



SEVENOAKS COMMUNITY EVENTS AT THE VINE GARDENS

**SAT 19TH JUNE 12:30 - WK MIND SKIFFLE
GROUP & UKELELE BAND**

**SAT 26TH JUNE 12:30 - WK MIND
SKIFFLE GROUP**

**SUN 27TH JUNE 1PM - KNOLE ACADEMY
BANDSTAND PERFORMANCE**

**SAT 26TH & SUN 27TH JUNE ALL DAY -
SEVENOAKS ART CLUB EXHIBITION &
SALE**

**THURS 26TH AUG 2PM - ALICE IN
WONDERLAND**

**FRI 13TH & SAT 14TH AUG - SEVENOAKS
LIONS BEER FESTIVAL**

Enjoy a Summer of Family Fun
Community Events



Sevenoaks Bowling Club

Audrey Franks 455574 or audreyfranks@outlook.com

Follow us on [f](#) or [t](#) , follow our website www.sevenoaksbowlsclub.co.uk

The Outdoor Season starts in late April until late September, marked by a Cheese and Wine lunch. We play not only friendly club matches, mid-week and weekends, but also local, county and national leagues and competitions. Internal competitions include a weekly league with a fish 'n' chip supper, and culminates in Club Finals Weekend in September, accompanied by a BBQ.

Members may play as much or as little as they like; with other members, on an individual or group basis, or sign up to take part in competitions and matches.

Through the year there are social events, mid-week whist drives, Quiz Nights, Musical Evenings, plus an annual lunch at a local hotel.

In the winter, there are regular soup lunches in the clubhouse.

**Join us on 30th May to have a look,
and arrange your FREE Instruction and Coaching:
reduced Membership Offer for rest of 2021 Seasons.**

Sevenoaks Indoor Bowls Club

Sevenoaks Indoor Bowls Club: 451889 or sevenoaksibc@live.co.uk

www.sevenoaksindoorbowls.co.uk

The Indoor Season is from 1st October until end of April, however the Indoor Club is open for play all year round.

There are currently 6 indoor rinks (reduced from 8 to enable distancing!), and during the season, internal matches and leagues, novelty competitions, as well as Local and County competitions and leagues.

There is a full bar available to members as well as a constant supply of coffee and tea in the spacious lounge which views play.

As with the outdoor club, social activities take place throughout the year, ranging from regular Sunday Carveries and theme dinners, to Race Nights, Coffee Mornings, and Fund Raisers, plus a trip to a Pantomime! A feature of many friendly and league matches is a two course meal afterwards prepared in our own kitchen, by Florence, our Caterer.

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





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





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



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there are
quieter times
to travel



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- Over 100 extra cleaning staff
- Regular social distancing reminders

Find out more at [thameslinkrailway.com](https://www.thameslinkrailway.com)

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