

THE SEVENOAKS SIGNAL



ISSUE 2

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Sevenoaks Town launch supportive campaign away from the pitch.

As one of the largest FA Charter Standard Community Football Clubs in the South East, Sevenoaks FC is now playing a part in a pioneering initiative to help the local area perform after the impact of COVID-19.

Established in 1883, Sevenoaks Town FC has played an active part in the local community, providing football for hundreds of footballers from youth to adult, men's to women's, disability to walking football. Now, the club is moving away from action on the pitch to play an important part as a team for the local community.

The club is asking for your support (not on the pitch this time)! to back their Support Sevenoaks campaign help local businesses get back on their feet. The club has created a Support Sevenoaks card which is free a loyalty scheme. If you make a purchase at stores and services who are a part of the scheme, you'll receive a stamp of thanks. Once your Support Sevenoaks card is full of stamps, you can use it to gain free entry to a First Team games during the 2020/21 season when crowds are allowed to return. You simply bring the fully stamped card along to your chosen game and present at the turnstile.

The scheme comes from The Oaks' desire to show local businesses, we are all on the same team. By visiting and investing in our local shops and services, we can play our part. As a local football club, Sevenoaks Town want you to support. If you fill in your Love Sevenoaks card by visiting partners across the local area, they want to say thank you! And if football is not your thing and you don't fancy using your card to go to a game, the club have it covered too. You simply get in touch via email hello@sevenoakstownfc.co.uk with your details and an upload of your complete card and Sevenoaks Town FC will donate the equivalent of the match day entry to a local charity.

Club Chairman Paul Landsdale hopes the scheme will further incentivise local people to support businesses in the area. "I am extremely proud to be launching our Support Sevenoaks initiative. The scheme was devised by us as a club because we know just how important local provision and services are. We take great pride in our identity and the area we are a part of.

We know first-hand, how challenging the past few months have been. The impact of Covid19 on businesses and organisations of all shapes and sizes has been huge. We want to help these businesses, their owners and employees find their feet again." We hope the idea is something those involved with the football club alongside residents and the businesses of Sevenoaks itself can get behind. Businesses can get in touch with us to be a part of Support Sevenoaks and we will equip them with the materials, the card and branding required. The Eat Out to Help Out scheme finished after 1 month, whereas this card will be in operation by us throughout the 2020/21 season and maybe even beyond if it proves to be valuable and enjoyed by people living, working and visiting Sevenoaks".

The scheme is already being supported by a number of local businesses including Nonna Cappuccini, Harveys Mens Wear, Wilkinson Eye Studio, Computer Shop and Bat and Ball Sports. Sevenoaks businesses do not have to pay a penny to be involved with the club's Support Sevenoaks campaign. They are simply required to stock and display the card, tell customers about the initiative and stamp the cards of those who shop.

Sevenoaks Town have even committed to extending their helpful hand of support to promote businesses on their social media channels and website which are visited by thousands of people on a weekly basis. It's clear that when it comes to business and community, Sevenoaks Town is the team to follow. Yet it doesn't matter whether you like football or not – we all #SupportSevenoaks – and that is the main thing. If you'd like to get involved with the Support Sevenoaks initiative please email charlotte@sevenoakstownfc.co.uk.



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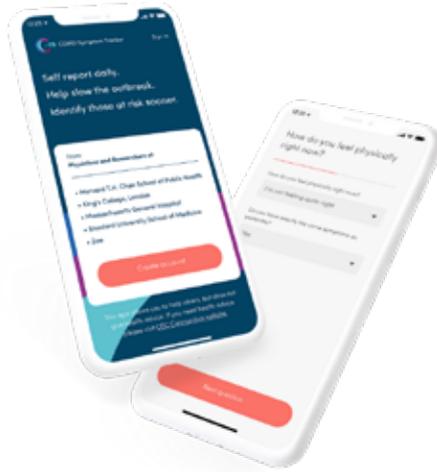
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BACK TO SCHOOL: THE REAL SYMPTOMS TO LOOK OUT FOR IN CHILDREN

According to research from the COVID Symptom Study app over half (52%) of children school aged children (those under the age of 18) who tested positive for COVID don't log any 'adult' classic symptoms (cough, fever, anosmia) in the week before and after the test. In addition, a third (33%) of children who tested positive for COVID never logged any of the 20 symptoms listed in the App suggesting many children are asymptomatic.

With children heading back to school this week it is important that parents and teachers are aware of all the symptoms that children might present with to make the right decision when it comes to sending them back to the classroom. The research highlighted that children display a different range of symptoms compared to the overall adult population. The top five symptoms in school aged children who test positive for COVID are; fatigue (55%) headache (53%), fever (49%), sore throat (38%) and loss of appetite (35%). This was different compared to the App's data on adults; fatigue (87%), headache (72%), loss of smell (60%), persistent cough (54%) and sore throat (49%). In addition to this, research from the app has also found that one in six (15%) children who test positive for COVID also present with an unusual skin rash.



Tim Spector, Professor of Genetic Epidemiology at King's College London, comments:

"Getting children back to school and keeping them in school is a priority, so it is essential that we understand how COVID-19 affects children and highlight the potential differences. Knowing that children present less often with respiratory symptoms and are more likely to be suffering from headaches, fatigue and skin rashes, will help parents make the right decisions to keep them at home until they feel better. This is a stressful time for all and if as many parents log for their children as possible we will have a much clearer picture of COVID within local schools across the UK allowing us to keep schools open and children learning!"

The COVID Symptom Study App was developed and is managed by health science company ZOE. Research using data from the app is being undertaken by academics at King's College London. The findings are based on the data from 198 children with positive tests and roughly 15,800 negative tests, making it currently one of the largest studies of COVID positive children in the UK.

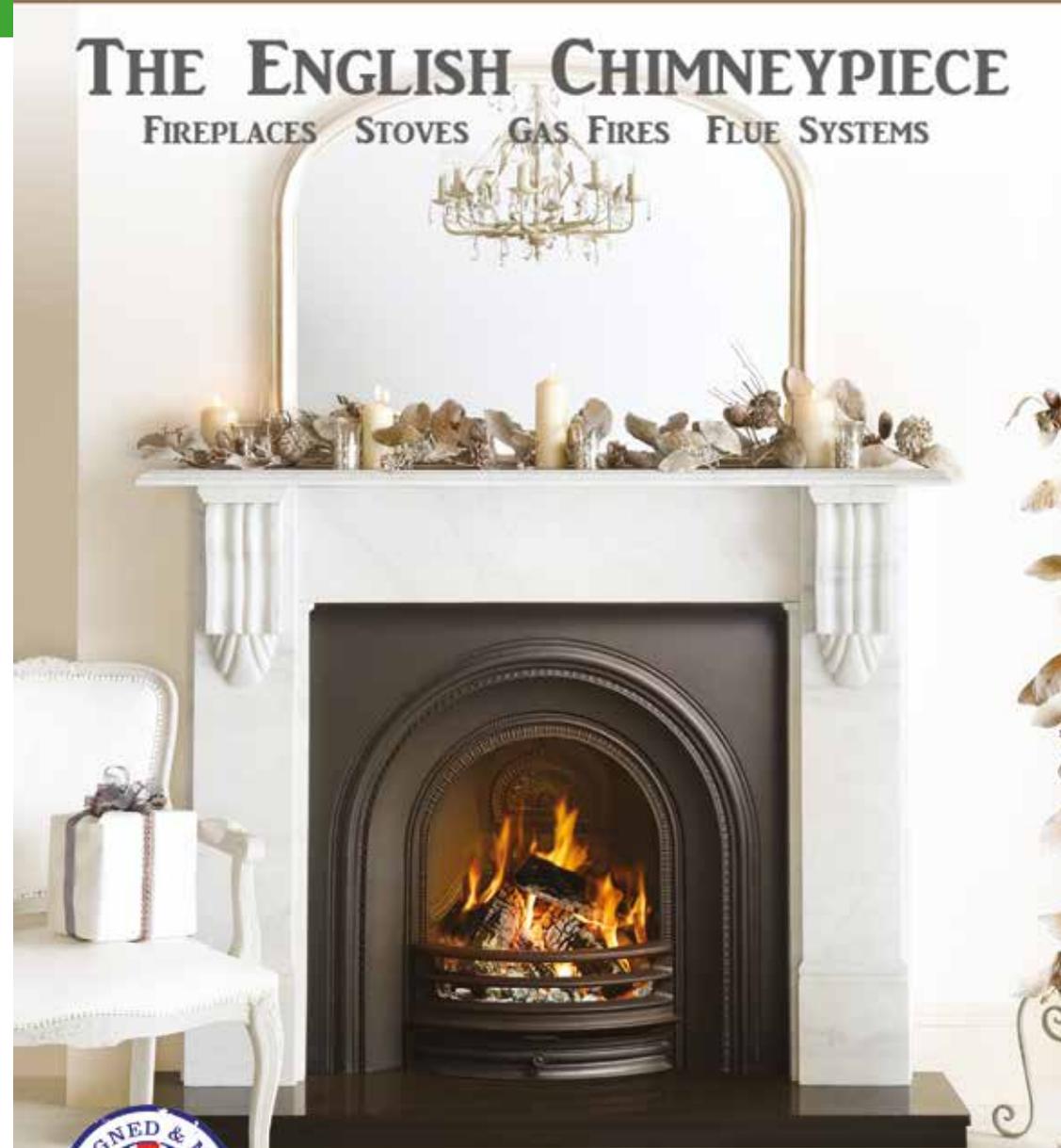
The COVID Symptom Study app allows parents to log the health of their children with its multiple profile setting. Currently the app has nearly 250,000 children on the app, but in order to help increase the accuracy of hotspot detection and help to further research the symptoms in children, more children are urgently needed. The app is available to download from the Apple App Store and Google Play Store.

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The Archbishop's Palace Conservation Trust was formed in 2017 with the aims of working for the benefit of the public on the preservation, restoration, maintenance, repair and improvement of the Archbishop's Palace in Otford, Kent, and of advancing the education of the public in the history of the Archbishop's Palace, the Tudors, the role of the Archbishops and the history of the Darent Valley by the provision of exhibitions and other learning experiences.

The Otford Heritage Centre in the centre of the Heritage Village of Otford, shows many aspects of village life and history from pre-historic times to the twentieth century including a 'time-line' and many historical artifacts. There are regularly changing displays.

Now, after lengthy discussions, both parties have reached agreement on a programme of close collaboration which, it is intended, will lead to a merger of the two organisations in due course. In the short term it opens the way for the museum to achieve accredited status. Much of the preparatory work on accreditation has been carried out over the past six months and the formal application will be made shortly. The next step will be a complete review and cataloguing of the collection of objects

on display in the Otford Heritage Centre and those in storage in various locations in the Village. The long-term intention is that the collection will be displayed in the Palace, in the ground floor space of the conserved and refurbished North West Tower. The two organisations are also planning an outreach programme that will enable schools in the Darent Valley and London to access the objects in the collection, supported by educational materials and talks by local historians.

Speaking at the formal signing ceremony on 23rd August 2020, Nick Rushby, Secretary of the Trust said: "The Trust and the Heritage Centre Committee have been working on this merger since the beginning of the year. The agreement marks the start of a new phase for both parties and the opportunity for a far greater audience to engage with the heritage of Otford and the Darent Valley." Sir Mike Bett, who has been the Chairman and then President of the Otford Heritage Centre since its formation twenty-one years ago, said: "I am delighted that the museum created by these collaborative arrangements will enable villagers and visitors to enjoy an increasingly comprehensive and coherent picture of Otford's remarkable 4,000 years history in the Darent Valley."

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SEVENOAKS IN A TIME OF CHANGE

A photographic celebration of the town centre in 2020 - official opening Kaleidoscope Gallery at the Library, Sevenoaks

On 14th September, Sevenoaks Town Mayor, Nicholas Busvine OBE, launched the photographic exhibition Sevenoaks in a time of Change, a comprehensive portrait of people who work in the town centre in 2020

Amongst those attending were Ros Barker and Sue Evans, Kaleidoscope Gallery and Sevenoaks Visual Arts Forum leads, Evy Barry, filmmaker, Councillor Alan Pett chair of the Sevenoaks District Arts Council, David Green Chairman of the Sevenoaks Society, Roger Lee, the exhibition photographer, and Elizabeth Purves and Victoria Granville, the exhibition organisers.

The Mayor highlighted the crucial role of all those who work in the Town centre not only providing for residents and visitors but also in bringing the town back to some kind of normality in this exceptional year. In response, Victoria said

'Welcome to this extraordinary portrait of the people who continue to sustain us in Sevenoaks. Please come and enjoy the exhibition and, while you are here, do contribute your comments towards a vision for the future of Sevenoaks.'

Like all town centres, Sevenoaks is currently coping not only with the challenges of out-of-town shopping and internet retailing but with all the changes needed to ensure the safety of residents, workers and visitors in the face of Covid-19.

This exhibition highlights the continuing dynamism, diversity and resilience of Sevenoaks in a time of change. It offers a portrait of the whole of the town centre with over 240 photographs of the people and places that make it work.



Here are spaces of provision – from violins to vacuum cleaners, spectacles to spuds, clothes to coffee, finance to films, books to beer; and spaces of care – from backs to back teeth, advice to architecture, IT to ink. Above all, here are spaces of interaction and for the enjoyment of sociability.

Work on taking, gathering and printing the photographs began in October 2019 and was completed in September 2020. Covid had an effect, of course. Half of all the photographs include the people working in the town whilst the other half shows only the premises in which they work. All the photographs will be placed in an electronic archive for future generations.

The exhibition runs until 17th October 2020, open daily (except Sundays) from 10.00am to 04.00pm

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FLY TIPPING: GREATER ACTION NEEDED

24th August saw the 13 Kent councils via the Kent Resource Partnership (KRP) write to the Magistrates Association urging greater efforts to work together to tackle waste crime.

The letter set out the impact fly tipping is having on the county, such as:

- Extremely high costs to Kent taxpayers with councils carrying out fly tipping clearances and taking forward investigations;
- How councils' limited resources are being diverted from other valuable frontline services
- The negative impact on the natural environment with many fly tips blighting countryside and local beauty spots; and
- How fly tipping is predominately taken forward by organised crime groups who are likely to be using money from fly tipping activities to fund other criminal activities.

With this in mind, the letter welcomed the opportunity for the 13 Kent councils to work with the Magistrates Association by:

- Arranging a virtual meeting between representations from the councils and the Magistrates' Association over the summer;
- Understanding how sentencing on fly tipping is determined in magistrates' courts and understand if there are local differences councils ought to factor; and

- Establishing the gap that councils need to cover to achieve greater levels of punishment to those fly tipping offenders, particularly those who are part of organised crime groups.

Sevenoaks District Council cabinet member for Cleaner and Greener, Cllr Margot McArthur says: "We are very proud to have an in house fly-tipping investigation team who work incredibly hard to bring people who dump waste to justice. Fly-tipping is not tolerated in our District and we would welcome greater punishments as a further deterrent to fly-tippers."

Councillor Nick Kenton, Chairman of the Kent Resource Partnership adds: "Before engaging with the Magistrates Association, Kent councils took forward a mini-review to see what levels of punishment were being handed to fly tippers in Kent over the past year. The results showed there was a clear gap on what maximum levels of punishment could be given compared to the actual punishments. We truly believe to stop fly tipping, greater punishment needs to be placed on those who commit these crimes. We hope working together with the Magistrates Association will better equip us to prosecuting fly tippers and keep Kent clean."

The 13 Kent councils are working in partnership to Keep Kent Clean. To keep updated with the councils' efforts to tackle fly tipping and littering, follow **#KeepKentClean**.



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SEVENOAKS 'FAIR WEATHER' LIVE ON THE VINE FESTIVAL RAISED £21000

2020 has brought an unprecedented challenge to the arts industry, and kept music, theatre, and comedy fans away from venues around the country.

But, for the past eight weeks, Sennockians have been able to get their fix of live entertainment every Friday, Saturday and Sunday at 'Live On The Vine', a fair weather festival featuring an array of acts performing on the bandstand in the Vine Gardens, right in the middle of the town.

The festival of performances, featuring stars of the West End, and some of the UK's finest jazz bands, as well as music, comedy and variety acts from Britain's Got Talent, were all laid on for local people, who were asked to donate funds instead of buying tickets.

More than 3,500 people attended events over the eight-week festival, donating £21,000. The funds are to be split equally between the Save Our Stag fund, raising money to secure the future of the much-loved theatre and cinema, and the artists who performed at each event.

The £10,500 raised by donations from 'Live on the Vine' has helped the Stag reach its second target of £60,000. That secures matched funding from Sevenoaks Town Council, which the theatre urgently needs to ensure survival through the current crisis. Although this is very good news it is not the end of the fundraising necessary, as confidence from individual customers still lags behind the work carried out at The Stag to make it safe throughout. The Stag needs more customers to buy tickets for it to survive, as bills still need to be paid.

Lisa Whitworth, Business Development Manager at the Stag said "The concerts at Live on the Vine have been a wonderful and welcome break for so many people in Sevenoaks, and we thank the many artists for performing. This kind of entertainment is at the heart of what The Stag provides and what we want to provide into the future. Thank you to the people of Sevenoaks for their continued generous donations and we look forward to welcoming many more people back to the safe and covid-secure Stag soon."

The Mayor of Sevenoaks, Cllr Nicholas Busvine OBE, said "Live on the Vine has been a brilliant success. It has been a wonderful show of community resilience and teamwork in the face of



Covid in support of our Stag Theatre. A big thank you to all the volunteers, the Town Council team, and the creative dynamism of Jamie Alexander Wilson for making it happen. Saving the Stag is not yet a done deal. We will have to continue to work hard on this for the foreseeable future. My fund-raising efforts will be focused on the Stag for the remainder of my mayoral term. This campaign is only getting started."

The festival organisers would like to extend their thanks to the audiences who supported, the volunteers who help collect donations, and most of all, the artists who performed.

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THE SEVENOAKS SIGNAL



Spectacular Sunsets and how to capture them.

Autumn is the best time of year for beautiful sunsets. Have you ever tried to capture one and been disappointed with the result? Sunsets can be devilishly tricky to capture well, but we have a few tips.

Choose the time and place – If you're serious about sunsets make a note of places where they are particularly good then head there before the sunset to give you time to set your camera up. There are websites which tell you what time the sun will set on a particular day. Try www.timeanddate.com/sun/

Foreground is important – The best sunset photos tend to have something of interest in the foreground, generally silhouetted. This provides a focal point. Look for an attractive tree, or a wind farm, and even pylons can look impressive in front of a sunset.

Patience is also important – Sunset actually goes on for quite a long time. As the sun dips beneath the horizon it can produce some spectacular shots, but afterwards, the colours of the sky can become even more rich and beautiful, so hang around.

So is a tripod! The best shots are often longer exposures, so they will look shaky unless you secure your camera to a tripod.

Ignore 'the rule of thirds' – The sunset is the star so place your horizon really low down in the shot. This fills the image with colour.

Remember reflections - If you are near water take full advantage of doubling the impact of your sunset. In this instance try placing the horizon at exactly halfway or shoot only the reflections. Experiment and have fun.

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One million turns of the pedals later and Ray's epic journey was complete. Looking out to sea, he took a moment to reflect and realise that there had not been a day in the last fortnight during which he hadn't spent over seven hours pedalling his bike towards this very point in the landscape.

When Ray Wookey - owner of Energise E-bikes, Tunbridge Wells - turned 72 this year, he decided to take on a challenge that would test not only his stamina but also the very technology through which he makes his living: electric bikes.

Many people become shy about their age. However, Ray became determined to celebrate it by cycling his age in miles every day until he had cycled the length of the country along the famed Land's End to John O'Groats route.

Ray had further motivation too. Earlier in the year, he had been invited to a tour of Maggie's, a purpose-built centre at the Royal Marsden Hospital. The centre - one of several nationwide - creates a peaceful and serene atmosphere within which people with cancer can receive support, therapy and information in a stress-free environment.

"I was so impressed with how well thought out the facilities were. I could imagine how helpful it would be for someone with cancer to come into a place that was not austere and clinical and to get all the help they need," says Ray.

With a promise to raise £5000 for the charity, Ray headed to Land's End in early September. Departing from London Paddington, Ray caught his shin on his pedals, drawing blood. He wondered whether it was an omen of things to come. Was this the first in a series of unfortunate events?

Riding 72 miles every day with no rest days, would be an ordeal for any rider even on an electric bike which boosts the power that the rider puts through the pedals. To make sure he could finish the ride, Ray needed the best e-bike he could source. Alongside colleagues at Energise E-bikes, he selected the Strike eRide 930 by Scott Sports.

The Strike eRide 930 is powered by the most powerful electric bike motor ever created by global giant Bosch with a double-capacity battery that can carry enough charge for over 100 miles of cycling. The bike also has suspension on the front and back to help mitigate the constant barrage of vibration that characterises long distance cycling. The workshop team at Energise E-bikes also fitted other comfort features like a ventilated gel saddle and ergonomic hand grips that would prevent sore spots.

Ray documented the ride with a video diary on Youtube. The first day was hampered by torrential rain which soaked the riders through and through. Perhaps that shin injury at Paddington was a bad omen after all.



Persevering day after day, Ray's luck turned, just like the weather. The trip which meandered from Cornwall over Dartmoor and across the Bristol Channel to Wales before heading up to the northwest of England en route to a zig-zag through Scotland, was blessed with rare British sunshine.

The sheer number of hours per day that Ray put in over the fortnight frequently made an early night a necessity. However, the arduous task did not bring on any injuries for the septuagenarian. This has been enough to convince Ray of the potential of electric bikes to transform the world.

"Millions of people in this country drive under 5 miles to work every day. I don't blame them. It's comfortable and the roads are designed for that. However, modern electric bikes are comfortable and designed for typical roads too. Plus they can go where cars can't go. If just 10% of those drivers switched to an electric bike then our towns and cities would be utterly, almost magically, transformed. Cleaner air, quieter roads, safer town centres, fitter employees, happier residents, the lot! If a 72 year old can enjoy 72 miles every day, come

rain or shine, then a 30 year old office worker will enjoy an e-bike commute."

At the end of the journey, Ray had cycled over 1000 miles through three countries, having turned the pedals approximately 1,000,000 times.

For more information:

www.energiseebikes.co.uk
www.justgiving.com/fundraising/ray-wookey

Ray will be riding a total of 1008 miles between Land's End and John O'Groats.

By the time the journey ends, he will have made approx. 1,000,000 pedal turns.

The small motor on an electric bike can apply power through the pedals equivalent to that of 3 human riders.

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Pick up your free **SupportSevenoaks** card. It's basically a loyalty card! If you make a purchase at any of our partner stores and services, you'll receive a stamp of thanks.



Once this card is full, you can use it to gain free entry to one of our First Team games during the 2020/21 season. Simply bring the fully stamped card along to your chosen game and present it at the turnstile!

We want to show local businesses, we are all on the same team.

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Sevenoaks Town Council continues to financially assist local community groups and, through its Youth Services and Finance and General Purposes Committees, has awarded the following grants:

Sevenoaks Three Arts Festival:

Contribution towards first prize in Sevenoaks Young Musician of the Year competition 2021.

Grant Approved for £600
<https://www.sevenoaksthreeartsfestival.co.uk/>

PS Breastfeeding CIC:

Provision of Babywearing Peer Supporter training for 10 existing volunteers and 5 new local parents.

Grant Approved for £1000
<http://psbreastfeeding.co.uk/>

Sevenoaks Counselling:

To supplement bursary fund which assists clients who cannot afford full cost of counselling.

Grant Approved for £250
<https://www.sevenoakscounselling.org.uk/>

In addition, recognising the significance of the Vine Cricket ground to the heritage and landscape of the town and its key role as a recreational space for residents, particularly during the recent Covid-19 Lockdown, The Town Council has awarded a grant to Sevenoaks Vine Cricket Club to assist in restoring the outfield to a usable and sustainable condition for playing cricket at all levels.

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Works necessary to return the Vine outfield to usable and sustainable condition for all levels of cricket.

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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.



KCC ACTS TO TACKLE FINANCIAL IMPACT OF COVID PANDEMIC

Kent County Council has had to take some difficult decisions in order to balance its budget as it tackles the impact of Covid on its finances.

The pandemic has resulted in extra costs this year totalling £96.3million. Although much of this has been offset by central government grants and underspends on activities that could not go ahead as planned, the council still needed to take action to save £12.8 million over the remainder of the current financial year to balance its budget.

These actions include a reduction in member allowances and member grants and the decision not to re-open any buildings which have not already re-opened as part of the council's planned programme to resume services following the pandemic.

Many services are now being delivered from more than 100 Covid-secure re-opened buildings across the county. However, to ensure the council continues to ensure financial resilience for the rest of the financial year, the remaining unopened buildings will stay closed for the coming months.

Among those services affected are Libraries, Registrations and Archives, Children's Centres and Community Learning Services.

Although ideally the council would like to reopen all its buildings, it has made the difficult decision that those libraries, children's centres and community learning buildings not yet reopened will remain closed this year, to avoid the considerable costs in making them Covid secure.

At the full county council meeting, embers discussed proposed amendments to the Revenue Budget 2020-21, which highlighted how the council had been able to reflect the additional Covid-19 related budget pressures, additional spending, and loss of income. They also considered the undeliverable savings and reviewed the government grants and underspends within services that have arisen from lockdown.

Peter Oakford, KCC's Deputy Leader and Cabinet Member for Finance, said: "Across the authority we are working hard to ensure our vital services continue to be delivered.

"For now, we must focus on reassessing our delivery priorities, ensuring the continuity of our services and finding ways to ensure we offer

flexibility in our support to residents and our communities.



"As far as libraries, children's centres and community learning services are concerned, our decision was not an easy one. We know that these are popular service and residents may be disappointed by our decision, as will those staff who will not be able to work at their usual building.

"In common with all councils across the country we are facing huge uncertainty and are working hard to understand what the impact of Covid-19 will be on our budget for next year.

"Work is under way to develop our financial strategy to make sure we remain financially resilient and continue to provide those services that are vital to our residents and communities."



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Full details are on the Festival website where reservations can be made www.sevlitfest.com

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Dave Goulson



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The English Job: Understanding Iran and Why it Distrusts Britain
Jack Straw in conversation with Philip Webster



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A New Heaven: Harry Christophers and the Sixteen
Harry Christophers in conversation with Elin Manahan Thomas

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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 – we're listed under reference 607130.

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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?

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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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IS HALLOWEEN CANCELLED?

Trick-or-Treat is either a fun chance to dress-up and claim free sweets from neighbours, or it's an antisocial American travesty which has infiltrated these shores.

I happen to fall squarely in the latter camp, my kids, the former. They start planning their outfits in March. I don't want to rain on their scary parades, but what should we do about Halloween in the face of a global pandemic? It's not certain that any of our neighbours will actually welcome my young visitors (or plague-bearers as I've come to think of them) since their return to school to their doorsteps, no matter how cute their costumes or beguiling their manners. And frankly I'd freak out about them grabbing handfuls of potentially COVID-coated Crunchie bars, so I'm not exactly devastated that I won't have to accompany them door-to-door and smile apologetically as they beg for treats. But neither am I a total killjoy, so I've come up with some ideas for alternative activities:

Hang a spooky piñata for your children in your own back garden.



Create a haunted house for your kids at home. Let them dress up and be scared in a fun-but-safe way.

Create a spooky scavenger hunt inside and out. Leave clues, or a trail of blood, or spiders.

Snuggle up and watch a 'scary' movie...something like Monsters Inc or The Corpse Bride (depending on age). Read age-appropriate ghost stories in the dark in front of the fire, or if the weather is favourable, go outside, snuggle under blankets, light pumpkins and toast marshmallows on a camping stove or fire pit. That's the sort of trick-or-treat night I could get behind. I suppose we should also leave a bowl of Quality Street and bottle of hand sanitizer on the doorstep and wave at the hardcore trick-or-treaters from the safety of the upstairs window.

Whatever you decide, have a Happy COVID-safe Halloween

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RAIL STRATEGY 2021: IMPROVEMENTS NEEDED

The Kent Rail Strategy 2021, which aims to influence train services in the county for the next decade, went out to consultation this month.

Kent County Council has set out certain requirements it considers are needed for rail infrastructure enhancements to keep pace with demand for rail services.

This includes ensuring there is an expanded fleet of new High Speed trains and a replacement fleet for the Metro services; to ensure there are enough trains to meet passenger levels across the High Speed, Mainline and Metro services; and to improve station facilities and communications.

It says the Metro fleet serving Sevenoaks and the rest of West Kent is in "urgent need of modern, higher capacity trains offering real benefits for these frequent commuter services".

It adds: "The High Speed fleet serving North and East Kent is in immediate need of strengthening to meet the demand for these highly successful services."

KCC Cabinet Member for Highways and Transport Michael Payne said: "We wish to ensure that Kent's rail network will help deliver economic growth and to represent what our travelling public want and need.

"We don't pretend to know all the answers, but we do want to ensure our residents' voices are heard.

"The twin goals of this strategy will ensure we're standing up for the people of Kent, and with a new South Eastern agreement award expected shortly, and with national rail policy on the cusp of further major change, we need to make sure our voice is heard."

The strategy also looks at transport priorities for the next decade including environmental issues, by encouraging more people out of their cars and on to trains and by persuading freight operators to move from road to rail.

The strategy went before the Council's Environment and Transport Cabinet Committee on September 15 and then to public consultation on September 23 for eight weeks until November 17.

The County Council's annual Rail Summit this year will be a webinar on October 13, focusing on the new Rail Strategy, with speakers from Kent County Council, Southeastern, Network Rail and High Speed 1.

Mr Payne added: "Following the consultation, and taking into account people's views, we want to successfully influence how train services run in Kent.

"Whether Government decides to move away from the franchise model or not, we want to ensure there is a clear commitment from the operator of the trains and Network Rail managing the lines for a unified railway operation of the Kent rail network over the next decade."





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RUN A BUSINESS IN SEVENOAKS?

GET INVOLVED WITH THE

SupportSevenoaks CARD!



Sevenoaks Town FC has been a part of the local community since 1883. Now more than ever, it's time to play our part as a team for our local community.

The past few months have been extremely difficult for many clubs, businesses and organisations. We are only too aware. The doors of The Bourne Stadium have only recently partially re-opened, as we take steps in accordance with Government and FA guidelines to provide hundreds of players with opportunity to play and enjoy football.

But we've not only just been thinking about football in recent weeks. We wanted to show our support for businesses who've back us over the years and the local area around us.

The *SupportSevenoaks* card and campaign is our initiative to help local businesses get back on their feet. We have printed thousands of *SupportSevenoaks* cards encouraging our players, coaches, volunteers and the local community to pick one up and spend at their local stores and services.

The card is effectively a loyalty card and works as such. When a cardholder makes a purchase at stores and services signed up to the campaign, they receive a stamp of thanks.

Once this card is full, they can use it to gain free entry to one of our First Team games during the 2020/21 season or we will make a donation to *West Kent Mind* for an equivalent amount of a ticket's worth.

You do not have to pay a penny to be involved. You simply need to stock and display the card, tell your customers about the initiative and stamp the cards of those who shop with you! We want to extend a helpful hand of support, we will promote your business on our social media channels and our website which are visited by thousands of people on a weekly basis. We can have a chat about what more we can do. This is just a start.

We want to show local businesses and business owners, like you, that we are all on the same team. It doesn't matter whether you like football or not – we all *SupportSevenoaks* – and that is the main thing.

If you'd like to get involved with the *SupportSevenoaks* initiative please email: charlotte@sevenoakstownfc.co.uk

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Why You Should *make a will*

✓ If you are a single person

You may want your estate to go to friends and charities as well as family.

✓ If you are living as a couple

But officially not married, you may be treated as a single person and surviving partner may get nothing at all.

✓ If you are married

Don't assume 'my other half' will get everything. Brothers, sisters or parents may have a claim. Often children have a right to part of your estate.

✓ If you are a parent

You should consider who would look after your children in the event of your death. This is particularly important in the case of 'one parent families' and unmarried parents living together.

A valid will nominating guardians is invaluable in such cases. If no one knows what you wanted, the court will decide on the future of your children.

✓ If you are retired

Possibly you made a will a long time ago. It probably needs updating to include additional grandchildren.

However, Do Not Worry If You Have Not Made A Will The State Will Decide For You

It won't be what you want and it's certain not to reflect your wishes

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Jelf

Insurance Partnership





PREPARATION TIME: 15 MINS | COOKING TIME: 20 MINUTES + COOLING TIME + 30 MINUTES IN THE OVEN

I think of tarte tatin as grown-up toffee apples, and like the pizzas last month it's another recipe that can be cooked in a cast-iron pan.

INGREDIENTS

7-9 medium apples: Cox are my favourite for this, but other varieties work well.

- 200g white sugar
- 50g butter
- 225g plain flour
- 2 tbsp caster sugar
- 120g cold diced butter
- 1 medium egg, beaten

SERVES 6 PEOPLE

METHOD

Peel, halve and core the apples, then place in the fridge, uncovered, for a few hours or overnight. It doesn't matter if they turn a little brown, the idea is for them to dry out a little, so there's less juice and less chance of soggy pastry.

Place the sugar into a 20-24cm cast iron frying pan along with 50ml water and let the sugar soak up the water. Cook over a medium heat until it turns golden and fudgy. Try not to stir the sugar until it's mostly liquid as it might recrystallise. Remove from the heat and stir in the butter, and a pinch of salt.

Carefully arrange the apples in the pan, round-side down. Be careful as the caramel stays hot for a long time! Place it back on the heat and cook gently for 5 minutes. Then remove and allow to cool completely.

Sieve the flour into a large mixing bowl, add the diced butter and rub together until the mixture resembles breadcrumbs. Stir in the sugar and a pinch of salt. Add the beaten egg and combine into a dough. Add a little water if required but keep the dough fairly dry. Wrap it in clingfilm and refrigerate for 30 minutes.

Pre-heat the oven to 200C / Gas. Roll out the pastry to about 5mm / ¼ inch thick and cut out a circle slightly larger than your pan. Place the pastry on top of the pan and tuck the edges around the fruit. If your pan has a detachable wooden handle, now is the time to detach it! Bake for about 30 minutes until the pastry is golden, then remove from the oven. Allow to cool for 5 minutes, then place a plate which should be slightly larger than the pan, on top and carefully invert the tart on to the plate. Serve warm crème fraiche, natural yoghurt, or vanilla ice cream.

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