



Latest updates for businesses affected by COVID-19



The [Prime Minister held a press briefing](#) confirmed England will move to Step 3 on 17 May. He outlined the measures that will change from that date, see changes below. The Prime Minister also said that subject to the impact of these relaxations on the data, we are on track to move to Step 4 on 21 June.

The [what you can and cannot do guidance](#) for England has been updated with measures that will change from 17 May including:

- **Gathering limits will be eased.** Outdoor gatherings will be limited to 30 people and indoor gatherings will be limited to 6 people or 2 households (each household can include a support bubble, if eligible).
- **Indoor entertainment and attractions will be permitted to open with COVID-secure measures in place** including cinemas, theatres, concert halls, bowling alleys, casinos, amusement arcades, museums and children's indoor play areas.
- **People will be able to attend indoor and outdoor events**, including live performances, sporting events and business events. Attendance at these events will be capped according to venue type, and attendees should follow the COVID-secure measures set out by those venues.
- **Indoor hospitality venues such as restaurants, pubs, bars and cafes can reopen.**
- **Organised indoor sport will be able to take place for all** (this includes gym classes). This must be organised by a business, charity or public body and the organiser must take reasonable measures to reduce the risk of transmission.
- **All holiday accommodation will be open** (including hotels and B&Bs). This can be used by groups of up to 6 or 2 households (each household can include a support bubble, if eligible).
- **Funeral attendance will no longer be limited to 30 people**, but will be determined by how many people the COVID-secure venue can safely accommodate with social distancing. Limits at weddings, wakes and other commemorative events will be increased to 30 people. Other significant life events, such as bar/bat mitzvahs and christenings, will also be able to take place with 30 people.
- **There will no longer be a legal restriction or permitted reason required to travel internationally.** There will be a traffic light system for international travel, and you must follow the [rules when returning to England depending on whether you return from a red, amber or green list country](#).
- New guidance on meeting friends and family will emphasise personal responsibility rather than government rules.

We will continue to keep you updated. In the meantime, visit our [Business Advice Hub](#) for practical guidance to help you operate in a COVID-19 Secure way during the pandemic.

See all COVID-19 updates and guidance for businesses



The Education People, and The Careers and Enterprise Company are holding a Summer of Support for young people in Year 11 for support into education, employment or training. From this month, young people can access the support ([roadmap located on next page](#)).

Please feel free to share with those interested, parents, and other professionals. Some sessions will also be suitable for Year 10s, 12 and 13s, such as the CV, Cover Letter, and Apprenticeship webinars.

2021

Kent & Medway's Summer of Support

1

Week 1: Thursday 13 May
You and Your Needs
kmean.info/SoS/W1

2

Week 2: Thursday 20 May
Know Your Choices
kmean.info/SoS/W2

3

4

5

Week 4: Thursday 10 June
Work Experience & Networking
kmean.info/SoS/W4

Week 3: Thursday 27 May
Build Your Life Skills
kmean.info/SoS/W3

Week 5: Thursday 17 June
Explore Careers That Fit
kmean.info/SoS/W5

6

Week 6: Thursday 24 June
Get Ahead of the Game
kmean.info/SoS/W6



8

7

Tuesday 29 June
Post-16 Options Webinar
ParticipateKent.info/W6/1

Tuesday 29 June
College Webinar
ParticipateKent.info/W6/2

9

Wednesday 30 June
Apprenticeship Webinars
ParticipateKent.info/W6/3

11

10

Thursday 01 July
CV & Cover Writing Workshop
ParticipateKent.info/W7/5

12

Thursday 01 July
Making Applications Workshop
ParticipateKent.info/W7/6

Thursday 01 July
Interview Techniques Workshops
ParticipateKent.info/W7/7

13

GCSE Results Day: Thursday 12 August

The Education People on behalf of Kent County Council will also be offering support after GCSE Results Day so please keep an eye out for future communication from us around this support.

TheEdPeople.org/GCSE21

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

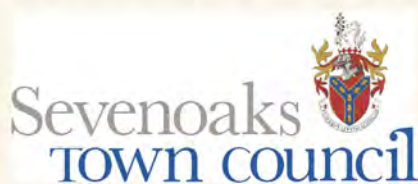
Healthy Living
Learning Together
Wellness and Therapy
Growing your Own
Making new Friends
Protecting our Green Spaces

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

Sevenoaks in Bloom 2021 – Hanging Baskets



This is the ninth year that Sevenoaks will be entering the South and South East in Bloom competition. Each year Sevenoaks Town Council arranges floral displays in the town centre at a cost of approximately £10,000 to decorate our beautiful market town.

The Town Council is very appreciative of the support from local businesses who make donations towards the overall cost of the floral decorations, including the town's hanging baskets, over the Summer months.

We are sensitive to the impact of the pandemic and the current economic climate and did not seek donations last year. There are however some businesses who have mentioned that they are willing to contribute in 2021. If you would like to make a donation, please make cheques payable to Sevenoaks Town Council and send to Council Offices, Bradbourne Vale Road, Sevenoaks, TN13 3QG

OR

BACS payment to: **NatWest Bank** **Account Name:** Sevenoaks Town Council
Please Quote: Floral 2021
Account Number: 23169788 **Sort Code:** 60-19-02



If you would like further information, please contact: council@sevenoakstown.gov.uk

Thank you!

Your support makes all the difference to the visual attractiveness of Sevenoaks and the financial viability of continuing with this provision.



Re-opening Tuesday 18th May

Sevenoaks Town Council is pleased to announce the reopening of its Youth Café in the basement of the Stag theatre in Sevenoaks Town Centre. The operation of the venue has been modified to maintain Covid safe practices, as below.

COVID-19 AND ATTENDING THE HOUSE IN THE BASEMENT YOUTH CAFÉ

- We need to limit the number of people who can attend, please 'book via Facebook' with HitB if you wish to attend and to avoid being turned away if there are too many people.
- **Current limit 7 young people.**
- **Do not attend the Youth Café if you are unwell.**
- **You will need to provide your name and contact number to be part of the national Track and Trace programme**
- **When you are at the café you will need to follow new rules including social distancing, washing hands, different use of equipment etc.**
- **Masks need to be worn.**

OPENING TIMES:

Tuesday	5.00 - 8.00 pm
Wednesday	4.00 – 8.00 pm
Friday	4.00 - 8.00 pm
Saturday	2:30 – 8.00 pm



SEVENOAKS

VEGAN MARKET

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

FOOD & DRINKS
CLOTHES & COSMETICS
LIFESTYLE & MORE!

VEGANMARKETS.CO.UK

@VEGANMARKETCO

‘Connect with Nature’ this Mental Health Awareness Week in Kent

The theme of this year’s Mental Health Awareness Week (10-16 May) - ‘Connect with Nature’ - is being supported by services across the county including Live Well Kent, One You Kent and Explore Kent.

Information is available at www.kent.gov.uk/wellbeing on these services, plus many more, which can help you try to improve your mental and physical health and wellbeing.

You can find healthy walks and activities with One You Kent which is commissioned by Kent County Council to support healthy lifestyle changes, and Live Well Kent which is a network of community mental health and wellbeing support services, managed by charities Porchlight and Shaw Trust for KCC and the Kent and Medway CCG. Explore Kent, supported by the Everyday Active campaign, can also help you find ways to get outside and enjoy the wonderful Kent countryside.

Julie has been supported with feelings of depression and loneliness during the lockdown by Live Well Kent. “For years, I felt cut off from the world and missed speaking to people but lacked confidence to do so,” she explains. “I wanted to be able to go into a coffee shop but didn’t have the confidence.”

“Organisations across Kent and nationally have pulled together to support people and you can find a wealth of information plus online tips and advice including the Every Mind Matters online tool at www.kent.gov.uk/wellbeing”

Dr Jihad Malasi, a GP in Ramsgate and clinical lead for mental health at NHS Kent and Medway Clinical Commissioning Group, said: “Being in the great outdoors is valuable for all of us. I love walking and climbing, and I hope that you can reconnect nature during Mental Health Awareness Week. However, it’s important that you know we’re here for you if you need us. There are lots services available to help you manage your mental health, improve your confidence and empower you to do the things that you really want to do in life.”



#ConnectWithNature

Mental Health
Awareness
Week 2021



EXPLORE
KENT

Live well Kent
Community wellbeing

ONE YOU KENT

Spring Mental Health Training & Workshops

We are delighted to share with you our [Spring programme](#) of training courses and workshops, all designed to help increase awareness of mental health problems, to provide support and to promote better mental health for everyone.

Are you a teacher or NHS worker? We are offering a **10% discount** on all our courses, please do email us training@westkentmind.org.uk for more details.

It is crucial to maintain mentally healthy workplaces in an increasingly uncertain environment. For businesses we offer a tailored and bespoke selection of online programmes to support mental health in the workplace. Drop us a line at training@westkentmind.org.uk to let us know what your organisation needs.

We are looking forward to welcoming you to one of our courses soon!

In these short online workshops, you will learn how to recognise the signs and symptoms, causes and impact of depression, stress and anxiety.

Wednesday 12 May: Understanding Depression 10am-11.30am

Wednesday 19 May: Understanding Stress & Anxiety 10am-11.30am.

Cost per person £40 per course

★ **Special offer: book both courses and save £10 (total cost £70)** ★

[Book Now](#)



COME AND LET'S TALK
Support yourself & others

UNDERSTANDING DEPRESSION,
STRESS & ANXIETY
ONLINE COURSES 12 & 19 MAY



www.westkentmind.org.uk/training 



Shorts 4 Short Lives

Wear your shorts and donate on Friday 25 June 2021

Demelza's second Shorts 4 Short Lives Day will take place on **Friday 25 June 2021** and we're asking you to wear your shorts and donate to help us raise vital funds!

When you have a child living with a serious or terminal condition, the idea that life's too short is more real than for most. Right now, this expression has more meaning than it ever has. Life is for living, and finding joy in every moment you can, spending time with loved ones, friends, colleagues and neighbours.

We need you to suit up in your shorts for Demelza for our charity awareness day on Friday 25 June 2021. The funkier the better! Dig out your most colourful and fun pair of shorts and join us for **#Shorts4ShortLives** in the office, at home on Zoom, in school or picking up your groceries! Think of it as a non-school uniform day for everyone!

It's free to register and we'll send you a handy **fundraising pack** with top tips, suggested wording and resources to make your day a real success!

[Sign up to #Shorts4ShortLives today](#)

We've got **everything you need** to help you with your day, including posters, a Zoom background and a sweepstake template. Do you work for a company or know people who do? Do your children or grandchildren go to school or nursery? Why not ask them to get involved too?

Shorts 4 Short Lives Day is fun for all ages and most importantly every penny raised will help us to endure this pandemic and be there on the other side for the families who need us.

Go on, **be the bees knees** this summer and **do it for Demelza!**

The Demelza Fundraising Team

T: 0300 365 3653

E: fundraising@demelza.org.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.”

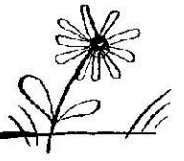
Three UK is the official sponsor of Samarathon. Connectivity has never been more important and over the three-year partnership, Three UK and Samaritans will work together to expand services and help more people access emotional support, 24/7, 365 days a year.

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



Sevenoaks Computers
Secure, Protect & Support.

Benefits of adopting cloud computing amid a global pandemic



The disruptions felt from the global pandemic have not been felt evenly in many aspects of life and this is especially true in the world of work. This article discusses how cloud computing solutions have offered some companies a much needed life raft, whilst others have been left to sink without. The benefits of cloud computing will continue to be felt long after the pandemic subsides.

Read more to understand how the cloud is the future.

Switching to cloud computing can make you more efficient, mobile and scalable - you miss 100% of the chances you don't take.

[Get Personalised Assistance](#)