



Let's start talking

Together we will end mental health stigma

#TimeToTalk



This Thursday 4 February is **Time to Talk** day, it's a chance for all of us to be more open about mental health, to talk, to listen, to change lives.

1 in 4 of us will experience a mental health problem in any given year, but many of us are too afraid to talk about it. Starting a conversation about mental health might seem daunting but simply sending a text, checking in on a friend or sharing a virtual coffee morning with colleagues has the power to make a big difference.

The more conversations we have, the more myths we can bust and barriers we can break down. Follow us on social media @westkentmind and join the conversation with us. Let's start talking!

Top Tips from the West Kent Mind Team!

The
power
of small



**A small conversation about
mental health has the power
to make a big difference**

#TimeToTalk



We know it can be hard knowing where to start so here are a few simple tips:

- Don't wait to find the perfect moment. Chat over a cuppa, send a text or go for a walk.
- You don't have to be an expert, just being there for someone means a lot.
- Don't be afraid to ask. Listen and show you want to know how someone is really doing.
- Don't try to fix it, often just listening is enough.

Let's Talk Online Workshops

Do you need help getting the conversation started with your friends, family or colleagues? Do you know how to make someone really feel heard and understood?

Join Lucy, Ceri and Lorna, our training team, for **LET'S TALK** a short, online interactive workshop running 10am-11am, 1pm-2pm, 6pm-7pm on Thursday 4 February. Places are £25 per person, and are limited so book soon! [For more information & to book click here.](#)

Community Wellbeing



Arts and craft activities are a great way to start conversations, either in person or virtually.

Our Creative Minds community groups have been using colour, words, photos and illustrations to explore the power of small things to make a difference to mental health. Find out more about all our social activity groups [here](#).

We've also been talking about inspiring others to have conversations about mental health, and brightening someone's daily walk. Our groups have been creating rock paintings and small eco tree decorations to hide in local parks & community spaces. Let us know if you spot one!

We're still here for you



Time to Talk is organised by Time to Change, the campaign to change how we all think and act about mental health problems. There are lots of useful resources on their website, with a huge range of creative suggestions of how to start conversations about mental health at work and at home. [Click here to find out more.](#)

Here at West Kent Mind we are here to support you, head to our [website](#) to get in touch with us. Let's keep talking.

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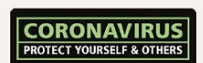
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Free SKC Coaching



Thanks to [The National Lottery Community Fund](#), we are delighted to provide up to **5 hours of free one-to-one advice** from our professional partners to small groups and organisations. This service will be available until the end of March 2021.

Our professional partners are experts on charity registration, business and financial planning, marketing, fundraising and much more. If there is something that you need help with, we will try to match you with an expert who can provide you with the advice and support you require. [FIND OUT MORE](#)

Sevenoaks Town Council encourages residents to engage with the Kent Wildlife Trust's long-term plans for its visitor centre at Sevenoaks.

During the Neighbourhood Development Plan consultation there was considerable interest in the Sevenoaks Wildlife reserve and its future plans. Members of the public informed the Town Council that it wanted to see a 'circular walk' around the main lake, access from Otford Road and general improvements to the facilities and entrance.

Sevenoaks Town Council were provided with a presentation by Kent Wildlife Trust last week and was pleased to learn that the creation of the 'circular walk' was completed and that it was holding a consultation on its long-term plans. The Town Council would encourage all residents to engage in the process – please see details below.

Kent Wildlife Trust is consulting on our long-term plans for the future of our flagship visitor centre at Sevenoaks. We want to improve the visitor experience and inspire future generations to connect with nature. We'd like to hear from as many of you as possible to make sure our plans consider the needs of the whole community. View our proposals and have your say in the link below by 7th Feb.

The link is: <https://www.kentwildlifetrust.org.uk/haveyoursay>



Sevenoaks Town Council - Staff Vacancies

- 1. Planning Committee Clerk (Full Time 37 hrs. p.w.)**
Opportunity to be involved in the administration of local and strategic planning matters.
- 2. Open Spaces & Leisure Committee Clerk* (Part time 21 hrs. p.w.)**
Opportunity to be involved in the management and promotion (including events) of public open spaces including parks, play areas, markets, and Sevenoaks in Bloom.
- 3. Sevenoaks Town Team Administrator* (Part time 16 hrs. p.w.)**
Opportunity to be involved in the Town Team including arranging events such as the Business Awards and Business Show.

For job descriptions, further details and application forms please see www.sevenoakstown.gov.uk

Closing date for applications: 12.00 Friday 5th February 2021

Sevenoaks 2021 Business Awards



The Business Awards has become a highlight in the annual calendar for local businesses. This annual event provides an opportunity to promote local businesses to each other and the public and recognise their achievements.

Unfortunately, during 2020 due to the pandemic this event did not take place.

2021 is still a difficult time and our local businesses need help more than ever, hence our Love Your Local Business campaign. The Town Team are therefore looking at exciting methods to move forward with creating a virtual Business Awards. This will need to be a different format to previous years and will be more difficult to generate income to underwrite the events.

2021 Business Awards

The proposal is for a live streamed 'at home' award ceremony, with a few surprises, to celebrate Sevenoaks businesses and recognise their contributions to the community since the start of the pandemic.

The 2021 Business Awards will have different categories this year and this cutting-edge award ceremony will not only highlight the incredible work local businesses have done to adapt, survive, and help their community – it will also be a fantastic and entertaining night that can be enjoyed by business leaders and their families at home.

Sponsorship

The Town Team is no different to other organisations, it has been unable to carry on with its normal income generating activities. We need to be aware also that the Business Awards will not generate income from the sit-down meal tickets. The Business Awards have always been generously sponsored by local businesses and we are hoping that those who can do so will again this year. The Town Team will do all that it can to promote those who sponsor the events. If you are able and willing to sponsor these events a sponsorship sum, we would be happy to discuss this with you (email: admin.tp@sevenoakstown.gov.uk). Sponsorship opportunities start from £500.