cabinet on Thursday 9 July 2020.



**LUCY REED**  
*as Jack Troll*

**MANDY MUDEN**  
*as Fairy Flossie*

**ANT PAYNE**  
*as Silly Billy*

**ROSIE GLOSSOP**  
*as Fairy Fabulous*

**JAMIE ALEXANDER WILSON**  
*as Drinn Troll*

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PREPARATION TIME: RISE 2-5 DAYS | COOKING TIME: 5 MINS + 35 MINS | MAKES 4 PAN-SIZED PIZZAS

**IMPORTANT** - You cannot use a non-stick frying pan for this recipe. It has to be a cast iron pan or skillet.

**INGREDIENTS**

500g Strong white bread flour (But if you have any Italian 00 flour, it's is even better).

1½ tsp dried active yeast. I did not have this throughout lockdown and used rapid dried yeast instead. I found that the rise time was quicker (2 days vs 4 days) so this might actually be a bonus.

1 tsp table salt  
1 tsp sugar

**Topping**

1 400g tin chopped plum tomatoes  
1 pack buffalo mozzarella  
1 bunch basil

Extra-virgin olive oil, to drizzle

Plain is great but you can add any toppings you like. We made Pepperoni, ham and sweetcorn, and ham and pineapple.

**METHOD**

Mix the flour, yeast, salt, and sugar then stir in 325ml water to a smooth dough. Cover and put in the fridge for two to four days. Remember rapid yeast will activate faster and may only require two days, or even one if you're in more of a hurry.

Tip on to a lightly floured surface. Divide into four roughly equal portions, shape into balls, cover and leave for two hours.

While the dough is rising take the cheese and toppings out of the fridge so that they come to room temperature.

Empty the tomatoes into a saucepan over a medium heat and simmer for about 30 minutes, until they form a thick sauce. Season this to taste with salt and a pinch of sugar.

Once the dough has proved, flatten it into pizza bases to fit your pan. For reference my pan has a 26cm base. Heat the cast iron frying pan or skillet over a moderate-high heat. It's ready when you drop a little water into the base and it instantly hisses and bounces. Preheat the grill to between moderate and high.

Lightly flour your hands then stretch the dough into a rough round, keeping the edges a bit thicker. Cook in the pan until the top starts to dry out then add some tomato sauce and mozzarella. Wait a minute before adding any other toppings. Leave in the pan until base begins to char. The first time I chickened out but as I got into the groove the subsequent pizzas were much better. When you're happy with the bottom switch the pan to under the grill until the cheese bubbles and the edges brown. Finish with a few basil leaves.

These really are the next best thing to a pizza from a pizza oven or a proper pizzeria.

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