

# THE SEVENOAKS SIGNAL



ISSUE 6

# ALPHAGLAZE

020 8651 4424



Porches & Conservatories • Aluminium Windows  
• Bi-fold doors • Sliding patio doors • UPVC Doors & Windows  
• Fascia, Soffits & Guttering

25+ years experience • FREE no obligation quotes  
• Daytime or evening appointments • All staff Covid tested



info@alphaglaze croydon.co.uk  
www.alphaglaze croydon.co.uk

## CONTENTS

- 4: Sevenoaks Three Arts Festival
- 6: Local Plan – Council Keeps Up Fight
- 10: Collectors Corner - Canterbury Auction Galleries
- 12: Pop-Up Marketplace
- 16: Gas Works site presentation
- 18: KCC Election Results
- 20: Power of Attorney Advice
- 22: Choosing the right Care Home
- 24: Audiology Advice
- 26: Welcome Back To Art in June
- 30: Kids and Uncertainty
- 32: Garden View: The Garden Goddess
- 34: In Bloom Competition 2021
- 36: Is Laughter The Best Medicine?
- 38: Why we love an Online Quiz
- 40: How to Deal with Thinning Hair
- 42: Battery Danger / Green Belt Warning
- 43: Energise E-bikes Competition
- 46: Signal Snack: Eton Mess

©2021 Hof Media Publishing Ltd.  
The publisher does not accept any responsibility for the content of advertisements or contributed editorial in this magazine.  
No part of this publication may be reproduced without written permission from the publisher.

Produced & Published by Hof Media Publishing Ltd



With thanks to Evelyn Carthew, Sara D and Kathryn Macca

**JCY Locksmith Services** Your Local Locksmith

**Locked Out?**  
I have the key to your problem!

10 Years Experience | Local To Your Area | All Domestic Locks | 24/7 Call Outs

07405 609174 lockroundtheclock@gmail.com  
www.lockroundtheclock.co.uk



Professional, experienced and humane removal of:

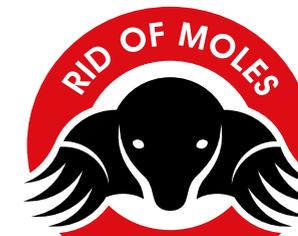
**Moles/Rats/Mice  
Wasp & Hornet nests/Wild  
Rabbits/Grey Squirrels**

Contact Mark Clark for advice/quotation:

**t: 07494 870960**

**e: ridofmoles@gmail.com**

See testimonials: [www.ridofmoles.co.uk](http://www.ridofmoles.co.uk)



**Borough Green Garden Machinery**  
Sales – Service – Repairs

01732 780888

11 Western Road,  
Borough Green,  
Sevenoaks,  
Kent,  
TN15 8AL

E: bggm11@outlook.com

**Solowaste** Environment Agency Registered Waste Carrier

Cheap Skips at Solo Prices

4 YARD - £150 | 6 YARD - £185  
8 YARD - £220 | 12 YARD - £270

ALL THIS MADE EASY FOR LESS £££

01322 303080 • 07850 276000  
We will match any like for like prices

We have all faced challenges over the past year and the Arts are no exception. In Spring 2020, when the covid pandemic led to a national lockdown, The Sevenoaks Three Arts Festival. the towns annual competitive performing arts festival was planning its 70th Festival, to be held over 3 weekends in June.

Determined to still offer opportunities for students and young people to perform, the festival moved on-line, inviting performers to send video entries for classes in Speech & Drama, Piano, Singing, Woodwind & Brass, Strings and Accordion. It was one of the first in the country to hold a video festival and was surprised and delighted to receive 144 entries.

Although 2021 must again be a video Festival, classes this year are available for solo, duet and group items where covid restrictions can be adhered to and additional features have been added to improve the experience for competitors. All entrants will be emailed a certificate, a mark and an adjudication report by a British and International Federation of Festivals adjudicator.

Although no Awards will be made, the names of those achieving Distinction or better will be published on our website and this year entrants and their teachers will be able to view other entries in their class for a limited period following adjudication.

These opportunities have generated significant interest. The festival has been delighted with the positive comments received from parents and teachers, who over the course of the year have had to master the practical and technical challenges of teaching in new ways. We are particularly grateful to the programme developer who adapted the on-line entry system, so that videos could be submitted and to the Adjudicators who have contributed to the extensive website guidance on making a video.

We look forward to returning to a live festival in 2022, but in the meantime hope that these opportunities will encourage and inspire children and adults alike to keep practising and performing.

**Susan Day**  
Festival Secretary  
[www.sevenoaksthreeartsfestival.co.uk](http://www.sevenoaksthreeartsfestival.co.uk)

*Pictured: Jessica Powell aged 12, who plays the Soprano Saxophone; and Eliza Ruffe, a 15 year old Sevenoaks School pupil who is a pianist and entered a recital class*



**First4Waste**  
Call us for all your waste needs  
Fully Licensed - FREE Quotations

- Household
- Garden Waste
- Commercial
- Builders
- Site Clearance
- Contract Work
- Demolition

**NEW SERVICE**  
Asbestos Removal

**"No Need to Skip it...  
Let us Load & Tip it!"**

Out of Hours /  
Weekend Collections  
Tel: 01732 823511  
Mob: 07803 854424  
Email: [info@first4waste.com](mailto:info@first4waste.com)  
[quickquotes@first4waste.com](mailto:quickquotes@first4waste.com)

We aim to recycle as much of our waste as possible, to help keep the World greener

**PURVES BUILDING**  
LANDSCAPING • EXTENSIONS  
PLUMBING • ROOFING  
CARPENTRY • DECORATING

Are you fed up with paying extortionate prices & tradesmen not turning up?

We guarantee to turn up for estimates and, when we start a job, we'll stay with you until the job is fully complete.

No job too small - we'll even fit a tap washer!

**WELDING CONTRACTORS**  
Bespoke Wrought Iron • Fences & Gates  
• Coded Welding • Aluminium & Steel

WHY PAY FOR INDIVIDUAL TRADESMEN WHEN WE CAN PROVIDE THE COMPLETE SERVICE

**07871 414929**  
[h.purves898@outlook.com](mailto:h.purves898@outlook.com)

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

**FAMILY RUN BUSINESS**

**VISIT OUR SHOWROOM NOW:**  
40 Grosvenor Road,  
Tunbridge Wells, TN1 2AS  
Call us now for a free estimate:  
**01892 458039**

**Checkatrade.com**  
Where reputation matters  
AVERAGE SCORE **9.7/10**  
**22,000 REVIEWS NATIONWIDE**

**QUALITY BEDROOM MAKEOVERS BY LOCAL PROFESSIONALS**

- Bespoke sliding wardrobes
- Styles to suit every home
- Wide range of colours and finishes to choose from
- 96 showrooms nationwide

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

**THE UK'S #1 KITCHEN MAKEOVER EXPERTS**

- From simple door replacements to complete fitted kitchens
- Fully installed by local professionals in just a few days
- Choose from a large selection of doors, worktops and appliances
- 96 showrooms nationwide

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

## COUNCIL MOVES FORWARD WITH ITS LOCAL PLAN

**Sevenoaks District Council has vowed it will continue to protect the Green Belt after it was refused permission to appeal against an unsuccessful Judicial Review.**

Last December, the Council asked for permission to challenge a Judicial Review ruling that upheld the Planning Inspector's reasons for rejecting its draft Local Plan. The Council was informed last Friday (8 April 2021) it had not succeeded with the challenge.

In 2019, the Planning Inspector rejected the Council's draft Local Plan for failing on the 'Duty to Co-operate'. The Council had, prior to submitting its plan for examination, worked closely with neighbouring councils and called in a number of experts to look at its plan prior to submission. These included senior planning lawyers, former planning inspectors and the Government's own Planning Advisory Service. All were asked specifically to test the 'Duty to Co-operate' element of the plan and all found that the Council had met or exceeded the duty.

The Planning Inspector's reasons for rejecting the plan came to light after the first round of the Local Plan hearings in October 2019, a full seven months after the Plan and the supporting evidence was submitted to the Planning Inspector. Within the submission, there were more than 800 pages of evidence setting out how the Council had worked with its neighbours.

In June 2020, permission was granted to review the Planning Inspector's decision. The judicial review was heard at the High Court on 2 and 3 September 2020. The Court published its decision to reject the Council's claim on 13 November 2020. The Council lodged an application to appeal against the Judicial Review ruling in early December 2020.

Cllr Peter Fleming, Leader of the Council, says: "We spent the best part of five years putting together a plan that had broad community support. It protected the special environment of the District, which is 93% Green Belt and 60% Areas of Outstanding Natural Beauty, whilst balancing the need for new housing and employment growth. It became clear that even with a plan for sustainable development with infrastructure, homes and jobs, if we couldn't find other councils to take the growth we could not plan for due to the constraints of the District, then despite all the mountains of evidence showing we had tried, the Government Planning Inspector would find against our plan.



"I would like to thank the District's three Members of Parliament who have worked with us throughout this period and will be writing again to Ministers to set out how we intend to take forward a positive plan that respects the District's unique character."

Cllr Julia Thornton, the Council's Cabinet member for Development & Conservation, adds:

"We are clearly disappointed with this latest development. The 'duty to cooperate', the reason given by the Planning Inspector to reject our plan in 2019, has led to a number of other Local Plans being thrown out at the inspection stage.

"This duty is now set to be abolished in the Government's latest planning reforms. In our opinion, the removal of the 'duty to cooperate' is an open admission that it is neither effective nor workable in the Local Plan making process.

"Our focus now moves to actions that we can take to continue to protect the beautiful, rural nature of our District and meet local housing and employment needs. We are definitely not an anti-development Council.

"While the existing Local Plan and national planning guidance will continue to be used to protect our natural environment and help decide planning applications, we will be speaking with the Secretary of State to put forward a strategy that ensures a new Local Plan can be put in place as soon as possible.

"We are already working positively towards our objective of producing a Local Plan that protects the overwhelming majority of our Green Belt, while bringing forward improvements to the District's infrastructure and much needed affordable new homes."

SAVE 15% off with this ad selected items only - call for details

# THE ENGLISH CHIMNEYPIECE

FIREPLACES STOVES GAS FIRES FLUE SYSTEMS

We specialise in manufacturing and installing of fire surrounds and hearths; supplying and installing wood burning stoves, modern gas fires, electric fires, bio ethanol fires and range of accessories.

Offering a one stop solution; from initial survey to expert installation - hassle free service.

**01732 740811**  
www.english-chimneypiece.co.uk  
3 St. Botolph's Road, Sevenoaks, TN13 3AJ

# HWM solutions



Checkatrade.com  
Where reputation matters

## BUILDING & PROPERTY MAINTENANCE SPECIALISTS

- Roofing Works
- Carpentry Works
- Decoration Works (internal/external)
- Plastering Works
- Electrical Works
- Rubbish Removals
- Gas/Boiler Works
- Handyman
- Plumbing
- Brickwork
- 24hr Emergency Service



All works fully insured | COVID-19 SAFE

**10% DISCOUNT FOR OAPS**

Call us today for a **FREE** quotation



**01689 861007**

info@hwmsolutions.com  
www.hwmsolutions.com



INTERIOR & EXTERIOR PAINTING AND DECORATING SPECIALISTS



CALL TINA FOR A FREE QUOTATION ON

01474 832292

07831 712912

WWW.PURFECT-PAINTING.CO.UK

COVID-19 AWARE. WE ARE WORKING SAFE IN HOMES

## THE LADIES CAN



Your reliable, regular cleaners, offering domestic and commercial cleaning services.

**CALL**

**07969 132 429**

facebook.com/theladiescan

**10% discount:**

on all one off/initial cleans if you mention this ad!



Want the best lawn ever?

Prices from £15\* per treatment

### What we do:

Our lawn experts apply bespoke, seasonal treatments to keep your lawn continually nourished and weed free. Whatever the size or condition, we ensure that every lawn receives the love and attention it deserves.

Find out more and visit [greenthumb.co.uk/treatments](http://greenthumb.co.uk/treatments)

### Who are GreenThumb:

As pioneers in British lawn care, we are the UK's largest and most recommended provider with millions of treatments taking place across the UK every year.

With over 30 years of experience, you can rely on us to provide your lawn with the very best care.

For a **FREE** lawn analysis

call 01732 760862 or email [sevenoaks@greenthumb.co.uk](mailto:sevenoaks@greenthumb.co.uk)

[f](https://www.facebook.com/greenthumb.co.uk) [i](https://www.instagram.com/greenthumb.co.uk) [t](https://www.tiktok.com/greenthumb.co.uk) [y](https://www.youtube.com/greenthumb.co.uk) [in](https://www.linkedin.com/greenthumb.co.uk) [greenthumb.co.uk](https://www.greenthumb.co.uk)

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

To the untrained eye, this vintage Rolex Oyster Perpetual Submariner wristwatch looks as desirable as any other. Launched in 1953, the Submariner was built specifically with deep sea divers in mind and was the first watch capable of remaining waterproof to a depth of 100 metres (330 feet). Although not uncommon today – the watch remains in production – vintage examples are highly coveted.



And then there are the so-called 'Red Submariners' and I was fortunate enough to be able to tell the visitor to one of our free valuation days that he had something increasingly rare and valuable. Submariners have a current saleroom value of around £6,000-8,000.

A local private buyer parted with **£14,000** to take ownership of this 'Red' in one of our auctions earlier this year.

They are not difficult to spot – the name is printed in red on the dial, although no one knows why – it's knowing the difference that matters. The Model 1680 Red was introduced in 1969 and was the first Submariner to have the date aperture at 3 o'clock. The all-white dial took over in 1973. In fact, the Submariner 1680 has had no fewer than seven different dials, so expert advice is important when seeking a valuation, which is where we can help. Our saleroom in Station Road West is currently open every Monday and Friday and valuations are free and without obligation.

Appointments should be made by telephoning us on **01227 763337**.

*Dave Parker, Managing Director,  
The Canterbury Auction Galleries*



**Kirsty's K9 Kuts**

FULLY QUALIFIED AND INSURED

## DOG GROOMER

Full Groom • Bath and dry only available • Nail Clipping  
Emmi - pet teeth cleaning • Hand stripping

Loyalty scheme available • 1-1 dog walking service

**07731 948881** [kirstysk9kuts@gmail.com](mailto:kirstysk9kuts@gmail.com)

**10% OFF - 1st & 2nd FULL GROOM APPOINTMENTS**

**P. CRAWFORD KENT LTD**  
**PAINTING AND DECORATING**

**07704 706306**  
[petercrawford\\_kentltd@hotmail.com](mailto:petercrawford_kentltd@hotmail.com)

**CNA Services**  
Pure water window cleaning

- Exterior Window Cleaning
- Professional
- Interior window cleaning
- Reliable
- Gutter Cleaning
- Fully Insured
- Solar Panel Cleaning
- Free quotes
- Fascia & Soffit Cleaning
- 100% Satisfaction Guaranteed
- Conservatory Roof Cleaning
- Domestic & Commercial

Find us on

[info@cnaservices.co.uk](mailto:info@cnaservices.co.uk) [www.cnaservices.co.uk](http://www.cnaservices.co.uk) **Ashley Church**  
**07898 352389**

**MP Landscape & Maintenance**

A local Business, based in Kensing

- Gardening ◦ Patios ◦ Fencing
- Brickwork ◦ Driveways ◦ Decking
- Clearance ◦ Painting & more

[www.mplandscape.com](http://www.mplandscape.com)  
[mplandscape@hotmail.com](mailto:mplandscape@hotmail.com)

**07960062074**

# H2O

**PLUMBUSTERS**

**Our domestic team are always here to help, our engineers have many years experience.**

**Plumbing/Project Planning • Heating  
Drainage • Electrical • Decorating  
Kitchens and bathrooms**

**Please feel free to call us for a quote or  
for our free friendly advice.**

**01622 672743 or 07703 442025**

[hello@plumbusters.co.uk](mailto:hello@plumbusters.co.uk) [www.h2oplumbusters.co.uk](http://www.h2oplumbusters.co.uk)

## POP-UP MARKETPLACE FOR LOCAL TRADERS DURING MAY & JUNE

Since March 2020 it has been a difficult time for local businesses fuelled by uncertainty and changing restrictions during the pandemic needed to keep everyone safe.

With the new government guidelines for opening up town centres there is hope that businesses can start to operate again and welcome back customers. There are however some public health restrictions still in place and not all businesses have suitable premises or locations to meet them. Some cafes whilst being able to have outdoor

seating are on narrow pavements and therefore cannot do this and their customers want somewhere to eat and drink the refreshments.

Due to the generous offer from Sevenoaks District Council, Sevenoaks Town Council is able to create a Pop-Up Marketplace in the town centre which will enable traders to have pop up stalls, a pleasant seating and entertainment area. This will be open throughout May and June, Mondays to Saturdays. The project is also supported by the Sevenoaks Town Team.

In addition, it is planned to produce a map indicating take away outlets and green open spaces and seating areas available to the public. This is an ambitious timetable to get this in place for 1st May 2021 and the Town Council is grateful to local businesses and traders who are already offering their support with this initiative.



**Come see what your local market has to offer today...**

**1st May - 30th June**  
9am - 4pm Monday - Saturday

**Buckhurst Lane Car Park**  
TN13 1HW



**The Carpet Centre** Established specialists of flooring in Tonbridge since 1983

**Cornar** **WESTEX**  
BEST QUALITY CARPETS

47 Quarry Hill Road  
Tonbridge, Kent, TN9 2RT

Carpeting • Vinyl Flooring  
Carpet tiles • Laminate floors  
• Wood floors • Solid and engineered board  
Leading Luxury Vinyl Tile brands, Amtico, Karndean,  
Project Floors and much more.

Contact us today on  
**01732 359862** [www.flooringtonbridge.co.uk](http://www.flooringtonbridge.co.uk)  
[thecarpet.centre@btconnect.com](mailto:thecarpet.centre@btconnect.com)



**DESIGN | BUILD | MAINTAIN**



**Patios Driveways  
Decking Fencing  
Brickwork  
Grounds Maintenance  
Hard/Soft landscaping**

Members of **Checkatrade.com**  
Where reputation matters

**07491 098265**  
[info@SDLgardenservices.co.uk](mailto:info@SDLgardenservices.co.uk)  
[www.SDLgardenservices.co.uk](http://www.SDLgardenservices.co.uk)

The most thorough **CARPET CLEANING** ever seen, or it's FREE! and it's DRY CLEANED!

**Our system will:**  
Deep clean and remove soil & spots  
Lift and revive matted carpet pile  
Leave a clean, fresh scent  
Reduce allergens  
Leave rugs & carpets dry and ready to use

**DRY ORGANIC CARPET CLEANING**  
Safe for pets • Safe for babies  
• Safe for wool • Safe for allergy sufferers

**ZERO DRYING TIME!**  
We clean all upholstery with our low moisture system

**bone-dry**  
dry organic carpet cleaning

**0800 0842520**  
**01474 745995**  
**07950 443349**

Members of **Checkatrade.com**  
Where reputation matters

[WWW.DRY-CARPET-CLEANING.CO.UK](http://WWW.DRY-CARPET-CLEANING.CO.UK)



**Marchant Tree Care**

Tree Removal  
Stump Grinding  
Pruning  
Crown Thinning  
Crown Reduction  
Crown Lifting  
Tree Management  
Surveys  
Tree Coppicing  
Hedge Cutting

**07585447172**  
[info@marchanttrecare.co.uk](mailto:info@marchanttrecare.co.uk)  
[www.marchanttrecare.co.uk](http://www.marchanttrecare.co.uk)

**Bishop**

**From Design and Management to Build and Delivery, we cover it all!**

Friendly local builders delivering an affordable and reliable service to our clients in Sevenoaks.



**NEW BUILDS  
HOME IMPROVEMENTS  
EXTENSIONS  
REFURBISHMENTS**

**0208 926 2010**  
[info@bishopltd.com](mailto:info@bishopltd.com)  
[www.bishopltd.com](http://www.bishopltd.com)

# metalworks

Design, Engineering, Fabrication & Installation

GATES & AUTOMATIONS



RAILINGS

STAIRS



BALCONIES

At Metal Works we offer expertise in a complete metal work fabrication and fitting service. Our work ranges from large heavy duty entry gates, automatic or manual gates (including full gate automation and entry systems), railings, pedestrian gates, balconies, structural staircases, security gates and grilles, security posts, fencing, decking railings, postboxes and much more including bespoke commission work.

We pride ourselves on our customer care and it is this relationship, and of course, our top quality work that means our customers come back to us time and time again. We are always happy to offer advice and discuss what your requirements are in order to provide you with a fully bespoke, fabricated and installed service.

**We offer free no obligation advice and quotations, so contact us today!  
We will beat any price. High quality service guaranteed.**

## CALL US NOW FOR A FREE ESTIMATE

Metal Works Ltd  
Unit M4 Kent Kraft Industrial Estate  
Lower Road  
Gravesend, Kent  
DA11 9SR  
Opening Hours: Monday - Friday 8am - 5pm

Tel: 01322 838150

Follow us: /metalworksuk

Web: www.metalworks-uk.com

Email: metalworks-uk@hotmail.com

# RGS

ROLLER GARAGE SOLUTIONS

Thermally Insulated Electric Garage Doors  
Special Offer: Only £999 inc VAT and Fitting\*

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

Based in Gravesham, RGS is your local business. We use quality doors and parts from hand picked manufacturers. Talk to the experts and have your brand new door fitted with the care and attention it deserves. We offer many colours and extras, such as wall switches, safety options and smart facilities.



Call us on:  
0800 170 1180



Call us on 0800 170 1180 to discuss and arrange a survey.



Space Saving



Simple to Use



Error Free



Lots of Colours



\*Offer for doors up to 2500mm wide, in white, with 2 remotes, 55mm slat, upgrades available.

## TLC

Local Sevenoaks Roofers

**GUTTERING CLEARED  
(FULL HOUSE)  
FROM £39.00**

We are a small family run business and can help with the following, plus more!

### Roofing Work

- Flat roofs repaired or renewed
- Roof pressure washed & sealed
- Ridges re-bedded & re-pointed
- New roofs



### UPVC Work

- Guttering
- Fascias
- Downpipes
- Soffits



All work: Quality assured | Fully insured/guaranteed | Damp/Injection proofing

Call us today for a free no-obligation quotation  
**01474 887829 or 07900 098308**  
tlccontractors@gmx.com

# PRESENTATION REGARDING CRAMPTONS ROAD GAS WORKS SITE APPLICATION

On Monday 26th April 2021, the Planning Committee received a presentation from Steve Sanham of Kin Developments on behalf of SGN Place. During this presentation, it was confirmed that a Planning Application had been submitted to Sevenoaks District Council, following a pre-application consultation with them.



Council receives local Planning Applications to comment on and offer their recommendations to the District Council. It is therefore anticipated that the Cramptons Road Gas Works Site Application will be a future Agenda item.

The presentation was followed by a Q & A session, where the developer addressed the Councillor's queries. The full presentation can be viewed on the Sevenoaks Town Council's Youtube channel, and a request has been made for the Developer to provide a copy of the Presentation slides, to be uploaded to the Sevenoaks Council Planning Committee website once received. It was noted that Sevenoaks Town Council have not received the Planning Application from Sevenoaks District Council to provide a recommendation for, and that it will be viewable on the District Council's Planning Portal once the Application has been validated.

Members of the Public wishing to keep track of when the Application is to be discussed are directed to check the "Applications to be considered" section of the Planning Committee's Meeting Agendas, available via the following link: [https://www.sevenoakstown.gov.uk/Planning\\_Committee\\_20066.aspx](https://www.sevenoakstown.gov.uk/Planning_Committee_20066.aspx). If you have any queries, please contact: Georgie Elliston [planning@sevenoakstown.gov.uk](mailto:planning@sevenoakstown.gov.uk)

As a Statutory Consultee to Sevenoaks District Council on Planning Applications, Sevenoaks Town

## BEELINE TAXIS



SEVENOAKS (01732) 456214

- Open 24 hours, 7 days a week
- 80 vehicles including 4,6 and 8 seaters
- Premium car service available
- Book by phone, web and our user friendly app
- Airports, local and long distance work
- Account customers are welcome
- Contactless payments

*Check out our premium services*

Find us on:

Beeline Taxis Sevenoaks

E: [email@beelinetaxis.net](mailto:email@beelinetaxis.net)



[www.beelinetaxis.net](http://www.beelinetaxis.net)

**BEELINE**  
P.R.E.M.I.U.M

Gatwick £75/£90	Ebbfleet £67.50/£67.50
Heathrow £120/£135	Stansted £135/£150
City £112.50/£127.50	Luton £180/£200

01732 456214

[www.beelinetaxis.net](http://www.beelinetaxis.net)

# TIMELESS CLASSIC OR A MODERN EXTENSION

design the **perfect**  
**conservatory** for your home

and furnish it with a **FREE**  
**£500 John Lewis voucher!**  
on all orders placed by the end of July

Call now on

**01634 930404**

[info@heritagehig.co.uk](mailto:info@heritagehig.co.uk)



HERITAGE

HOME IMPROVEMENTS GROUP



**We also offer**  
Doors, Bi-folds, Porches, Windows  
Roof Line, Orangeries, Conservatories  
Replacement Roofs & Garden Rooms

# KENT COUNTY COUNCIL ELECTION RESULTS 2021

Results for all the 80 seats contested in the KCC elections held on Thursday 6th May are now complete.

The Conservatives retained control but with a reduced majority – currently 61 compared with 63 previously. The poll for the Elham Valley division was cancelled due to the death of a candidate after the election was called, and this was previously held by the Conservatives also. A date is yet to be decided for this remaining election.

The Liberal Democrats were previously the second biggest party, but their number has been reduced by one to six, while Labour (five) together with the two Labour and Cooperative Party members will become the leading opposition. The Green Party has claimed four seats and there are two Independents (previously five).

KCC Leader Roger Gough was re-elected in Sevenoaks North and Darent Valley and began the process of selecting his new cabinet on Monday 10th May. For all the results in detail, go to <https://www.kent.gov.uk/about-the-council>



KCC Leader Roger Gough



Garage Doors • Installation • Spares & Repairs • Secured by Design doors available

## G.P.M. Designs Ltd

MADE TO MEASURE, NOT ADAPTED TO FIT

**40 Years Experience 5 Year Guarantee**  
Bedrooms • Living Rooms • Offices

**FULLY CARCASSED**  
**FREE QUOTATION**  
**SHOWROOM WITH FREE PARKING**

Showroom open by appointment only  
Monday - Friday: 9.30am - 4pm  
Saturday: 10am - 4pm

Unit 5B, Beechcroft Farm Industries, Chapel Wood Road, Ash, Kent, TN15 7HX

### 01474 874487

[www.gpmdesigns.co.uk](http://www.gpmdesigns.co.uk)  
[enquiries@gpmdesigns.co.uk](mailto:enquiries@gpmdesigns.co.uk)

PBH

GARAGE DOORS

LIMITED

**FREE**  
on-site no  
obligation survey

We Supply, Install & Maintain Garage Doors & Garage Door Automation in Kent & Surrounding Areas.

Whether you have a garage on block or a deluxe double garage, we can give you the time to go through all your options to find what's right for you.

We pride ourselves on providing a reliable quality service whilst maintaining an excellent reputation



## 01322 252 701

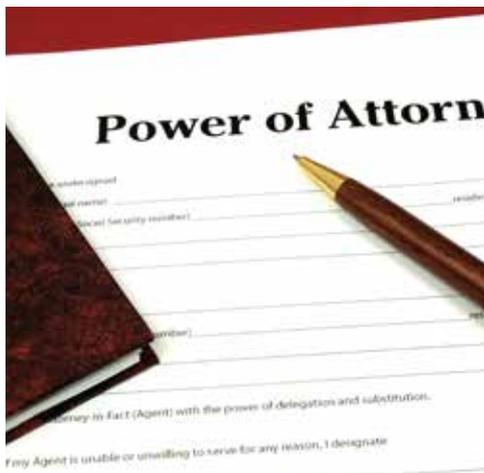
[info@pbhgaragedoors.co.uk](mailto:info@pbhgaragedoors.co.uk)  
[www.pbhgaragedoors.co.uk](http://www.pbhgaragedoors.co.uk)



After making a Will perhaps the next most important thing to attend to in putting your affairs in order is to create a Lasting Power of Attorney (LPA).

This is a legal document that lets you appoint one or more representatives to make decisions on your behalf if you become unable to do so in the future. Even if you have been in very good health for most of your life there may come a time when someone else might have to deal with important matters on your behalf. For example: looking after your bank accounts and finances, buying and selling property, claiming benefits and making necessary decisions about your personal or health care. Creating an LPA in favour of someone you trust can prevent complications if or when you can no longer look after your own affairs because of serious disability. For example: dementia, a brain injury, a serious stroke or side effects of medical treatment. Without an LPA, no one automatically has legal authority to make decisions on your behalf, not even close family members.

At the time when you make an LPA you must be capable of making decisions yourself – in other words that you must have what is called mental capacity. A diagnosis of an illness such as Alzheimer's disease often prompts a family



to decide to put an LPA in place on your behalf. However, it is important not to leave this decision too late because if you have reached the point where you no longer have mental capacity and don't fully understand what the LPA is and how it works then it will be impossible to create the LPA. The only way then is for the family member or another responsible person to apply to the Court of Protection for the appointment of what is known as a Deputy. This is a much more expensive and complicated process and can take between five and eight months.

Another complication is that the court is likely to require a security bond to be arranged with an approved insurer, which is an additional cost and complication.

There are two types of LPA – one is for dealing with your financial affairs and the second is for dealing with your health and welfare. Most people will make both at the same time but this is not obligatory. The financial affairs LPA will cover such things as buying or selling property, bank, building society and other financial matters, welfare benefits, or any taxation or debts.

The health and welfare LPA can give someone you trust authority to make decisions on such things as where you live, your personal day-to-day care, healthcare and medical treatment etc. Although the financial LPA can be used at any time if you wish, even if you still have mental capacity, the health and welfare LPA can only be used if you had lost mental capacity.



# Jeff Allen Kitchens



## Why have the ordinary when you can have fabulous?

Many colours  
Stunning 3D visuals  
providing a premium  
tailored service.



Modern  
Handle-less  
Traditional  
Bespoke

We provide a full service undertaking all aspects of home improvements, including structural alterations, building work, plumbing, electrics, plastering, decorating and flooring.

[info@jeffallenkitchens.com](mailto:info@jeffallenkitchens.com)

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

**Call Today: 0752 543 1730**

**With an abundance of Care Homes in the Sevenoaks District, how do you choose the right one?**

Care of the elderly is an emotive subject, and has become even more so during the pandemic. Whether you are choosing a care home for yourself, or searching on behalf of an elderly relative, you want to make sure you get it right.

First you need to decide on the level of care required.

Residential homes are for people who can no longer cope with daily activities in their home. They may also need help washing, bathing, dressing and going to the toilet.

Nursing homes are for those people who require regular nursing care, by or under the supervision of a qualified nurse. Residents tend to have no mobility or severely limited mobility, mental confusion, and may be faecally incontinent.

As with any home, location is important. You may want to choose a place where family or friends can visit regularly?

Once a location has been decided on, select as many care homes as you can and visit every one of them. The Care Quality Commission ([www.cqc.org.uk](http://www.cqc.org.uk)) have over 18000 care homes registered with them and publish all their inspection reports online, so this is a good place to start. Two other excellent sources of information are the websites [www.yourcarehome.co.uk](http://www.yourcarehome.co.uk) and [www.carehomesupport.co.uk](http://www.carehomesupport.co.uk).

Groundwork is good, but there is no substitute for visiting and assessing the standard of service yourself. This is harder at the moment but that option should still be offered, even with all the restrictions in place.

Begin your inspection by ringing to arrange appointments to visit the premises. Ask yourself if the phone was answered in a friendly way. Did the person answering the phone sound stressed or abrupt?

When you visit, what are your first impressions? Is the place bright and clean, comfortable, welcoming and airy? Did the receptionist make eye contact and smile? Were you offered a cup of tea while you waited?



What are the noise levels like? Are there any unpleasant odours? Look at the residents and chat to them if you have an opportunity. Do they look clean, well-cared for and happy?

Monitor how much interaction there is between the staff and the residents. Is there lots of friendly chatter? Check to see if call lights over doors are on and being left unanswered. This might indicate staffing problems.

Check the floor, especially in corners and under beds. This is a good indicator of whether standards of hygiene and care are high throughout. When you've reached a decision, take good financial and legal advice. What are the fees and what do they include? Can you afford them on a long-term basis? What happens if funds dry up? What is the protocol for making a complaint? Consult the Office of Fair Trading 'Fair Terms for Care' booklet to see whether the contract you'll be asked to sign is a fair one.

Ask as many questions as you can up front, and you will help ensure that any move you or your elderly relative makes will be the right one.

# Advertise YOUR Business HERE!

01227 723223  
hello@hofmedia.co.uk



**DYNO-ROD**  
We've been unblocking sinks, drains & toilets in Kent since 1965

- Quick Response
- CCTV Drain Inspections
- Drainage Repairs
- Pre-purchase Surveys

For a FREE no obligation quote contact Mark or Peter on:  
**01233 621108**  
**07903 145193**  
or email: [m.reeves2@btconnect.com](mailto:m.reeves2@btconnect.com)

# Hump It 'n' Dump It

## DOMESTIC & COMMERCIAL CLEARANCE SERVICE

Whether you're moving house, renovating or simply clearing out old and unwanted belongings, we will do all the hard work for you!



- House and Garden  
Full or part house clearances undertaken
- Shops and Offices
- Sheds and Garages removed
- Fences and Driveways

**FREE QUOTES**

**07952 133385**  
[humpitndumpit@btinternet.com](mailto:humpitndumpit@btinternet.com)  
[www.humpitndumpit.com](http://www.humpitndumpit.com)



**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.



## Local artist Helene Brett updates us on the welcome return of the popular local event.

With lockdown at an end, art and culture is about to return to Sevenoaks and what better way to start than with the ever-popular ART IN JUNE Open Studios event.

After a forced break last year due to Covid, 50 artists in 18 studios spread across the Sevenoaks and Eden Valley areas will be opening their doors once again to welcome art lovers and display their work.

ART IN JUNE will run for two weeks from Friday 4 June to Sunday 20 June.

The popular event promises to be better than ever this year. Many activities have had to be curtailed over the last 18 months but not the need to express oneself and produce beautiful and exciting art. Artists have been making good use of lockdown and the results will be free for all to see.

All forms of art will be not only on show but also for sale; including paintings, prints, ceramics, glass, textiles, metalwork, jewellery and sculpture. There will be things for the home, for the garden, for children, for you, beautiful things, useful things, the possibilities are endless. There will also be demonstrations and workshops for visitors to try new skills or improve their technique.

"Open Studios is just right for the naturally curious person who loves to look at art and inquire. There are lots of people who love to visit artists' studios and the artists love you to visit them. So go ahead, do it. We are waiting for you", says Debra Barr-Smith, Art in June Co-Ordinator, who is based at Diggate Farm, Sundridge.

ART IN JUNE has the support of Sevenoaks District Council, who have kindly provided a grant towards costs for signs and banners. These are essential, as the area with Sevenoaks at the centre, now extends westwards to Oxted, eastwards to Wrotham Heath, northwards to Otford and southwards to Chiddingstone and Hever.

Some venues are 'destination studios' offering a rural location, beautiful gardens and country pubs or tea rooms nearby. One of these is the Red House at Hever with its 100 year old painted wooden caravan in the garden, donkeys, two very old Oxford Sandy pigs and South American rheas, in addition to inspiring work by six artists.



Another destination studio is Jessops Farm Studios, home to nine artists, some of whom will be running free workshops in the garden. Offering free workshops has become a tradition over several years and they are extremely popular.

"We like to give something back to those who pay us the compliment of visiting our studio and looking at our work", says Cathy Bird. "Feedback from attendees is always enthusiastic and the work produced is often astonishingly good! Everybody has an artist somewhere inside them and this is an opportunity to bring out your inner creative self, try a new medium or pick up a few tips!"

Booking is essential this year for the workshops and numbers will be strictly limited, so please phone Lorraine on 07968 710032 to reserve your place.

For those who wish to try their hand at printing linocuts, Carole Aston in Sevenoaks is offering budding print makers the opportunity to print a card from a selection of designs.

It will provide a taster for an art form that they may like to pursue.

The ART IN JUNE booklet also carries publicity for various workshop opportunities taking place in different studios during the year.

On a practical level, visitors to ART IN JUNE can be confident that every effort is being made to ensure venues are Covid safe. Sanitising measures will all be in place, one-way systems where appropriate and visitors will be required to comply with regulations, such as social distancing and wearing masks.

So shake off those Covid blues, and support your local artists by visiting their studios (even if you don't want to buy). It's a wonderful and inspiring way to get back to some sort of normality and enjoy the talented culture on your doorstep.

For further information, pick up a booklet from outlets in the area or visit [www.artinjune.org](http://www.artinjune.org).



# 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

PROTECT THOSE YOU LOVE

# MAKE A WILL

Call Humphrey & Scace Today on **01732 252540**  
**01622 320079 • 01892 800198 • 01474 770157**



**HUMPHREY & SCACE**  
WILL WRITING & ESTATE PLANNING PRACTITIONERS



Arrange a **Single Will** today  
for only

**£150.00** inc VAT

Save  
**£30**

Arrange **Mirror Wills** today  
for only

**£190.00** inc VAT

Save  
**£50**

Ask us about:

- Lasting Power of Attorney
- Protective Property Trusts
- Vulnerable Persons Trusts
- Young Persons Trusts
- Nil Rate Band Trusts
- Pre-Paid Funeral Plans
- Probate
- Equity Release

To arrange an appointment call: **01732 252540**

**01622 320079 • 01892 800198 • 01474 770157**

**www.humphreyandscace.co.uk**

email us: **info@humphreyandscace.co.uk**



Jelf

| Insurance Partnership



## Helping young people cope in uncertain times

The COVID-19 pandemic turned our lives upside down. As adults we've had too many questions and too few answers, and many of us felt overwhelmed in the face of so much uncertainty.

Now imagine what it's like to be a child or teenager in this environment.

Young people don't have the cognitive development, life experience, and coping skills to deal with all the uncertainties we face. So even though we may be struggling, it's up to us as the adults to help them manage these feelings.

It's not unusual for young people to be anxious about the future, especially as they near the end of school, or transition from one school to another. They might be stressed about the uncertainty surrounding exams, or what might happen about their university place. The coronavirus (COVID-19) pandemic has created more uncertainty than usual. As a parent, it's hard not to have answers and reassurances.

If your child or teen is anxious it can help give them the sense of some control.

### Help them to develop a plan A and a Plan B

**Plan A** - The ideal plan they would have followed in normal times.

**Plan B** - An alternative if plan A isn't viable right now.

Plan A may have involved taking a year out to travel overseas.

Plan B may be to complete some online training then volunteer for a charity, with the intention of switching to Plan A several months down the line.

The idea of Plan B is NOT to give up on Plan A, but rather to postpone it, while still moving forward in other areas.

### Show your child how to be okay with uncertainty

Tolerating uncertainty is a skill that can be learned by practising how to respond in the best way we can to what's happening in the present. Try doing small things together differently, such as preparing a meal without a recipe using only what's in the cupboard or picking a random film to watch or podcast to listen to without knowing anything about it.



### Validate your child's feelings and concerns.

Accept how they feel and resist the urge to "fix" them by minimizing their worries or making promises that are not within your control to keep. Instead encourage them to be kind to themselves and realistic in their thinking. Listen to them and remind them that this is a very unusual situation; it would be weirder if they weren't anxious!

### Talk about the things they value

It's usually possible to find something, even a small thing that they value or appreciate. Help them to refocus on the good things in their life. Share some of the things you are grateful for.

It's difficult for most of us to remain calm and focused at the moment, and we all have to accept that we can't predict the future. It helps our kids to see us focus on the things we can control. We can model strategies and show them that whatever happens, we can cope with it together.

# Roof Wizard

Checkatrade

Slate Roofing | Tile Roofing | Flat Roofs | Rubber Roofs | Lead Work

We are a small local company with over 20 years experience within the Roofing profession.

We undertake ALL aspects of Roofing, whether its Slating, Tiling, Complete New Roofs, Finlock Gutter Removal or solving those annoying small leaks that you have never managed to resolve.

Call direct for a friendly professional service or you can even text us your requirements and we will call you back asap.



**07930 338196**

**roofwizard@ymail.com**

**www.theroofwizard.co.uk**

Cleaner Ponds  
Aquarium & Pond Supplies



## Keeping your pond crystal clear

- Cleaning, clearance, servicing & maintenance
- System upgrades - Filters
- Ponds & water features
- Liners
- Full fibreglass service available
- Free estimates, advice and consultations

**07715 661491 - 01795 668734**

**www.cleanerponds.co.uk**

Iris was the goddess of the rainbow in Greek mythology. I have a thing for Greek mythology, and I love Irises. The large, bearded types unfurl at this time of year and they reflect the colours of the spectrum from deepest purple, through dusky orange, egg-yolk yellow and the most delicate of blues, to the brightest of whites.

They comprise of standard petals, which are carried aloft over the graceful fall petals, which arch downwards. From the upper bases of the falls grow groups of fuzzy hairs called beards and from this the bearded Iris gets her name. Even the foliage is attractive: large pale green swords that shoot straight upwards from the earth.

Bearded Irises love full sun and prefer to have their fleshy rhizomes (the underground stems) near the soil surface so they can take full advantage of the sun's warmth. They actually prefer a more impoverished soil, so if your soil is a bit thin and dry they may be perfect for your garden.

As the clumps become overcrowded the centres die out. Dig them up immediately after flowering and chop them into single healthy rhizomes, each with a fan of leaves. Shorten each fan with scissors by about half, then replant about 30cm apart in another sunny spot so that the rhizomes are just visible under the surface. Although they like drier conditions make sure they are watered in and looked after for a few weeks until established. But really you don't need to do much to them. Overly enriched soil is not a friend to the iris, which might decline to flower in such conditions. My best flowering plants are in the driest, most sun-baked part of my plot!

But for those who have shadier gardens and boggy conditions try the non-bearded Iris sibirica. I have one in a sun-dappled spot by a water feature. Its leaves are greener and grassier, which complements the water, and it has lovely rich blue flowers which look particularly nice in the shade. I also like Iris ensata, which I plant by my pool at the water's edge. It's also a good choice in borders if you garden on richer soil than mine.

So, invoke the power of the Goddess Iris in your garden, and enjoy the rainbow of colour.

Happy gardening,



# TIME TO RECLAIM YOUR LOFT SPACE

We are specialists in loft ladders and hatches for easy and safe access to your loft. We also provide boarding, lighting and insulation solutions. Call us now to find out how we can help you turn your lost space into a really useful loft space.



Call John to book a FREE survey & quotation

## 01892 882168

### WHAT MAKES US DIFFERENT

- You don't have to wait around for us to arrive!
- Lifetime Guarantee
- You'll have added peace of mind knowing we are accredited by Which? Trusted Traders
- You could gain up to a third more space
- No mess, no fuss, just safe, easy access to your loft space.



## BLOOMING MARVELLOUS!

Sevenoaks District Council have once again teamed up with Coolings Nurseries in Knockholt to run this year's 'In Bloom' competition.

The free competition allows residents to show off their gardening skills and is open to novice and expert gardeners alike.

This year there's lots of categories to take part in, including front gardens, allotments, environmentally-friendly gardens, ornamental gardens, shop fronts and pub, restaurant, B&B and hotel gardens too.

The Council is also asking residents to nominate beautiful front gardens they've seen as part of its Public Realm project.

The deadline for entries is Monday 5 July with judging taking place later that month. Everyone who takes part will be given a free £5 voucher to spend at Coolings, limited to one per household.

The Council's Public Realm Commissioner, Cllr Roddy Hogarth says: "In Bloom is a fantastic opportunity for residents to get recognition for their beautiful gardens. Whether you have a large or small garden, an allotment, a window box or a hanging basket, there's a category for you and it's completely free to enter."

Cllr Hogarth adds, "We also want you to nominate your favourite gardens! If you've seen a front garden, residential or business, that stood out or made you smile, please let us know. We'll send the owner a postcard thanking them for making a difference and inviting them to enter the In Bloom competition."

For details of this year's competition and how to enter, visit [www.sevenoaks.gov.uk/inbloom](http://www.sevenoaks.gov.uk/inbloom)

To nominate a front garden, email [public.realm@sevenoaks.gov.uk](mailto:public.realm@sevenoaks.gov.uk)



**ASH PROPERTY MAINTENANCE**  
**ALL WORK FINISHED TO  
THE HIGHEST STANDARD**

**Plumbing • Electrical • Decorating • Flooring  
• UPVC Windows • Plastering • Carpentry • Landscaping**

**YOUR RELIABLE LOCAL MAINTENANCE TEAM**

**WE UNDERTAKE ALL ASPECTS OF PROPERTY  
MAINTENANCE • FULLY INSURED**

**PLEASE CALL FOR A FREE QUOTATION:  
OFFICE: 01474 719020 MOBILE: 07916 137924**

[ashpropertymaintenance@outlook.com](mailto:ashpropertymaintenance@outlook.com) 10 MANOR FORSTAL, NEW ASH GREEN, KENT DA3 8JG

**DJBlinds** & Shutters

We are a family run business that care deeply for each of our clients and strive to provide the best quality blinds, shutters and curtains at great prices.

- ✓ FREE no obligation quotations
- ✓ FREE fitting
- ✓ 12 months interest free finance
- ✓ 20% discount for NHS workers on any blind style (excludes shutters)



[www.djblinds.com](http://www.djblinds.com)  
[info@djblinds.com](mailto:info@djblinds.com)

**01322 287444**

Unit 14, The Orchards Shopping Centre, Home Gardens, Dartford, Kent, DA1 1DN

# IS LAUGHTER THE BEST MEDICINE?

## It certainly seems to help...

It feels so good to laugh doesn't it. Especially at the moment, after more than a year of social restrictions, closed pubs, theatres, and comedy clubs. On of the things I've missed the most during lockdown is communal laughter. It connects people. From a tiny titter to a great guffaw, laughter can completely change the temperature of a room.

Scientists are fascinated by laughter. Researchers at the Loma Linda University in California have been researching the health benefits of laughter and made some interesting discoveries.

Laughter lowers blood pressure – and lower blood pressure means a reduced risk of stroke and heart attack.

It reduces stress hormone levels – laughter makes us feel less anxious and stressed, which reduces the negative impact of these emotions on our body, while simultaneously increasing the health of our immune system.

It helps tone your abs – Ok, it's not going to replace your tums, bums, and thighs class but when you laugh the muscles in your stomach contract and relax, similar to when you intentionally exercise them. That can only be a good thing, right?

It increases cardio activity - Laughter gets your heart pumping and burns a similar number of calories per hour as walking at a slow to moderate pace. Who knew?

It increases our sense of wellbeing. Doctors have found that people who have a positive outlook on

life tend to fight off diseases better than people with a more negative outlook. The reason for this may be that it boosts T-cells, which are the specialist immune system cells. Laughter activates T-cells, so happy people who laugh frequently are probably less vulnerable to infection!

It triggers the release of endorphins, which are the body's natural painkillers, so laughter can help relieve chronic pain.

Did you know that we are 30 times more likely to laugh when in a group than when we're alone? Or that that four-year-olds laugh 300 times a day but 40-year-olds only 300 times every 10 weeks! This is probably due to a number of factors, including the belief that adulthood and work is 'serious', but also because we worry about offending, about the joke falling flat, and about just not being funny.

We become scared to be silly. No one is suggesting that you suddenly start telling off-colour mother-in-law jokes, but a little levity can lighten everyone's day, whether it's a shared snigger with a colleague over a one of your boss's foibles, or a funny anecdote about your dog shared with a friend.

During last year's lockdown with the shift to remote working, incidence of loneliness and depression has increased dramatically.

Many of us have felt disconnected, so when we laugh with someone – even through a screen or 2m apart – we generate a cocktail of hormones that strengthens our emotional bonds, our wellbeing and our immune system in a way that wouldn't otherwise be possible.



## Liquid Waste Disposal



- ♻️ Septic & Cess Pool Emptying
- ♻️ Spill & Flood Response
- ♻️ Treatment Plant Emptying
- ♻️ Sewer & Drain Jetting
- ♻️ Grease Trap Emptying
- ♻️ Local Tanker Fleet
- ♻️ Pond Draining



atacsolutions.com  
T. 01622 882 400 E. info@atacsolutions.com



We are an independent, family-run business that specialises in removing fat, grease and burnt-on carbon using only non-toxic cleaning agents.

Single Oven	from £35	Extractor	from £12
Small Oven / Grill	£17	Agas	from £85
Hobs	from £12	Rayburn	from £85
Combi / Microwave	£23	Ranges	priced accordingly

Filters & oven bulbs supplied & fitted  
\*Prices are subject to change, minimum charge £25

t: 01233 634993 m: 07903 819906

info@ovengleam.co.uk  
www.ovengleam.co.uk

We do not carry out cold calling



## Providing high quality and safe care to support people at home

Our professional, experienced, well trained, CAREGivers all follow government guidelines in infection control procedures and wearing PPE.

We pride ourselves in offering a minimum of a 2-hour visit with regular CAREGivers and times for our clients of all ages\*.

\*Our services are available for anyone over the age of 18



Could you be a CAREGiver for some of our lovely clients in their own homes in and around the Sevenoaks area?

If you have a big heart and love working with adults, this is the perfect job for you with guaranteed hours.

Full training, excellent pay, and work with clients matched to you!

\*Must be driver with car access\*

- Personal care
- Dementia care
- Companionship
- Home help



Call 01732 658518

or email admintw@homeinstead.co.uk  
www.homeinstead.co.uk/sevenoaks



Each Home Instead® franchise office is independently owned and operated.

## WHY WE LOVE AN ONLINE QUIZ

My friend Sally looked up from her phone and chuckled. 'Look...this is me as a dog!' She proffered her phone. The pic was of a Chihuahua, wearing Ray-Bans, lying on a sunbed next to a cocktail...actually pretty representative of Sal, with her diminutive stature and love of beach holidays.

Why do we find these online quizzes irresistible? Why do we have the urge to know what we will look like as an old lady, a man, or a biscuit?

Most of us are more than a little self-obsessed. We like to talk about ourselves and we like to learn about ourselves. 40% of the words we utter in life are about us!

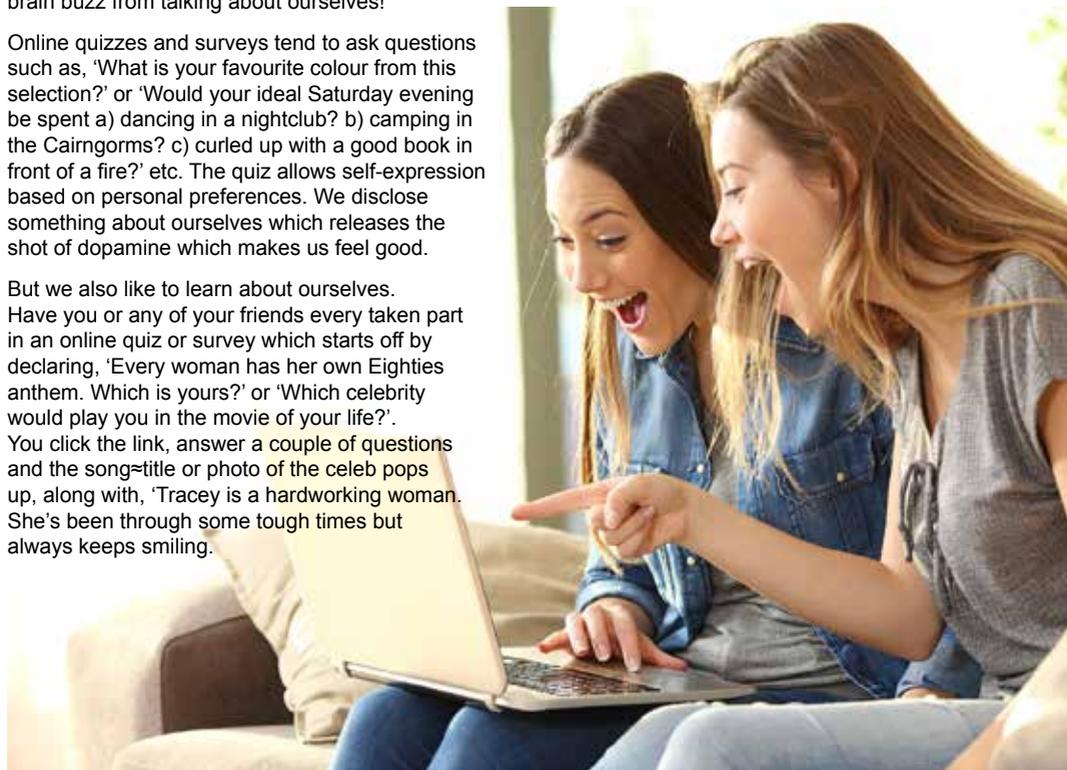
Researchers in psychology at Harvard University ran a series of studies comparing how people felt when talking about themselves, compared to how they felt when talking about other people. The researchers found that, no matter how the studies were set up the results indicated that the reward centres in human brains were stimulated most during self-disclosure. We actually get a brain buzz from talking about ourselves!

Online quizzes and surveys tend to ask questions such as, 'What is your favourite colour from this selection?' or 'Would your ideal Saturday evening be spent a) dancing in a nightclub? b) camping in the Cairngorms? c) curled up with a good book in front of a fire?' etc. The quiz allows self-expression based on personal preferences. We disclose something about ourselves which releases the shot of dopamine which makes us feel good.

But we also like to learn about ourselves. Have you or any of your friends every taken part in an online quiz or survey which starts off by declaring, 'Every woman has her own Eighties anthem. Which is yours?' or 'Which celebrity would play you in the movie of your life?'. You click the link, answer a couple of questions and the song=title or photo of the celeb pops up, along with, 'Tracey is a hardworking woman. She's been through some tough times but always keeps smiling.

She is fiercely loyal and will stand by her friends through thick and thin. If you hurt her, she may not show her feelings outwardly but rest assured, she'll never forgive you.' We could all probably be described like that, and even though we know it's hokum, like horoscopes, we lap it up precisely because these online quiz results are relentlessly positive, and while we love learning things about ourselves, we love learning good things about ourselves even more. We share it with friends because it validates the positive things we feel about who we are.

Learning about ourselves is a national pastime. The self-help industry is a £7.5 billion per year business worldwide. Its entire premise is that understanding yourself is the key to a happier, more fulfilled life. People pay serious money to go on retreats, courses or to see a therapist to learn about themselves, which probably explains why a free quiz claiming to reveal our personality type based on which Avengers character we prefer is so alluring.



# Hennis Upholstery

FAMILY BUSINESS ESTABLISHED 30 YEARS



## (RE)COVERING LONDON & THE HOME COUNTIES

- Re-Upholstery
- Bespoke Sofas & Chairs
- Tailored Loose Covers
- Curtains & Blinds
- Headboards & Window Seats

TELEPHONE

**01689 800 099**

[hennisupholstery@gmail.com](mailto:hennisupholstery@gmail.com)  
[www.hennisupholstery.com](http://www.hennisupholstery.com)



## HAIR TODAY... HOW TO DEAL WITH THINNING HAIR

**Male pattern baldness refers to a loss of hair on the scalp in men. It happens as hormone levels change over a man's lifetime, especially in the later years and affects around 50% of men by age 50.**

Although it's a natural part of the aging process for millions of men, hair loss can be psychologically distressing to those experiencing it.

Many men spend vast amounts of money on various hair loss remedies in an effort to reverse the balding process. Hair transplant surgery is expensive and good results are not guaranteed. It's actually easier to look after your remaining hairs than it is to grow new ones. Modern toupees look natural and although the best come with a large price tag, they are still considerably cheaper than surgery.

Between surgery and toupees there are other options. Baldness has bothered men for millennia and some ancient cures were frankly bizarre. They included rubbing onions on the head or applying potions with ingredients that included goat, goose or even hippo dung!

Thankfully, hair restoration products have dramatically improved since drug companies became involved. One product in particular Minoxidil has proved incredibly successful. It was originally developed to treat high blood pressure. However, an interesting side effect of Minoxidil is that it made hair grow. Now it is used as a topical treatment for male pattern hair loss. The preparation is called Rogain®. Unfortunately, if you stop using Rogain® the effect quickly reverses, so once the treatment starts it has to continue, and it isn't available on the NHS so the cost can escalate quickly.

The simplest, cheapest, and most effective solution is actually to accept the situation. Hairdressers and barbers are the experts. They will help you to choose a new, flattering hairstyle. As a general rule, it's best to keep the remaining hair as short as possible.

Don't be afraid to shave it all off; Mark Strong, Patrick Stewart, and Dwayne Johnson are all extremely attractive and charismatic bald men. If that's too dramatic a step, then a good cut is a "short Caesar", which is a close cut that manages to give the impression of hair. Another option is to allow the facial hair to grow to draw attention away from the baldness. A neat moustache and goatee can look very debonair. Just don't go for a "comb-over".

A man who radiates confidence will always be attractive regardless of the amount of hair on his head. If you don't make a big deal out of your thinning hair, nobody else will, either. And if in doubt, remember this anonymous quote: "God made some heads perfect - the rest he covered with hair".



**MID KENT FENCING LTD**

All types of Fencing  
Supplied & Installed

Gates & Security Fencing  
Agricultural & Equine  
Commercial • Fully Insured

**01732 883311**  
midkentfencing@outlook.com  
www.midkentfencing.com

Find us on Facebook @midkentfencing

## The Canterbury Auction Galleries

FINE ART AUCTIONEERS SINCE 1911

## We Are Actively Seeking Consignments

of Fine Art & Antiques, Silver & Jewellery,  
Objet d'Art Coins & Medals,  
Clocks and Watches.



Call Us to Book a Valuation Appointment  
at Home or at Our Saleroom in Canterbury.  
All Appointments are subject to current  
social distancing guidelines.

**Weekend Online Auction Dates 2021**  
5th & 6th June, 31st July & 1st August  
2nd & 3rd October, 27th & 28th November

t 01227 763337 e general@tcag.co.uk

[thecanterburyauctiongalleries.com](http://thecanterburyauctiongalleries.com)

## COUNCIL WARN OF BATTERY DANGER

Last month, On Tuesday 27 April, a battery that was put out in a waste sack in Edenbridge exploded in the back of a Sevenoaks District Council refuse truck, resulting in a small fire.

The quick-thinking waste collection crew removed the battery after they heard the explosion, which subsequently caught fire.

Thankfully, the team carry a fire extinguisher and were able to put out the fire straight away.

Luckily, no one was hurt thanks to the crew's actions, but it could have been much worse. Had the team not stopped the vehicle, investigated and dealt with the problem, the refuse truck was in danger of catching fire.

The Council is reminding residents never to put any kind of battery in their waste as it puts their staff in danger.

Cabinet Member for Cleaner and Greener, Cllr Margot McArthur, says: "It is very dangerous to put any kind of batteries into your waste sacks, regardless of their size. The inside of refuse trucks are hot, meaning batteries can heat up and set alight quickly. We're really proud of the way our team handled the situation but we are urging residents to not let this happen again.

"Please always take domestic batteries to your local supermarket recycling points and larger batteries to the Household Waste Recycling Centre."

To find out more about what you can and can't put in your sacks visit:

[www.sevenoaks.gov.uk/refusesacks](http://www.sevenoaks.gov.uk/refusesacks)



## COUNCIL ISSUES SHOREHAM GREEN BELT WARNING

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

The Council discovered that land is being sold as individual plots with marketing information suggesting the site has the potential for development.

The site is in the Green Belt and an Area of Outstanding Natural Beauty so planning permission for new residential development is unlikely to be granted.

To ensure the site continues to be protected, the Council served Article 4 Directions on Thursday 22 April 2021 restricting the activities that can be carried out without planning permission. This includes putting up fences, gates or walls, stationing caravans and other temporary uses.

Sevenoaks District Council has also reported the sales to KCC Trading Standards for investigation.

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 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."

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

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 at <https://maps.sevenoaks.gov.uk/planning>.

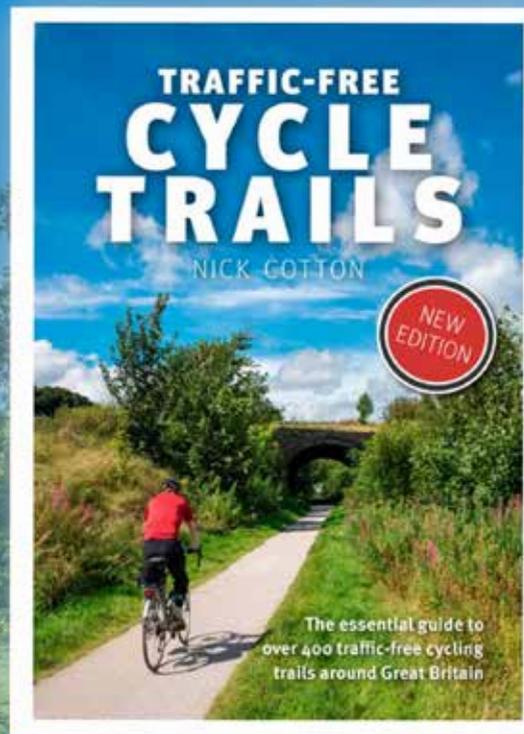
Alternatively they can seek advice from the Council's Pre-Application Planning Advice team [www.sevenoaks.gov.uk/preapplicationadvice](http://www.sevenoaks.gov.uk/preapplicationadvice) or call 01732 227000.

energise your ride. energise your life.

# WIN

 with energise e-bikes

★ Enter before 21/06/2021 ★



Enter on our website and win!

For over 10 years, Energise E-bikes has been passionate about helping people rediscover the joy of cycling, no matter how long it's been since they were last in the saddle.

We're giving a copy of this inspiring book of Traffic-Free Cycle Trails to one lucky reader.

For your chance to WIN, head to:  
[www.energiseebikes.co.uk/content/39-sevenoaks](http://www.energiseebikes.co.uk/content/39-sevenoaks)

Full terms and conditions can be found on the website.

# THE SEVENOAKS SIGNAL

Want to Advertise?

Next Issue:

July 30th 2021

15,000 Copies in Sevenoaks, Otford,  
Kemsing and Surrounding Villages

Advertising Enquiries:

hello@hofmedia.co.uk

01227 723 223



## Is your drinking costing you more than money?

Hangovers • Shame • Despair • Work problems  
Relationships • Debt • Loneliness • Isolation  
Anxiety • Health • Control • Love • Self-respect

If you are worried about your drinking and want to talk to someone who has had the same problem, please call:

Kent AA Helpline:  
**01227 455 557**

National AA Helpline:  
**0800 9177 650**

or visit our website:  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

## SET IN STONE

Headstones • Memorials  
Kerbs • Tablets  
Additional Inscriptions  
Renovations

**MAIDSTONE**  
66 HIGH STREET,  
ME14 1SR

[WWW.SETINSTONEKENT2.CO.UK](http://WWW.SETINSTONEKENT2.CO.UK)  
[SETINSTONEKENT@AOL.COM](mailto:SETINSTONEKENT@AOL.COM)

RECEIVE 10% OFF WHEN QUOTING SS5

**CALL: 01622 679888**

KEVEN WATT  
Quality Tree Care Ltd

**“Trees in Safe Hands”**

**Tree Surgery**  
**Consultancy**  
**Hedge Trimming**  
**Stump Removal**  
**Fully Insured**  
**Qualified & Certified**

Telephone:  
**01732 387212**

[www.qualitytreecare.co.uk](http://www.qualitytreecare.co.uk)  
[keven@qualitytreecare.co.uk](mailto:keven@qualitytreecare.co.uk)

QualityTreeCareLtd

**ALL ASPECTS OF TREE SURGERY**  
Local and Reliable. Established 1985

**Arnold & Arnold**  
LIMITED  
DRIVEWAY SURFACING CONTRACTORS

- Resin Bound
- Tarmacadam Red/Black
- Road Construction and Surface Dressing
- Machine Laid Industrial HDM Tarmac Surfacing

**Call Len on 07778 156314**

[www.arnoldandarnoldltd.com](http://www.arnoldandarnoldltd.com) [sales@arnoldandarnoldltd.com](mailto:sales@arnoldandarnoldltd.com)

*M. J. Reilly*

**Sandtex** EXTERIOR PAINTS  
**Dulux** TRADE  
**Sadolin**  
Little Greene  
MYLANDS

**Painter & Decorator**  
*Maintenance Contracts*

07935 518 006  
[markreilly12345@icloud.com](mailto:markreilly12345@icloud.com)

**CPM** ACCOUNTANTS  
aat AAT Licensed Accountant fsb®

Making Tax Digital • CIS • Bookkeeping  
Company Secretarial • Xero Support  
Company Accounts & Tax Computations  
Personal Tax Returns • Payroll  
FREE INITIAL CONSULTATION

**01732 600 220**  
[info@cpmaccountants.co.uk](mailto:info@cpmaccountants.co.uk)  
[www.cpmaccountants.co.uk](http://www.cpmaccountants.co.uk)

## Silverback Recovery

CAR TRANSPORTING  
BREAKDOWN RECOVERY  
ACCIDENT RECOVERY

**01622 813733**  
**07740 123495**

[silverbackrecovery@hotmail.co.uk](mailto:silverbackrecovery@hotmail.co.uk)

**MTS** CLEANING SERVICES LTD  
[info@mtscleaning.co.uk](mailto:info@mtscleaning.co.uk)  
[www.mtscleaning.co.uk](http://www.mtscleaning.co.uk)

The LARGEST independently owned liquid waste management company in the UK

- Blocked drain clearance
- CCTV drain & sewer surveys
- Drain & sewer cleaning
- Cesspool & septic tank services
- Tankering including ADR (hazchem)
- Pollution & flooding solutions
- Waste disposal & recycling

**01634 250326**



PREPARATION TIME: 30 MINUTES COOKING TIME: NONE UNLESS MAKING MERINGUES (2HR 30) SERVES: 6

**INGREDIENTS**

**For the meringues**  
(or you can use good quality shop-bought meringue nests)

- 175g caster sugar
- 1 thick lemon slice
- 3 egg whites, at room temperature
- 1 pinch salt

**To assemble the mess**

- 500g ripe strawberries
- 50g caster sugar
- 450ml double cream
- 1 tbsp icing sugar
- 1 tsp vanilla paste
- Mint for garnish

**METHOD**

**Meringues** - Preheat the oven to 220C / gas 7. Line a baking tray and pour the sugar on to it then bake in the oven until it just begins to melt at the edges. Rub the inside of the mixing bowl with the lemon (this gets rid of any grease) and add the egg whites. Just before its time to take the sugar out of the oven, start whisking the whites at high speed.

Carefully tip the hot sugar and the salt into the fluffy foamy whites. Continue whisking until the mixture is cool, glossy and forms soft peaks. Lower the heat in the oven to 130C / gas ½. Heap dollops of meringue on to lined baking trays, making sure they are well spaced. Bake in the cool oven for about two and a half hours. Check after two hours. The outsides should be crisp and golden but not burned! Turn off the oven and leave the meringues inside to cool completely.

**The Mess** - To prepare the strawberries: wash and hull the fruit, and slice into half or quarters. Aim for bite-size pieces. Place the strawberries in a bowl, sprinkle with the caster sugar, making sure all the strawberries are coated. Place in the fridge for half an hour until the fruit goes squidgy and leaks juices.

Set a third of the strawberry mixture on one side for later. Using a potato masher lightly crush the rest into a chunky puree. Pour the double cream into a big bowl (it's best if the bowl is cold). Sift in the icing sugar and the teaspoon of vanilla paste (not essence) and whip to soft peaks.

Roughly squash and break six of the meringues. Fold the pieces and the crushed strawberries into the whipped cream. Don't mix too thoroughly. The red and white should be clearly distinct. I tend to leave mine in a big serving dish so people can help themselves, but it looks lovely spooned into tall glasses and topped with a sprig of mint.

Best roofing and building company - good rep over 30 years, Tunbridge Wells, Sevenoaks, Tonbridge, Maidstone, Kent and Sussex



Emergency roof repairs 24 hour support line  
**07555 798736**

- ✓ Roofing
- ✓ Roof repairs
- ✓ Roofline
- ✓ Chimneys
- ✓ Building work
- ✓ Flat roofs
- ✓ Traditional felt
- ✓ GRP fiber Glass
- ✓ EDM Rubber Roofing
- ✓ Chimney repairs
- ✓ upvc guttering
- ✓ Fascias and soffits



**Arkiton offer the best Quality and Service -**  
PRICE Promise Guarantee - Arkiton Roofing & Building will beat any like -for-like roofing quote in Tunbridge Wells and Throughout Kent



Call Now **01732 422064**  
 Freephone 0800 933 0247  
 Tunbridge Wells 01892 884540  
 On site 07555 798736  
 Email info@arkiton.co.uk



# WILLIAMS

## FASCIAS, SOFFITS & GUTTERING

### GUTTERING PROBLEMS?

New guttering supplied and fitted or repaired.

Damaged fascia boards repaired or replaced with UPVC.

Includes no quibble 10 year guarantee.

Annual clean out and checks available.

UPVC, fascia, soffit and guttering system installed.

Complete roof overhauls and repairs carried out as necessary.

We are a locally based company and have been trading for over 30 years. All our work is carried out using only top quality materials, skilled tradesman and leaving no mess.



**Checkatrade.com**  
Where reputation matters



[williamsguttering.co.uk](http://williamsguttering.co.uk)

Tel: 0208 313 3587 • 01689 854007 • Mobile: 07930 198254