

## Sevenoaks Town Team Meeting: 16/12/20 @ 19:00

To be held via Zoom

Please contact [admin.tp@sevenoakstown.gov.uk](mailto:admin.tp@sevenoakstown.gov.uk) for more info or joining instructions.

### Sevenoaks District Council has appointed 4 Town Centre Ambassadors.

2 full time and 2 part time. The Ambassadors started on Tuesday 8 December. The Ambassadors will be working in teams of two to cover the 4 areas. They do not have a uniform per say, but will have a tabard saying happy to help as this role is about advising and helping businesses and residents. We have put the teams into 2 people.

#### Sevenoaks & Swanley

James: [james.carleton@sevenoaks.gov.uk](mailto:james.carleton@sevenoaks.gov.uk)

Annette: [annette.latter@sevenoaks.gov.uk](mailto:annette.latter@sevenoaks.gov.uk)



## CHRISTMAS MARKET IN BLIGHTS EVERYDAY 16<sup>th</sup> – 24<sup>th</sup> December: All your holiday gifts & goodies 9:00 – 4:00

### Bligh's (Saturday) 8:00am - 4:00pm

**Saturday:** Jewellery, Handbags, Scarves, Paintings, Knitted Items, Clothing, Cheese, Sausage, Cakes, Chocolate, Bread, Olives, Pastries, Cookies.

### High Street: (Saturday) 8:00am - 4:00pm

**Every Saturday:** Fruit, Veg, Flowers, Bread, Cakes, Olives, Dockers Gin.



### Buckhurst: (Wednesday) 8:00am - 2:00pm

**Every Wednesday:** Fruit, Veg, Flowers, Bread, Cakes, Clothing, Garden Furniture, Cheese



Shop local this season...

# Sevenoaks Markets





## Coronavirus: Guidance for Better Mental Health



During the COVID-19 pandemic, there will be a lot of information about the virus and its effects on mental health.

That's because coronavirus and the social, financial and psychological implications it carries can seriously impact one's mental wellbeing.

Government legislation, mass media coverage, and the increasing global death toll will cause a lot of stress, especially for the older population, children, and people with a history of mental health problems. It's of the utmost importance that we try to remain as composed as we can during this time.

While we are in no way diminishing the severity of the physical and epidemiological worry surrounding coronavirus, it is crucial that everyone has access to [mental health resources](#), and is clued up on how they can look after themselves and their own mental health.

### How Your Mental Health Might be Affected

The coronavirus might affect not only your physical wellbeing but also your mental health. As we might be instructed to stay home due to the pandemic, the mental health symptoms might worsen. You might notice several mental health issues, such as:

- Increased anxiety
- Stress
- Excessively checking for symptoms
- Feelings of irritation
- Insecurity
- The normal aches will feel like you have the virus
- Sleeping troubles
- Feelings of helplessness

For much more useful information & tips on dealing

with your mental health please visit:

<https://www.rehab4addiction.co.uk/coronavirus> and

please share with those who need it. Thank you.



## Training with Stronger Kent Communities

Due to popular demand, we have created more spaces on our sold out free training:

- Introduction to Fundraising - [book your place](#)
- Marketing for Small Organisations - [book your place](#)

Other upcoming training from experts includes:

- [Taking Photographs to Promote your Organisation](#)
- [Bid writing](#)
- [Getting your Stories in the Media](#)

Visit [strongerkentcommunities.org.uk/our-services/training](http://strongerkentcommunities.org.uk/our-services/training) to book or find more courses

## Sevenoaks Greensand Commons Job Openings

**Closing date:** Sunday 3 January 2021

**Location:** Based in the Sevenoaks area with office facilities at Sevenoaks District Council Offices and Tyland Barn, the headquarters of Kent Wildlife Trust. , Sevenoaks, Sevenoaks

The Sevenoaks Greensand Commons cover an area of nearly 300ha over 8 key project sites around 3 clusters; Seal, Sevenoaks and Westerham. They form part of a greensand ridge that stretches through Southern England.

### Greensand Commons People Engagement Officer

This role is responsible for engaging a wide variety of people to discover and value the Sevenoaks Greensand Commons project sites and nurture an interest in their ongoing stewardship.

### Greensand Commons Project Officer

This role is responsible for carrying out agreed works to manage and further engage interest in stewardship of the Sevenoaks Greensand Common project sites.

You will work closely with Sevenoaks District Council (SDC) and KWT staff, stakeholders, and delivery partners. This includes skilled and enthusiastic local volunteers with a wide range of specialisms encouraging the furthering and sharing of the unique resources of the commons.

To discuss this role, please contact Andrew Willmore on 07720 093128 or [andrew.willmore@kentwildlife.org.uk](mailto:andrew.willmore@kentwildlife.org.uk).

Visit [www.kentwildlifetrust.org.uk/jobs](http://www.kentwildlifetrust.org.uk/jobs) for more info





The title 'JACK AND THE TWO METRE BEANSTALK' is written in large, 3D, gold-colored letters with a green outline. The background is a blue, cloudy sky. In the top left, a woman in a white and black cow print costume is visible. In the top right, a man in a green shirt and red vest is visible.

# JACK AND THE TWO METRE BEANSTALK

## GOOD NEWS!

### We're announcing a Sevenoaks Panto first!

For the first time in Stag Theatre's history, two special online performances of this year's panto will be streamed live from the stage on Saturday 19 December!

The government's decision to place all of Kent in Tier 3, and their last minute change to guidance with theatre's no longer allowed to open in Tier 3, has thrown much of the theatre industry into chaos - but - the cast of Jack and the Two Metre Beanstalk will be ploughing ahead with rehearsals, in the hope that thousands of people can then still come along and enjoy a festive treat this Christmas. There are a limited number of tickets remaining, so please keep booking and cross your fingers for a festive panto trip!

Stag CEO Andrew Eyre said: "There have been plenty of discussions behind the scenes about how we might still be able to give our loyal audiences their Stag panto. Safety remains the priority of our customers, performers and staff and we are working hard to keep everyone safe. I'm pleased to announce a live streamed performance for the opening weekend which will be very exciting. We continue to monitor the Government announcements and will keep everyone updated."

The live streamed performances, set to take place at 4.30pm and 7.30pm on Saturday 19 December, will be available for panto fans to watch not just in Sevenoaks, but all over the world, and details of how to access the broadcast will be announced soon.

Ticketholders will be contacted by the Box Office when the government announce the next phase of restrictions so please be patient - we're still hopeful for a panto run!

If the Tier 3 restrictions remain in place, all ticketholders will be offered a full refund.

For all the details of this year's show visit [www.sevenoakspanto.com](http://www.sevenoakspanto.com).





# CHRISTMAS SPIRIT TRAIL

*Will you help us save the Christmas Spirit?*



## WHAT IS THE CHRISTMAS SPIRIT TRAIL?

The Christmas Spirit Trail is a town, city or shopping centre experience where families are tasked with hunting down 10 characters, displayed in public windows, to learn their names and stories.

Children will delight in spotting the cute, colourful characters and learning all about them. They will be even happier when they spot all 10 and win a free e-book about the characters' adventures.

## HOW DOES IT WORK?

The trail works by utilising contactless QR codes, without the need for players to download or sign up to anything. The trail consists of 10 vinyl window characters with embedded QR codes.

How to Play:

1. Visit [Christmas Spirit Safari](#)
2. Learn how to play and see the map
3. Collect the 10 characters by scanning their QR codes and read the eBook!

