

Volunteers' gift to the community

Local volunteers are doing an amazing job supporting the District through Coronavirus.

A staggering 1,423 people have signed up to 'Care for our community – Sevenoaks District', helping hundreds of residents with their shopping, picking up prescriptions or just having a friendly chat.

But they're not stopping there with volunteers helping medical and care professionals and a resident with a big birthday!

Sew good

Last month, volunteers from Sevenoaks joined forces with sewers in Tonbridge to make gowns for two nearby Coronavirus assessment hubs. But when others who needed medical clothing cottoned on to the group, the requests for more garments came streaming in.

Sewers of all ages and abilities dusted off their machines and began production. In what became a seamless operation, the closely-knit group co-ordinated their work over social media. Non-sewers helped by gathering and cutting materials and transporting the final products.

So far they've made more than 500 gowns, 77 laundry bags, 60 ear savers, 50 headbands, 40 scrub hats and 30 sets of scrubs for local care homes, hospices and health professionals.



Staff from the Town Medical Centre in Sevenoaks showing off their volunteer-made gowns

Icing on the cake

Chevening volunteers helped John and Sue celebrate a landmark birthday. While volunteer Charlotte was buying essential food for the couple, Sue mentioned John was celebrating his 80th birthday that day, but there was very little food in the house for a decent meal. Charlotte not only did the shop, she decided to make the lockdown day extra special by baking a birthday cake.

Sue says: "Our volunteers have been so kind, even leaving flowers with our shopping. We're so grateful for their kindness. I'll be glad when we can go out and get them a gift to show our appreciation."



Warning on Green Belt land sales

Potential purchasers of Green Belt land for development are being warned these sites are unlikely to be granted planning permission.

We are aware of two sites being offered for sale as individual plots in Edenbridge and West Kingsdown.

To ensure their continued protection, we have served 'Article 4 Directions' restricting the activities that can be carried out without planning permission. This includes putting up fences, gates or walls, stationing caravans and other temporary uses.

Nationally, all Green Belt sites are protected by policies that prevent development by keeping the land open. Because of this, they are extremely unlikely get planning permission to be developed.

If you're considering buying a plot of land, you should check its planning status first. You can do this on our interactive planning map at <https://maps.sevenoaks.gov.uk/planning>



Alternatively, seek advice from our Pre-Application Planning Advice Team www.sevenoaks.gov.uk/preapplicationadvice or call 01732 227000.

PPE litterbugs asked to clean up their act



More and more of us are choosing to wear Personal Protective Equipment (PPE). But, we're seeing lots of discarded disposable gloves and masks, putting the public and our Street Cleaners at risk.

So, we are urging everyone to dispose of their PPE responsibly by putting it in a bin.

Cabinet member for Cleaner and Greener, Cllr Margot McArthur, says:

"Dumping used PPE is not only bad for the environment, it also puts our amazing Street Cleaners, who have worked day-in and day-out throughout the crisis, at risk. Please don't litter, bin the PPE."



Just the ticket

Working with Go-Coach and Kent County Council, we've introduced a new Coronavirus safe, on-demand bus service for residents.

The 'Go2' service uses Sevenoaks-based Go Coach buses and drivers to provide the affordable service. Go2 has extended its usual routes to ensure residents and key workers are still able to commute to local hospitals surrounding the District.

Safety is maintained by ensuring passengers can keep two metres apart by restricting the number of people to no more than 10 per trip.

The service is proving highly popular with more than 500 passengers using it in the first week of operation.

To book, download the **Go2 Sevenoaks** app, call Go2 customer services on **01732 463 964** or pop into the information office at Sevenoaks Bus Station.

Stay well throughout Coronavirus



It's not just your physical health that you need to be aware of whilst you are staying at home. The current outbreak may cause you to feel anxious, stressed, worried, sad, helpless, overwhelmed, confused or angry. It's important to remember it is OK to feel this way and that everyone reacts differently to different events.

There are lots you can do to help ease your anxiety at this time:

- Stay connected with people via social media or phone calls
- Make sure you exercise outdoors every day
- Only read news from reliable sources and do not consume too much content
- Try to spend time relaxing
- Get lots of sleep

There's a lot of help and support available if you are struggling. Visit our Mental Health and Wellbeing web page for details www.sevenoaks.gov.uk/stayinghealthy

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Late May bank holiday waste collections



Later this month, the Spring Bank Holiday will fall on Monday 25 May. All black and clear sack and garden waste collections during this week will be one day later than usual until Saturday 30 May.

Please put your black and clear sacks out by 7am and your garden waste by 6.30am on your collection day.

In Shape is published by Sevenoaks District Council to inform local residents and businesses about the work of the Council.

To contact us, please call **01732 227000** or e-mail information@sevenoaks.gov.uk. Visit our website at www.sevenoaks.gov.uk

This issue of In Shape is available in large print and can be explained in other languages by calling 01732 227000.