



Join our
English
Tourism Week
Twitter Q&A
on business
support



English Tourism Week (22-31 May) is underway with widespread activity taking place on social media since Saturday by industry, stakeholders and MPs including Tourism Minister, Nigel Huddleston MP. The **#EnglishTourismWeek21** hashtag was one of the most used by MPs over the weekend.

The week is our annual celebration of the English tourism sector which this year is sharing the slogan "Here for Tourism" to support businesses as they start to reopen and rebuild.

On **Thursday 27 May** at 2pm join our Twitter Q&A on business support to learn more about the resources on our Business Advice Hub. You can send us your questions in advance either by email, direct message or using the hashtag **#ETWQA**.

GET INVOLVED IN BRITISH
TOURISM WEEK



Featuring a phenomenal WEST END CAST!! 2020 The Musical is an all singing, all dancing spectacular taking you through the journey of the year of 2020. You follow the story of four theatre artists who have re-trained and changed their careers to help within their community and to keep a roof over their head. Featuring some catchy new songs, that you won't be able to get out of your head, and some phenomenal tapping and dancing. This shows plot is based on true events. Book and support and industry that has suffered greatly over the last year! SAVE THE ARTS and local theatres! 10% of profits will be going to COVID charities.

Tickets Available at: [Stag Theatre](#)

Everyone
gets a
treat
this Half Term

JoJo Maman Bébé

CREW CLOTHING COMPANY



Dulce's
Pâtisserie



Everyone Gets a Treat This Half-term

WIN one of the 250 TREATS we have for you!

Half-term is almost here and we want to celebrate by treating the kids to fantastic prizes from Bligh's.

The first 250 customers to register will receive a gift from one of our stores. Gift cards from Gap Kids, JoJo Maman Bebe and Crew Clothing, PLUS delicious cookies from Dulce's Patisserie are up for grabs!

[ENTER HERE](#)

Indoor Dining is Back

Your favourite restaurants are back at Bligh's with new delicious menus! Visit our website to find out which restaurants you can visit.

Find out more

New store - La Manica

La Manica has recently joined us at Bligh's Meadow. You can find beautifully crafted garments, leather handbags and accessories, representing the epitome of understated authentic Italian elegance.

Visit the store





SEVENOAKS

VEGAN MARKET

SATURDAY 5TH JUNE
BUCKHURST LANE, TN13 IHW
09:00- 16:00

FOOD & DRINKS
CLOTHES & COSMETICS
LIFESTYLE & MORE!

VEGANMARKETS.CO.UK

@VEGANMARKETCO

Luck & Limen

Caroline Bugby

An exhibition of new sculpture
and installation



June 2nd - 12th
Kaleidoscope Gallery
Buckhurst Lane
Sevenoaks
TN13 1LQ

The Artist will be present in the gallery on
Thursday 3rd & Saturday 5th June,
10am-2pm running a cob sculpting activity

Sevenoaks **kaleidoscope** gallery

A Sevenoaks Visual Arts Forum artist led space

Buckhurst Lane, Sevenoaks, TN13 1LQ

www.svaf.co.uk

In partnership with



Give it a Grow

and grow something you can eat and share

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

The green initiative will have benefits for all the community

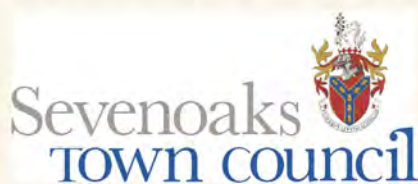
Healthy Living
Learning Together
Wellness and Therapy
Growing your Own
Making new Friends
Protecting our Green Spaces

How you can Help

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

Sharing your Knowledge

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



01732 459 953
council@sevenoakstown.go.uk

SAMARITANS SEVENOAKS PRESS RELEASE

Date of issue: Monday 10th May

Support Sevenoaks Samaritans by getting active outdoors this summer



- **Sevenoaks Samaritans is inviting supporters to sign up to Samarathon, the charity's annual virtual marathon.**
- **Funds raised will help Sevenoaks Samaritans continue to be there for people struggling to cope.**

Sevenoaks Samaritans is encouraging people to sign up to Samarathon and set themselves the challenge of walking, jogging or running the equivalent of a marathon distance during July, helping the charity's volunteers continue to provide vital emotional support.

Launching in Mental Health Awareness Week, Sevenoaks Samaritans are encouraging Sevenoaks residents to make the most of the long summer days after months of lockdown by getting active and being out in nature, which is known to help boost physical and mental wellbeing.

Participants can choose how, when and where they complete their marathon – and can sign up alongside friends and family, cheering each other on either in person or remotely.

Kay Turner Lead Volunteer at Sevenoaks Samaritans said: *"Samarathon provides a great opportunity to get active and enjoy spending time outdoors which is more important than ever during the pandemic. It is also a real boost to our volunteers, who have helped us set up our new Satellite office during lockdown. We have trained over 75 volunteers during the pandemic to help us deal with callers who need us and raise awareness in our local community".*

"The pandemic has significantly hampered our ability to fundraise over the past 12 months. Taking part in this challenge is not only a fun way to look after your own mental health and wellbeing but will allow us to support others who are struggling with theirs."

OUR PARTICIPANTS STORIES

Laura, 43, signed up to Samarathon last year in memory of her sister Louise: “Samarathon was so amazing, it gave me something to focus on after coming out of lockdown.

“I never liked running before, I found it too hard and arduous, but by taking it slowly and doing small amounts every other day, the mental health side of it almost took over from the fitness side. That was a big motivation because I felt great after it, I love it.”

Leonie, a listening volunteer for the past nine years walked three marathons during Samarathon 2020: “With the pandemic, I was very conscious of looking after my mental health so I thought it would be good to physically challenge myself, as well as being a good motivator to regularly get myself outside.

“I did three marathon distances over the month, and I’m hoping to do more this year. Samarathon gave me more of a purpose. Being out in nature helps puts things in perspective. I really enjoy getting out in the fresh air, feeling freer and not restricted by your own thoughts or responsibilities.”

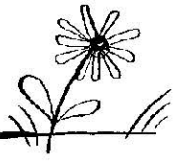
Three UK is the official sponsor of Samarathon. Connectivity has never been more important and over the three-year partnership, Three UK and Samaritans will work together to expand services and help more people access emotional support, 24/7, 365 days a year.

To find more information or sign up to support Sevenoaks Samarathon, visit www.samaritans.org/samarathon





NATIONAL GARDEN SCHEME
Garden Open For Charity



Chevening

nr Sevenoaks,
TN14 6HG

Sunday 13 June
2 - 5pm

Adults £7 Children £1

Pre-booked tickets available
Visit ngs.org.uk for details



DOGS WELCOME



PLANTS FOR SALE



WHEELCHAIR ACCESS