



HM Government

## STEP 1

8 MARCH



### EDUCATION

Schools and colleges open for all students

Practical Higher Education courses



### BUSINESS / ACTIVITIES

Wraparound care, including after school sports, to enable parents to work



### SOCIAL CONTACT

Exercise and recreation with your household or one other person in a public outdoor place e.g. picnic or coffee

Household only indoors

Care home residents in England can nominate a single named visitor for regular visits



### LARGER EVENTS

Funerals (30 people)

Weddings and wakes (6 people)



### TRAVEL

Stay at home

No domestic or international holidays

COVID-19 ROADMAP 2021

## Changes on 29<sup>th</sup> March:

**Social Contact:** Friends & Families able to meet outside.

**Business & Activities:** Outdoor sports facilities allowed to open.

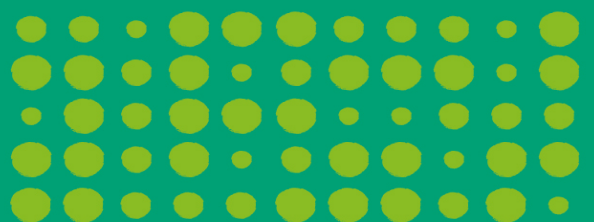
**Travel:** Stay at home rule on 29 March but many restrictions will remain in place. People should continue to work from home where they can and minimise the number of journeys they make where possible.

**SAMARITANS**

Sevenoaks

## Do something you're proud of

As a Samaritans volunteer, you'll help us be there for people when it matters most.



## Volunteer with us

We will train, mentor and support you all the way.

To find out more and apply, visit [samaritans.org/volunteer](https://samaritans.org/volunteer)

Call 07388 179 760

Email [sevenoaks.recruitment@samaritans.org](mailto:sevenoaks.recruitment@samaritans.org)

A registered charity



**Kooth** is a free online counselling and emotional well-being support service providing young people aged 10-16 years (up to 17<sup>th</sup> birthday) in Kent with a safe and secure means of accessing support with their emotional health and wellbeing needs, from a professional team of qualified counsellors. By accessing Kooth, young people can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for Kooth independently at [www.kooth.com](http://www.kooth.com)

I am delivering free webinars on Kooth, which includes a live tour of Kooth. Simply click on the registration date to attend and/or share these with others:

Please ensure you register for the workshop of choice. All enquiries to [kdawber@kooth.com](mailto:kdawber@kooth.com)

| Date             | Time              | Area | Registration Link   |
|------------------|-------------------|------|---|
| Thurs 4 March    | 10am – 11am       | Kent | <a href="https://forms.gle/9ZiJM6aLngoX8iP96">https://forms.gle/9ZiJM6aLngoX8iP96</a> |
| Mon 8 March      | 1pm – 2pm         | Kent | <a href="https://forms.gle/9ZiJM6aLngoX8iP96">https://forms.gle/9ZiJM6aLngoX8iP96</a> |
| Fri 19 March     | 10.30am – 11.30am | Kent | <a href="https://forms.gle/9ZiJM6aLngoX8iP96">https://forms.gle/9ZiJM6aLngoX8iP96</a> |
| Tuesday 23 March | 3pm – 4pm         | Kent | <a href="https://forms.gle/9ZiJM6aLngoX8iP96">https://forms.gle/9ZiJM6aLngoX8iP96</a> |
| Thurs 1 April    | 12pm – 1pm        | Kent | <a href="https://forms.gle/9ZiJM6aLngoX8iP96">https://forms.gle/9ZiJM6aLngoX8iP96</a> |

# Sevenoaks District Arts Council

**We are here  
to support  
your group**

**For more information check out our website  
[www.sevenoaksdistrictartscouncil-sdac.com](http://www.sevenoaksdistrictartscouncil-sdac.com)**

**We can help with  
Grants  
Underwriting  
Advice  
Publicity**



Supported by



# Sevenoaks Bookshop

## The British Book Awards

We're incredibly excited to have been selected as a regional finalist for the Independent Bookshop of the Year in the South-East Region. It's a real honour - particularly because we know just how hard all of our fellow independent bookshops have been working over the past year to stay in business and get books to their communities.

To say we are grateful for the support we've received from you all over the past year is an understatement in the extreme - we simply would not still be here if you hadn't kept buying books from us, gifting books to your loved ones from us and showing up to our events and bookclubs. THANK YOU!!

The judges now need to whittle down the entrants to choose a regional winner and need to know more about the work we did in 2020.

Focussing on the first lockdown, but including any information up to Christmas, if you have experienced any positive service from us, or if there is anything you would be happy to share for us to pass on to the judges about the role the bookshop played in the Sevenoaks community in 2020 we would really love to hear it.

Please email any comments you'd be happy for us to share with the judges to:

[enquiries@sevenoaksbookshop.co.uk](mailto:enquiries@sevenoaksbookshop.co.uk)

Thank you so much!



**Independent  
Bookshop  
of the Year**  
REGIONAL FINALIST

#BRITISHBOOKAWARDS

Mother's Day is this weekend and given that we are still under lockdown, I am sure that we are going to be extremely busy. Given the likely high demand, I would encourage you to order as soon as possible as there is a limit on what we can both make and deliver.

If you would like to order, please click on the link below or call us on 01732 450145: -

<https://www.sevenoaksflorist.co.uk/order-flowers-&-gifts.htm>



## **Online trade missions to boost Kent exports**



Kent County Council and Kent Invicta Chamber of Commerce have secured £90,000 funding from the South East Local Enterprise Partnership (SELEP) to lead a new project to help small businesses to get into overseas markets. The SEED Project kicks off this month and will run for a year.

While visits to major international trade shows and the ability to travel abroad to do business are still very much on hold, this new project will focus on helping firms in the food and drink, life sciences and digital and creative sectors to make virtual connections in overseas markets including the US, Hong Kong and SE Asian countries.

KCC, along with its counterparts in Essex and East Sussex, is putting together a free programme of support which will launch with some online "export readiness" training activities and culminate with a series of virtual trade missions in the autumn. The aim is to connect Kent and Medway companies with distributors, buyers and useful contacts in several international markets.

Mike Whiting, KCC's Cabinet Member for Economic Development, said: "Although small businesses are still feeling the effects of the Covid-19 crisis, we believe that there are growing opportunities in overseas markets.

"Exporting will be a key way to help many Kent businesses on the road to recovery. Businesses have quickly adapted to make great use of digital technologies and the planned virtual trade missions will be an effective way of getting Kent firms in front of new international customers."

The SEED project is part of the wider Kent International Business initiative and will make the most of Kent's international connections. The project will provide help to up to 100 companies including around 30 from Kent.

Certain eligibility criteria apply and companies can obtain more information from [www.kentinternationalbusiness.co.uk/SEED](http://www.kentinternationalbusiness.co.uk/SEED) where they can download and complete an expression of interest form if they would like to get involved in the project.





## **Sevenoaks Virtual Annual Town Meeting**

Online meeting, viewable via YouTube

**Monday 15<sup>th</sup> March 2021**

**Meeting starts at 7:00PM**

**An opportunity to have your say on  
matters relating to Sevenoaks.**

**Please submit any questions you would like to ask the Town Council  
by Monday 8<sup>th</sup> March 2021 to: [council@sevenoakstown.gov.uk](mailto:council@sevenoakstown.gov.uk)**

Sevenoaks Town Council to present its  
**Annual Report 2020/21**

**Presentation of Bat & Ball Centre Project**

**Grants to Local Organisations**

**Sevenoaks Neighbourhood Development Plan**

With: **Stag Theatre Annual Report** Presentation



**For more details of the Annual Town Public Meeting please contact  
Sevenoaks Town Council:**

By telephone:

**01732 459953**

By email:

[\*\*council@sevenoakstown.gov.uk\*\*](mailto:council@sevenoakstown.gov.uk)

To view Agenda go to:

[\*\*www.sevenoakstown.gov.uk\*\*](http://www.sevenoakstown.gov.uk)



**Sevenoaks Computers**  
**Secure, Protect & Support.**

# **One industry not taken out by the coronavirus... is cybercrime.**



**So how can you protect yourself and your team from  
this new threat?**

To learn more, read up on how the pandemic is affecting businesses from a cybersecurity point of view:

[Find out more...](#)



# ALERT

## Scammers targeting employees with Voucher scam

We have received reports of fraudsters trying to scam employees into buying gift cards, using their personal debit cards.

### What happens:

- You get an email claiming to be your company director.
- The email asks for your mobile number, your boss is busy & needs you to complete an urgent task.
- A message will be sent on WhatsApp, asking you to go local stores to purchase gift cards worth £100 each. They will reassure you that the payment will be repaid.
- You will be asked to upload receipts onto WhatsApp & to delete the code.

### What to do:

- This is a scam.
- Never provide any personal or financial information if you are in doubt.
- Call your boss on a trusted number to check if the request is genuine.
- Report any scams to [Citizens Advice](#) on 0808 250 5050.

**Please warn vulnerable family members, friends and neighbours.**

**[REPORT IT HERE](#)**



census  
2021

# Be a part of Census 2021

**Census day is 21 March 2021.**

By taking part and encouraging others to do the same, you'll help make sure your community gets the services it needs.



Find out more at [www.census.gov.uk](http://www.census.gov.uk)

   Follow @Census2021