

#### Keeping Active at Home:

We understand it can be difficult to keep active when having to stay at home. It is, however, important to move more for your physical and mental health and wellbeing. If you are able to build some activity into your daily routine it will help manage stress and anxiety and just generally make you feel better. You may have seen or heard Prof. Chris Whitty (Chief Medical Officer) on the television or radio recently saying that being physically active is very important to long-term health and "there is no age and no condition where exercise is not a good thing". He added "we definitely want those who are shielding to exercise too, so the message for them is to exercise indoors".

#### Why not....

- Put some music on whilst you do the exercises.
- Ask a family member or carer, if they are with you, to join in.
- Build your exercises into your everyday routine.

#### Stay safe:

Make sure the chair you use is sturdy and wear supportive shoes. If you experience chest pain, dizziness or severe shortness of breath, stop and contact a healthcare professional. A slight soreness the day after is quite normal.

#### More ideas:

If you, your family or carer have access to the internet you will find many other ways of being active in your own home:

[www.kentsport.org/coronavirus](http://www.kentsport.org/coronavirus)

#### It's never too late to start being active.

There are **6 Easy Exercises** on this sheet which are recommended by the Chartered Society of Physiotherapy to help you stay active, lift your spirits and reduce stress. Some of the exercises (heel raises & toe raises) can also be undertaken whilst seated on a chair. Try them at least twice a week and if you can, build up to doing them daily.

## Stay Active@Home

[www.csp.org.uk/easyexercises](http://www.csp.org.uk/easyexercises)

With an indoor lifestyle, physiotherapists recommend a few simple steps to help you stay active at home, lift your spirits and reduce stress. Try them at least twice a week – or even better, daily!



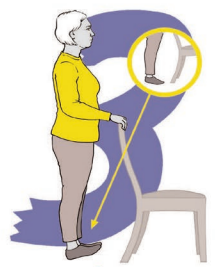
**Sit to stand**

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.



**Heel raises**

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.



**Toe raises**

Stand tall! Holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.



**One leg stand**

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.



**Heel-toe stand**

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.



**Heel-toe walking**

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

**! MAKE SURE THE CHAIR YOU USE IS STURDY • WEAR SUPPORTIVE SHOES • IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CONTACT A HEALTHCARE PROFESSIONAL • A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL**



## Contact Us:

Please feel free to contact us and let us know of any useful information which we can share with our community.

Contact: [admin.tp@sevenoakstown.gov.uk](mailto:admin.tp@sevenoakstown.gov.uk)

## SHOPS & RESTAURANTS THAT DELIVER.

### BIG DILL:

Online market catering for general groceries, as well as dairy free, gluten free, organic, vegan and kosher foods. Order via website for delivery at [www.bigdill.co.uk](http://www.bigdill.co.uk) or for more information go to [bigdillonline@gmail.com](mailto:bigdillonline@gmail.com).

### BRAKES:

Online market catering for all your needs. Order via website [www.brake.co.uk](http://www.brake.co.uk) or call **0344 412 9985**.

### Chart Farm Shop:

Meat and vegetables available for delivery or collection. Please call 01732 761672 or go to [www.chartfarm.com](http://www.chartfarm.com)

### THE CHOCOLATE SHOP:

Order by phone or email and we will make local "contact free" deliveries free of charge.

**01732 742350** [info@thechocolateshopsevenoaks.co.uk](mailto:info@thechocolateshopsevenoaks.co.uk)

### COOK:

Providing a click and collect service, or delivery to your home. Shop online at [www.cookfood.net](http://www.cookfood.net) or **01732 759020**.

### CHAPMANS FISH SUPPLIER:

Call **01732 743319** for delivery service. All fresh and frozen fish and deli products.

### THE CHEQUERS INN:

at Heavenham is offering delivery. Call [01732 667361](tel:01732667361)

### DULCE'S:

To order please call **01732 451779** or email [info@dulcespatisserie.co.uk](mailto:info@dulcespatisserie.co.uk).

### ECO PANTRY:

A click & collect service is available by going to their website: [www.theecopantry.co.uk/click-and-collect.html](http://www.theecopantry.co.uk/click-and-collect.html) with a minimum order of £10.

### FLINT & OAK:

Fresh fruit, vegetables and general groceries available to order with this click and collect service. Call **01959 562345** or go to [Info@flintandoak.co.uk](mailto:Info@flintandoak.co.uk).

Also available on **07990 956485**. Minimum order of £20.

### FEASTIN:

An online supermarket that provides click & collect or delivers to your home. To order go to [feastin.co.uk](http://feastin.co.uk)

### FLYING DISHES:

Ready-made meals delivered to your door.

Call **07496 489463** or [www.flyingdishes.co.uk](http://www.flyingdishes.co.uk)

### GIBSON & BRUCE:

Fresh fruit, vegetables and general groceries delivered to your home. To order go to [www.gibsonandbruce.co.uk](http://www.gibsonandbruce.co.uk) or call **020 3795 1349**.

### GLORIOUS GREENS:

Fresh fruit and vegetables. To see availability go to [www.gloriousgreens.co.uk](http://www.gloriousgreens.co.uk) or call **01959 533861**.

### I A HARRIS:

This company can deliver a variety of goods.

Call **0207 622 7176** or go to [www.iaharris.co.uk](http://www.iaharris.co.uk) to place your order email: [orders@iaharris.co.uk](mailto:orders@iaharris.co.uk)

### JOSEPH'S KITCHEN:

Delivery service available. For menu go to [www.josephskitchens.co.uk](http://www.josephskitchens.co.uk) or call **01732 457304**

### KAZOKU:

Will deliver within a 7 mile radius. For menu go to [www.kazokuonline.com](http://www.kazokuonline.com) or call **01732 463888**.

### MARCO:

Home delivery service on Tuesday-Thursday and Saturday. For more information go to [Marco-Sevenoaks.co.uk](http://Marco-Sevenoaks.co.uk) and to order call **01732 469349**.





# sevenoaks town team

## OTTO'S

Otto's have an online website where you can order a variety of goods. There's a minimum £30 order. Go to: [www.store.weareottos.com](http://www.store.weareottos.com) or call **01732 446344**.

## PENSHURST FINE FOODS:

Online groceries, bread, fruit, vegetables. Go to [www.penshurstfinefoods.co.uk](http://www.penshurstfinefoods.co.uk) or call **01892 664044**.

## RAJ BARI:

Order and collect or receive free deliveries. To see their menu go to [www.rajbari.co.uk](http://www.rajbari.co.uk) or call **01732 743315**.

## ROMSHED ORGANIC FARM:

Organic meat ready to order, by going to [www.romshedfarm.co.uk](http://www.romshedfarm.co.uk) or by calling **01732 463372**.

## THE WHITE HORSE:

At Sundridge is offering take away at the moment. Call **01959 561198**

## WEALD WINDMILL:

Call **01732 463330** or you can use their WhatsApp message facility on their website [www.windmillsevenoaksweald.com](http://www.windmillsevenoaksweald.com)

## Businesses Delivering:

### BAT & BALL SPORTS:

Take a look at their website, place an order and it will be delivered to your door.

[www.batandballsports.co.uk](http://www.batandballsports.co.uk)

### HOAD'S:

Send Jonty Hoad a Whatsapp message on **07769652279** and he will contact you to organise measuring and delivery.

### SEVENOAKS BOOKSHOP:

Online deliveries are available by going to [www.sevenoaksbookshop.co.uk](http://www.sevenoaksbookshop.co.uk)

### THE SEVENOAKS FLORIST:

To order go to [www.sevenoaksflorist.co.uk/order-online.htm](http://www.sevenoaksflorist.co.uk/order-online.htm) or call 01732 450145.

### UP & RUNNING:

Take a look at their website [www.upandrunning.co.uk/Sevenoaks](http://www.upandrunning.co.uk/Sevenoaks) and for delivery call Alan on 07831 582254

## Shops Trading:

### ARCHERS EXPRESS DRY CLEANING:

We are open Monday – Saturday from 9am – 4pm

### BAGEL SHOP:

Open from 6.30am-3pm Monday-Saturday. An array of fresh bagels, sandwiches and other goodies are available.

### KALL KWIK:

Open from 9.30-2pm on Monday-Wednesday and Friday. Email [sales@sevenoaks.kallkwik.co.uk](mailto:sales@sevenoaks.kallkwik.co.uk) or call 01732 741622

### MARCO:

Delicatessen is open from 10am-1pm Tuesday to Saturday. [www.marco-Sevenoaks.co.uk](http://www.marco-Sevenoaks.co.uk) or call 01732 469349

### PATMORES:

Open 9am-1pm Monday through Saturday. [www.patmores.com](http://www.patmores.com) or call 01732 456247

### PAYDENS:

Open 9am-1pm and 2pm-6pm Monday to Saturday. Call 01732 454997.

### SPECSAVERS:

Emergency care available from 10am-4pm daily. For more information call **01732 459588** or go to [www.customer.sevenoaks.uk@specsavers.com](http://www.customer.sevenoaks.uk@specsavers.com)



Celebrate

75

VE DAY

75<sup>TH</sup> ANNIVERSARY

Celebrate, Stay Home and raise a glass to toast the National Heroes of WWII on the doorstep at 3.00pm

Friday 8th May at 3PM

Sevenoaks town council

75<sup>TH</sup> VE DAY

The poster features a large red 'V' with a white '75' inside it. The 'V' is decorated with confetti and a Union Jack. To the right of the 'V' is a glass of white wine with a lime wedge and a glass of red wine. The text 'Celebrate' is at the top, '75' is in the center, 'VE DAY' is below it, and '75<sup>TH</sup> ANNIVERSARY' is below that. At the bottom, it says 'Celebrate, Stay Home and raise a glass to toast the National Heroes of WWII on the doorstep at 3.00pm', 'Friday 8th May at 3PM', and 'Sevenoaks town council'. There is also a small '75<sup>TH</sup> VE DAY' logo in the bottom right corner.