HEXTABLE PARISH COUNCIL
HPC
2008

OCTOBER 2025
NEWSLETTER



Harry's Walk | p8-9 Fireworks | p17 Local Plan | p20-21

info@hextable-pc.gov.uk | 01322 668530

Chairman's Introduction



Proposed Development Sites in Hextable, and Infrastructure improvement proposals.

Dear Resident, in my introduction this time, I thought that it would be beneficial to share some of the current information that is in the news about future planning, potential development and supporting infrastructure that will impact Hextable.

You will have no doubt seen the national, and local headlines regarding the government's strategy to increase housebuilding across the country to address the shortfall of residential units. This is one of the biggest issues to affect Hextable since the previous vast expansion in Hextable during the 1950's and 60's. Sevenoaks District Council, who is the planning authority, has been instructed by governement to meet their target, as laid out in the National Planning Policy Framework (NPPF) - to contribute to building 1.5 million homes across the UK in the next five years

For the Sevenoaks, district, Government now requires it to build an additional 17,175 new homes up to 2042 - a 63% increase on the previous requirement.

In Sevenoaks, a huge call for sites exercise was undertaken by the District Council, to identify pieces of land that could be assessed as suitable for development, and as a result, around 500 sites were sent in for examination. Around 10 of these sites in Hextable have been considered to meet the criteria and are now published in the draft Local Plan for public consultation, which was released on 15th September. At this stage though, the planners are evaluating all these sites, but most importantly, seeking our views.

Sevenoaks planners have already carried out hours of surveys, assessments and created draft statements, and all of the work done so far can be reviewed on their website - including a video introduction.

https://www.sevenoaks.gov.uk/info/20069128/emerging_local_plan/861/local_plan_consultation_october_to_december_2025

The single biggest planning change affecting planning is the definition of the concept of Grey Belt that the Government introduced in 2024. This is effectively land in the Green Belt comprising previously developed land and/or any other land that, in either case, does not strongly contribute to protecting from urban sprawl, preventing towns from merging, or preserving the setting or special characteristics of historic towns.

Any sites that are accepted, will have to meet three core conditions, which are, offering 50% affordable homes, contribute towards boosting local services and providing amenity land for the community.

Development across the UK is both needed and inevitable, and whilst the Parish Council does not have powers to overturn - we will remain a statutory consultee as we already are now - just like every resident - who are entitled to offer their comments. Invariebilly, there will be some sites that we cannot support, but even in these cases,we will be ensuring that do all we can to ensure that an accepted proposition has suitable mitigations in place, and what other benefits might be right for Hextable.

We understand that future development will be the naturaal focus, but we must also remember that the local plan is much wider picture than just development sites - its about the way the village is designed, getting the right facilities for our future needs and building a stronger community.

The Parish Council has already begun to look at how the local plan affects, and could benefit Hextable, and we will always support residents' genuinee concerns, scrutinise plans, but we will also have considreration for what offers the best outcomes for the whole village to contribute to supporting a thriving Hextable.

Please have your say too!

Cllr Darren Kitchener
Chair, Hextable Parish Council

For more information please see pages 20 & 21.

Local News

Hextable's New Flagpole
Hextable Parish Council has always recognised the main national events, such as Armed Forces Day and St George's Day, by flying the appropriate flag. It is fair to say that there was an opportunity for us to improve the way in which we do this by replacing our existing wall-mounted flagpole holder with something more substantial and fitting for the parish. Earlier in the year, as part of our wider contribution to recognise VE Day 80 in the village, the Chairman of the Parish Council wanted to mark this occasion with the installation of a new flagpole situated in the Parish Complex.

The 593 Squadron Air Training Corps, who do a fantastic job and have been based at the site in Hextable for many years now, had no official place where various flags – not just the Union Flag – could easily be raised and lowered to mark nationally important events.



Our Chairman spent some time with the Air Training Corps leadership team to explore the possibility and to agree the type and location of the new flagpole. The hard-standing car parking area at the Parish Site has been the main area where the youngsters get to practise their drills and parading. Having to do drill practice without the ability to raise and lower flags was not providing the full experience and formality of a drill night for the youngsters.



"To coincide with the nationally commemorated VE Day-80, I wanted to recognise this joint project for the village, and chose to use my member discretionary grant on such a worthwhile project."

Not only does this provide our community with a more appropriate way in which we can recognise all significant events, but equally as important is that our uniformed groups can make their drill practice much more complete.

I am really pleased to have been able to work closely with 593 Squadron's leadership team to get this installed, and we have now handed over some of our regular flags that we fly so that the ATC can fly them on our behalf.

The Parish Council arranged for the installation and assembly of the flagpole in advance of VE Day so that we could commemorate this event. Commenting upon the installation of the flagpole, Acting Pilot Officer Cameron Taylor said:



"I cannot thank you [HPC] enough for having this flagpole installed and allowing us use of it for our parade nights. This has opened up a whole new dynamic to how we conduct our parade nights, which is a huge benefit to us as an organisation."

Acting Pilot Officer Cameron Taylor, RAFAC

Skills for Life and Any Career
There are more than 40,000 Royal Air Force Air Cadets between the ages of 12 and 19 across the United Kingdom and, if you're not one already, we want you to join us.

Being an Air Cadet improves career and employment prospects and often helps with performance at school. It's also a lot of fun. A diverse and inclusive youth organisation sponsored by the Royal Air Force, it is keen to embrace opportunities in Air, Space, and Cyberspace.

We hold national camps as well as focused activities and experiences in flying, gliding, sport, adventurous training, drill, target shooting, and cyber skills among others. We can also help you academically with BTECs in Aerospace Studies and Space Studies.

Our Honorary Air Commandant is HRH The Princess of Wales, and we want people to become Air Cadets from all backgrounds and abilities. All enquiries are welcome.

ATC

593 (SWANLEY)

Crawfords, College Road, Hextable, Kent, BR8 7LT

PARADE DAYS

Tuesday, Thursday

Royal British Legion - Swanley, Crockenhill & Hextable Branch

Poppy Appeal 2024 raises £30,025.10. On behalf of the Armed Forces and their families; THANK YOU!



The Royal British Legion's 2024 Poppy Appeal launched nationally on 24th October 2024. We were able to set up a small stand this year on opening day at Swanley Train Station where the morning rush hour commuters donated a huge £762.33!! Thank you to all those amazing commuters who donated and a special thank you to Toni Roast, who accompanied me at the Station at 6am that morning to get set up and volunteer on the stand. Thank you also to Cllr Clare Barnes, Daphne and Nick Allen who also volunteered at the Station that morning and to Cllr John Knight who always goes above and beyond volunteering during the appeal.

ASDA in Swanley were again pivotal to our successful appeal. I cannot thank all the staff enough in ASDA Swanley who supported us throughout the appeal. Special thanks to Julie Cullum, ASDA Community





Champion, the store managers, colleagues and security staff for all their help and support in accommodating us in the store. Julie meticulously counted every single penny that was donated in Swanley each day with a total of £10,089.75 in cash over the two-week period. Not only did the cash amount surpass that of 2023 but the contactless amount collected in ASDA was almost double the amount collected last year; a total of £6,074.95.

2024 was a special year with very special anniversary events, namely VE Day 80 and VJ Day 80. We were once again at Swanley Train Station with the special release VE Day 80 badges where commuters again donated so very generously where we raised £1,047.04.

St Bartholomew's Catholic Primary School raised £260.45 selling Poppy Appeal items in school; they also went above and beyond and organised a sponsored walk around their school where they raised an additional amount of £1,000 for the Poppy Appeal.

Thank you again to the various youth groups for their support in ASDA; Air Cadets 593 (Swanley) Squadron, Swanley Army Cadets, Crockenhill Scouts, Hextable Scouts, Swanley Girlguiding, Marlborough School and thank you to each and every single person who volunteered their time to cover the collection table in ASDA over the two weeks and to all the local schools again for their fabulous fundraising efforts this year. Thank you once again to the Busy Bees craft group for their knitted poppies.

Final thanks must go to my Poppy Appeal distribution team who help me deliver all the collection tins and poppies around the area. The Swanley and surrounding areas Poppy Appeal would not be anywhere as near as successful without their support; Jackie Best MBE, Geoff Lees, Chris Ridgewell, Harry Chapman, Jean Somerset, Barry Somerset and Dan Windgate.





Harry Chapman – Sponsored Walk

On Saturday 10th May 2025 a very special branch member, Harry Chapman led over 40 people in a sponsored walk in aid of the Poppy Appeal and in memory of his wife, Kath Chapman.

Harry joined the Royal British Legion on 18th October 2006 joining the Swanley, Crockenhill & Hextable Branch. Over his years of service at the British Legion he has undertaken many roles including: -

- Executive Committee Member
- Branch Secretary
- Producing the Branch Newsletter
- Assistant Poppy Appeal Organiser and then Poppy Appeal Organiser
- Branch Treasurer

First and foremost, Harry wanted to do the walk to commemorate the 80th anniversary of the end of World War 2 in Europe (VE Day 8th May 1945) and in Southeast Asia (VJ Day 15th August 1945). He also dedicated it to his very dear wife, Kath, who sadly passed away last year at the age of 90. She also held executive offices in 10 Voluntary Organisations during her lifetime, including Treasurer of the Swanley, Crockenhill & Hextable Branch of the Royal British Legion for 18 years, and finally, to show everyone that even at age 90, he was still physically active and very determined!



Harry had a huge turnout supporting him with his walk and along the way including members of Harry's family and friends. We kicked off at Crockenhill Parish Council offices where Cllr Rachel Waterman gave a short speech and set us off on our way on what was a very hot and sunny day! We made our way to Crockenhill War Memorial where we paused for a moment of remembrance and Harry laid a wreath.

We then went onto Swanley through the town centre to the Swanley War Memorial where we were met by the Branch President, Fr Dane Batley-Gladden and the Deputy Mayor of Swanley, Cllr Michael Horwood. We laid our wreath and then again went on our way to Hextable.

Harry was met by the Hon. David Griffith-Jones KC DL who joined us for the remainder of the walk from Hextable Heritage Gardens to Hextable Remembrance Gardens where the walk ended. Harry laid his final wreath and Cllr Darren Kitchener, who had taken part in the whole walk, surprised Harry with a memorial tree in honour of Harry and his sponsored walk.

Harry's sponsored walk raised a grand total of £1,906.85

Once again, thank you to each and every person who was involved with the Poppy Appeal 2024. Without every one of you the Royal British Legion could not do the work they do in supporting our Armed Forces and their families. No matter what part you played in the appeal, weather you volunteered on a stand at the Station or in ASDA, delivered poppy collection tins, volunteered your time, took part in a sponsored walk or simply made a donation and wore your poppy with pride, every single one of you made a difference and you should all be hugely proud of yourselves.

If you would like to be part of the 2025 Poppy Appeal, no matter how big or small, please contact me via the RBL Poppy Appeal – Swanley & Surrounding Areas Facebook page or email; poppyappealsch@outlook.com

If you would like to join your local Royal British Legion Swanley, Crockenhill & Hextable Branch please visit our Facebook page Swanley, Crockenhill & Hextable Royal British Legion or contact Geoff Lees via e-mail; swanley.secretary@rbl.community

Tracey Bayliss
Royal British Legion
Poppy Appeal Organiser
Swanley, Crockenhill & Hextable RBL

Hextable Council's Join Forces

Hextable Council's Join Forces to Decorate the Village Green

Back in May, just ahead of the VE Day Commemorations, Hextable Parish Council was really pleased to be able to reach out to work alongside Hextable Primary School to seek their help and support to decorate our Village Green with VEDay-80 bunting.





It was soon recognised that that the idea of marking the occasion with bunting, was going to play a big part in Hextable Primary School - as each pupil from the school already got involved to design their very own flag, which represented what VE DAY 80 meant to them. These flags were all joined and displayed throughout the school hall, a part of a wider competition.

In fact, it was the members of the School Council who stepped in to assist, and we soon agreed that we would install bunting purchased by the Parish Council. Cllr Darren Kitchener, Chairman of Hextable





Parish Council attended a meeting of the School Council to set a challenge for the youngsters to work out what was needed, how may flags and to and help us with the project. The team worked together to decide the risks, the best approach that could be taken, and determine what level of support and supervision was needed to do this work safely

On the day, the weather was perfect, and the the Hextable Primary School staff and pupils did a fantastic job of installing the bunting, which was all rewarded at the end with refreshing icepop for everyone to cool off afterwards!



As part of their other tribute that week, the school a themed assembly at the end of the week, and this gave an opportunity for our chairman to came and thank the school for all its support with the bunting, and whilst he was there, he



was pleased to present the winning prizes for the best bunting flags!

Thank you, Cllr Kitchener, for coming in this morning and for providing the prizes for our bunting competition. Both the children and parents were very grateful.

Suzanne Hall, Head Teacher



Memorial Garden

In Loving Memory

The memorial garden is a beautiful open space for everyone to enjoy as well as being a place for solace. The trees and greenery are in and around the area to inspire reflection and remembrance.



The garden can have a calming and therapeutic effect on a person's emotions, and the memorial garden was created to provide a space of tranquillity for a few moments of reflecting on memories.

To aid the memories, HPC has a specially designed memorial plaque holder for anyone in Hextable to add a plaque to. The parish clerk will arrange for the plaque purchase, and the groundsmen will attach this to the plaque holder. The clerk to be contacted by email: info@hextable-pc.gov.uk

Plaque requirements:

- The individual to be commemorated must have resided in Hextable at the time of their death.
- The plaque information will need to fit on a plaque size 12.5cm wide by 5cm high.
- Plaque would state the person's name and the date of birth and date of death.

The cost will be £50.00.

Hextable Osteopath
Over 25 years of patient-centred care
Back pain & sciatica
Hip & knee pain
Neck & shoulder pain
Arthritic pain
Nerve entrapment
Headache

Jason Cook BSc(Hons) Ost
07579 003365
hextableosteopath.co.uk
St Peter's Church, College Road, Hextable BR8 7RH

Seniors Events

Film Afternoons:

Our next film afternoon will be on **Thursday 20th November at 2pm** in the village hall. Please arrive early (doors open at 1.30pm). Tea and cakes after as usual. Admission free.

Christmas Lunch:

Our Christmas lunch will be on **Wednesday 3rd December** at Next Door Hextable, details to follow soon.



From Your Kent County Councillor Dean Truder

Hi, I'm Dean Truder the KCC representative for Swanley & Hextable.



It's been six months now since that momentous day on May 1st when I was elected and to say its been a steep learning curve is an understatement!

Good job I'm a quick learner and here are a few things I've been working on recently.

The 477 bus route recently taken over by Go Coach, Swanley continues to go from strength to strength with the CEO Austin Blackburn reporting increased passenger numbers with the new half hourly service proving particularly popular with more journeys planned.

I recently attended the We are Beams charity in Hextable to witness first hand the excellent and invaluable work they do with the children and young people in the community.



Whist there, I announced that myself and other fellow KCC Councillors linked to the area have managed to pledge £4750 to the charity by way of our Combined Member Grant scheme which we are all immensely proud of and we are hoping to make this an annual donation for the remaining term of our office.

I have been meeting some concerned residents regarding excessive speeding through the village of which Highways have been notified which led to an ATC (automatic traffic count) being put in place on Main Road, Hextable which monitors the speed of vehicles of which the data is then analysed and depending on the findings an appropriate plan of action will be implemented to ensure pedestrian safety in the village.

I am aware that no less than ten Hextable sites have been earmarked for potential development by SDC in their latest call for land initiative and there were numerous vociferous residents at the recent parish council meeting as a result.

I understand and empathise with residents' concerns over this but I advise caution and cool heads as this is normally a lengthy process with most likely little chance of fruition realistically but rest assured I will be keeping a close eye on this and will revert as soon as I have more news.

Finally, as winter draws near, I have been reliably informed by KCC that salt/grit levels are plentiful and should see us through whatever the season throws at us.

Regards,

Dean Truder

Kent County Council
kent.gov.uk

Have you heard of HexARA?

Have you heard of HexARA? Do you know what it does? Do you realise HexARA is a parish asset? Would you like to join us?

HexARA stands for **Hextable Active Retirement Association** and we meet in Five Wents Memorial Hall on the first Thursday each month.

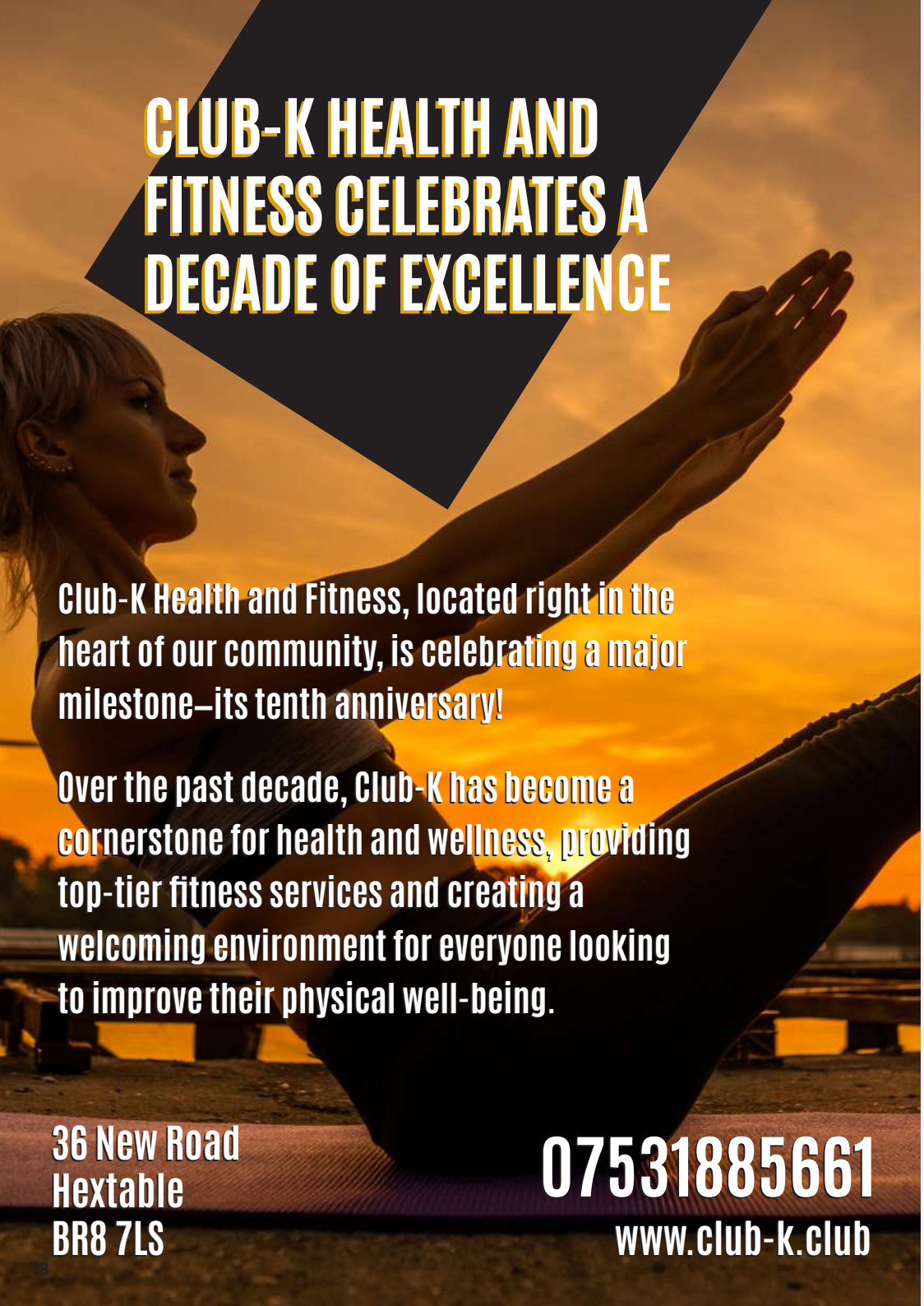
HexARA was formed in 2004 and is one of over eighty Active Retirement Associations in Kent. There have of course been changes of committee over the years and the current Chairman is Eric Leaver who has 11 committee members to support him.

Our club's objective is to foster friendship and enjoyment. We achieve this by having a regular monthly meeting at which we have entertaining speakers and also throughout the year a range of special events including barn dances, race nights, party nights, quiz nights and holidays. We also have regular events which include short mat bowls, kurling, pub lunches, theatre trips and outings.

If these activities interest you, please contact Membership Secretary by email at john.goodhew42@gmail.com







Hextable Heritage Society 2025 Programme

Hextable Heritage Society was formed in 2000 by a small group of enthusiasts who were keen to discover more about their village. We now have about thirty members and our area of interest has spread to cover not only Hextable, but the parishes near to us.

The aims and objectives of the Society are the protection, preservation, and furtherance of knowledge of the local history and heritage of Hextable and its surroundings. We participate in local and national events such as English Heritage's annual 'Open Days', have an annual programme of talks and members evenings, and maintain an archive of artefacts, documents and photographs from the village's past which can be viewed on open days, or by prior arrangement with a committee member, at the Heritage Centre, Crawfords, off Dawson Drive.

If you have an interest in local history, we would love to welcome some new members to join our friendly society. For a minimal membership fee, this includes seven talks that are given to our members covering a wide range of topics.

Visitors can attend for a small fee of £3.00, giving you the opportunity to come along and 'give it a go' and meet with us – where you will be made very welcome. For more details, take a look at our website www.hextable-heritage.co.uk

Thurs 13th November	Pub Crawls in SE London and North Kent area
Thurs 11th December	Members' Christmas Social



Sevenoaks DISTRICT COUNCIL

SEVENOAKS DISTRICT
LOCAL PLAN

Regulation 18 Consultation

Have your say now and help shape the future of the District!

Our consultation runs from 23 October - 11 December 2025.

We would like to hear your views on the Council's emerging Local Plan, which includes proposals to meet the District's future housing and development needs.

We are holding a number of pop-up sessions, where you will be able to find out more about the emerging Local Plan for Sevenoaks District - so please come along and speak to us in person!

Our local pop-up session is **Wednesday 5 November 2025 at White Oak Leisure Centre, Hilda May Avenue, Swanley, BR8 7BT (1-hour sessions at 4, 5.30 and 7pm)**

Session capacity will vary by venue and therefore we would like to encourage you to **sign up** for your preferred time slot in advance.

Please note there will be **limited** space for walk-ins on the day.

To find out more, please visit **www.sevenoaks.gov.uk/emerginglocalplan**
e: planning.policy@sevenoaks.gov.uk **t:** 01732 227000

Local Plan: Key Topics

1. **Development Strategy**
2. **Housing Choice for All**
3. **Employment and Economy**
4. **Climate Change**
5. **Design**
6. **Health and Wellbeing**
7. **Historic Environment**
8. **Natural Environment**
9. **Infrastructure**
10. **Transport**

The Local Plan will help to deliver much needed affordable homes and strategic infrastructure, while promoting health and wellbeing and protecting the environment and the overwhelming majority of the Green Belt.

While the plan focusses on future development in urban and built up areas, some Green Belt sites will need to be considered to meet the District's housing needs of 1,145 new homes a year from 2027 until 2042.

Ten prospective sites in Hextable have been earmarked at this stage as suitable for development and would result over the years in 945 units of housing being built.

Your feedback on this and other issues is important. We are hoping to hold a session ourselves soon in the village hall and once this is arranged, we will post details on our website and on the village noticeboards and on social media.

Leaflets giving more information and copies of the full document (330 pages) can be viewed online and will be available at the proposed meetings.

Cllr Chrissy Hudson

CHAIR FIT

Tuesdays 10.30 - 11.30



The Howard venue
Egerton Ave BR8 7LG

£6 Pay as you go
Inc. free tea or coffee

Join us for a low-impact, music filled movement class that gets your heart pumping, your bones stronger and your body moving

Perfect for anyone looking to stay active, reduce stroke and heart risk and improve strenth, balance and coordination.

No experience needed.
Call Victoria for more info 07958 504692

A J Bespoke Interiors

Carpentry and Plumbing









Adam Clarke

Mobile: 07908 264 405

Email:
ajbespokeinteriors@hotmail.com

VAT: 441903313

Welcome to A J Bespoke Interiors.

We pride ourselves on producing the highest level of quality on all of our projects, large or small.

We are ultra clean, polite and respectful.

We work closely with clients to provide bespoke tailored projects to ensure complete satisfaction at every stage.

Recommendation is all we strive for.

Please do not hesitate to get in touch if there is anything you need our help with.

Proud to have earned a 9.98/10 on Checkatrade for the last 7 years.

Sevenoaks District
Seniors Action Forum

Email: comms@sdsaf.org.uk



Working together in the interests of people aged 50plus

If you are over 50, and live in the Sevenoaks District, why not join us now so that we can raise your concerns and issues. Together we can speak with a respected and credible voice on Seniors Issues

Membership is Free

We will send you Newsletters with useful information about : Health & Social Care, Bus services, Transport to hospitals, Housing and the local plan, Crime, as well as local events

Sevenoaks District
Seniors Action Forum

The Forum has been campaigning since 2010 on issues of concern to you

During this time our membership has grown and we now have over 1170 seniors who receive our Newsletters.

We have built up a good rapport with local M.P.s, KCC and Sevenoaks District Council. We use our influence to ensure that the needs of older people are taken into account in all areas of public service.

Forum Contact Details

For more information or membership forms email, if you are willing to volunteer to help, please contact Eileen Murray Giles at chair@dsaf.org.uk
Or contact us c/o 22 Lambarde Road TN23 3HT
(phone/text 07784 677626
Or visit our website or Facebook

by becoming a valued member, you will swell our ranks and make our collective voice- even stronger

Imago Support for Charities & Community groups

Imago are delighted to be providing support to frontline not-for-profit organisations including registered charities, CICs and community groups in Sevenoaks and the surrounding areas.

Imago are delighted to be providing support to frontline not-for-profit organisations including registered charities, CICs and community groups in Sevenoaks and the surrounding areas.

This is being achieved through funding from Kent Community Foundation. Organisations can access bi-monthly networking meetings, a newsletter, one to one sessions focussing on your organisations individual needs and training opportunities.

If you are involved with a not-for-profit as a trustee, director, volunteer, staff member or other role and would like to know more about how we can help or to join one of our networking meetings, please contact Lysette D'Urso at charitysupport@imago.community

Imago provides support and opportunities to people, families, and communities across Kent, East Sussex, Medway and South London.

Our services focus on improving health and wellbeing, tackling loneliness, building social and educational opportunities, and helping people access the right support. To find out more go to https://www.imago.community/

Infrastructure Support Fund

funded by Kent County Council

1964 2024 IMAGO 60 YEARS creating change together

ANAGRAM

Can you identify these roads in Hextable?

1. Armload Cornet
2. Trivial do oil
3. Invaders Dow
4. Nets Rap
5. Entourage Even
6. Allow Horrid
7. Trainload Panto
8. Inwards Video
9. Barred Other
10. Landlocked Dupe

Anagram answers on page 30

Show your love

Remembering someone special with a gift in their memory

Helping to raise funds for a cause close to a loved one's heart can be a very positive way to celebrate their life

Giving In Memory to We Are Beams

- **Donating in memory instead of flowers**
- **Funeral collections**
- **A regular in memory gift**
- **Leave a lasting legacy in your will**



However you decide to support us, we will be happy to help
fundraising@wearebeams.org.uk

www.wearebeams.org.uk

Your donation will go towards supporting disabled children, young people and their families

Beams
Supporting disabled children & families
RCN 1054129

Leave a **Lasting Legacy** to **We Are Beams** and help make a difference to disabled children

402 ACTIVITY DAY PLACES OFFERED TO DISABLED CHILDREN	**1767** HOURS OF CARE OFFERED TO FAMILIES IN CRISIS	**66** YOUNG PEOPLE OFFERED OVERNIGHT RESPITE	**2705** ENQUIRIES TO OUR FAMILY ADVICE TEAM
69 PARENTS ATTENDING CYGNET PARENTING PROGRAMME	**497** PARENTS SUPPORTED IN 1-1 CLINICS	**1012** FAMILIES IN RECEIPT OF A DIRECT PAYMENT	**450** CHILDREN AND FAMILIES SUPPORTED AT ANY ONE TIME

If you are interested in leaving a gift in your Will please contact
fundraising@wearebeams.org.uk
www.wearebeams.org.uk



Beams
Supporting disabled children & families
RCN. 1054129

Introducing Eleanor Live-Well

Eleanor Live-Well
LIVE-IN CARE & COMPANIONSHIP AT HOME

We are delighted to have recently moved into our office in Kings Hill, where we are enjoying the opportunity to explore the local community and all it has to offer.

Eleanor Live-Well operates under the umbrella of the Eleanor Healthcare Group, which has been providing a wide array of care services throughout the UK for over 45 years. Live-Well was specifically created to focus on providing live-in care.

Our team consists of consultants with a collective 70 years of experience in the live-in care industry, supported by a dedicated group of highly professional, DBS-checked carers, enabling us to deliver a truly professional service.

We cater to clients who need care that varies from short-term post-operative support to long-term assistance. Furthermore, if you are caring for a loved and require temporary relief for a few days or more, we can accommodate that need. Our carers assist with shopping, housekeeping, and personal care, as well as offering companionship and emotional support. They are equipped to handle more complex conditions, including dementia and Parkinson's, all within the comfort and familiarity of the client's home.

We are also proud to be an affiliate member of SOLLA (Society of Later Life Advisors) who can offer additional guidance on funding care.

While our base is in Kent, we provide services nationwide. If you know someone who may benefit from our assistance outside the local area, we are ready to help. Please do contact us on 01732 441 877 or email live-well@eleanorcare.co.uk to find out more about live-in care.

Eleanor caring since 1979...
26 KINGS HILL AVENUE, KINGS HILL, WEST MALLING, KENT ME19 4AE

1. (Claremont Road)
2. (Victoria Hill)
3. (Dawson Drive)
4. (Panters)
5. (Egerton Avenue)
6. (Rowhill Road)
7. (Plantation Road)
8. (Dawson Drive)
9. (Herbert Road)
10. (Puddledock Lane)

A Big Thank You

A big thank you to all the Volunteer Gardeners and groundsmen.

It has been a fabulous year so far for the volunteer gardening team. The team has been working on several areas, and their assistance is very much appreciated. Thank you to all the volunteers and the groundsmen. The work completed this year includes:

24 October: Pruned, weeded the rose area, and pruned the climbing roses over the arbours.
26 September : New borders created next to the gates in the Heritage Garden with nepeta planted
22 August : Lavender and nepeta pruned in the rose garden within the Heritage Gardens
25 July : Borders tidied, and perennials pruned at St Peter's Church
27 June: Additional borders created behind the village hall with lavender and nepeta planted
30 May : Benches painted within the Hextable Heritage gardens
25 April : New borders created behind the village hall

The next event is the on 21 November when the pond will be being cleared (bring your wellies).

Why not come along for an hour's gardening and then for tea and cake courtesy of the parish council. Meet at the Hextable Heritage Gardens at 1pm.





Healing Minds and Souls

Healing Minds and Souls: How Solution-Focused Hypnotherapy and Sound Healing Can Transform Our Community.

My name is Maggie Fernandez and I'm a Solution Focused Hypnotherapist and Sound Healer based In the heart of our bustling local community lies a sanctuary of calm, reflection, and transformation—a space dedicated to helping individuals find balance and healing through the powerful modalities of solution-focused hypnotherapy and sound healing.

What is Solution-Focused Hypnotherapy?
Solution-focused hypnotherapy is a modern, evidence-based approach that combines positive psychology, neuroscience, and therapeutic hypnosis to help individuals overcome challenges and achieve their goals. Unlike traditional therapy methods that focus heavily on analysing past traumas, solution-focused hypnotherapy emphasizes building a vision of the future one wants to achieve and taking practical steps toward that future.

The process involves working collaboratively to identify solutions and adopt a forward-thinking mindset. Hypnosis, a deeply relaxed yet focused state, allows the mind to access its innate resources and reframe negative thought patterns. From alleviating anxiety and stress to boosting confidence and overcoming phobias, solution-focused hypnotherapy is a versatile tool for personal transformation.

The Power of Sound Healing
Sound healing is rooted in ancient practices that harness the vibrational frequencies of sound to restore harmony within the body and mind. Using instruments such as singing bowls, tuning forks, chimes, and even the human voice, sound healing creates an immersive auditory experience that promotes relaxation and well-being.

Sound vibrations interact with our body's energy fields and brainwaves, helping to reduce stress, improve mental clarity, and even alleviate physical discomfort. In a world where we're constantly bombarded with noise and overstimulation, sound healing provides a much-needed opportunity to pause, recalibrate, and reconnect with ourselves on a deeper level.

Addressing Mental Health Challenges
Mental health struggles, including anxiety, depression, and stress, are increasingly prevalent in today's fast-paced world. Many people in our community face these challenges silently, unsure of where to turn. Solution-focused hypnotherapy offers a gentle yet effective path forward, empowering individuals to regain control over their thoughts and emotions.

Furthermore, sound healing supports mental health by introducing a state of deep relaxation and mindfulness. The calming resonance of sound can help quiet a racing mind, restore emotional balance, and foster a sense of inner peace.

Solution-Focused Hypnotherapy Sessions
During a hypnotherapy session, we begin with a conversation to explore your aspirations and identify practical steps to achieve them. We then use guided relaxation techniques to enter a state of hypnosis, where your mind becomes especially receptive to positive suggestions and new ways of thinking. The experience is calm, uplifting, and entirely within your control.

Sound Healing Sessions
Sound healing sessions are deeply immersive experiences. Surrounded by soothing tones and harmonious vibrations, you'll find it easy to let go of stress and sink into a state of profound relaxation. Each session is a journey inward, designed to nurture your body, mind, and spirit.

Workshops and Community Programs
In addition to one-on-one sessions, I offer workshops and group sessions that foster collective healing and connection. These events provide an opportunity for people to come together, share their experiences, and support one another on their wellness journeys.

Community sound baths, for example, are a popular offering. These group sessions use sound to create a shared space of relaxation and renewal, fostering a sense of unity while benefiting each participant individually.

If you're curious about how solution-focused hypnotherapy or sound healing could help you or someone you care about, I invite you to reach out. Whether you're facing a specific challenge or simply seeking greater balance in your life, these modalities offer powerful pathways to well-being.

Contact me to schedule a free initial consultation, learn about upcoming workshops, or simply ask questions. Here's to healing, growth, and a brighter future for our community! Website:- www.onetruesolutionhypnotherapy.com Mobile 07862 250110 Based in Lower Road Hextable.

Living Well After a Dementia Diagnosis

Tips from Home Instead Shoreham

Receiving a dementia diagnosis can feel overwhelming – for both the person diagnosed and their loved ones. It's natural to have questions, worries, and a wide range of emotions. While dementia brings changes, it's important to remember that with the right support, it is still possible to enjoy meaningful moments, maintain independence, and live a fulfilling life.

At Home Instead Shoreham, CQC rated Good, we work alongside individuals and families every day, helping them navigate life after a diagnosis.

Here are some practical tips to help you take the next steps with confidence.

Living Well with Dementia – Quick Tips from Home Instead Shoreham

Understand Your Diagnosis
- Ask your doctor to explain it clearly.
- Use trusted sources for information.
- Remember: everyone's journey is different.

Keep a Routine
- Wake up, eat, and go to bed at the same times each day.
- Use calendars, notes, or reminders.
- Keep important items in the same place.

Make Your Home Easy & Safe
- Keep rooms bright and clutter-free.
- Label cupboards and drawers.
- Use clear colours to help recognise items.

Stay Social & Active
- Keep in touch with friends and family.
- Join dementia-friendly activities.
- Keep enjoying hobbies you love.

Look After Your Health
- Eat well and drink plenty of water.
- Do gentle exercise, like walking.
- Keep up with GP and eye/hearing appointments.

Plan Ahead
- Talk about your wishes early.
- Make legal and financial plans.
- Focus on what makes you happy today.

Because life is still full of moments to cherish.

ROYAL BRITISH LEGION

Poppy Appeal Volunteers needed in Swanley

Are you interested in volunteering and supporting our Armed Forces community? Can you spare an hour or two of your time during the Remembrance period in October & November?

We need volunteers in Swanley to help raise vital funds for this year's Poppy Appeal.

Please contact your local Poppy Appeal Organiser, **Tracey Bayliss** via the RBL Poppy Appeal Swanley and Surrounding Areas Facebook page:
https://tinyurl.com/yc3stz56
or email: traceybayliss@hotmail.com

Registered charity number: 219279

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Kevin Reid
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NICEIC APPROVED CONTRACTOR

Handy Contact Details

Hextable Parish Council:
Website www.hextable-pc.gov.uk
Email info@hextable-pc.gov.uk
Phone 07999 127485 (office hours only)
01322 668530

Sevenoaks District Council:
Website www.sevenoaks.gov.uk
Email information@sevenoaks.gov.uk
Phone 01732 227000

Report fly-tipping:
www.sevenoaks.gov.uk/info/20000/rubbish_and_recycling/205/report_fly_tipping

Kent County Council:
Website www.kent.gov.uk
Phone 03000 414141

Report a pothole:
www.kent.gov.uk/roads-and-travel/report-a-problem

Kent Police:
Emergency 999
Non-emergency 101
Report a crime online www.kent.police.uk – click on 'Report'

Report a gas leak or carbon monoxide emergency:
Phone 0800 111 999

Report a power cut:
Website www.ukpowernetworks.co.uk/power-cut
Phone 0800 31 63 105

Report a water leak:
Website www.thameswater.co.uk/help/emergencies

Report animal cruelty:
Website www.rspca.org.uk/utilities/contactus/reportcruelty
Phone 0300 1234 999

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Web: www.hextable-pc.gov.uk

Allotments

Annual fireworks display

Bus stops

Emptying HPC-owned bins/dog waste bins

Grass cutting (some on behalf of KCC)

Litter picking

Maintaining HPC-owned buildings

Maintaining the Avenue of Limes

Maintaining HPC-owned open spaces

Senior Events scheme

Tree inspections

Tel: 01732 227000
Web: www.sevenoaks.gov.uk

Building regulation
Collecting council tax
Development control (i.e. planning)
Dog warden services
Electoral Services
Emptying SDC-owned bins (i.e. the bins in the streets)
Fly tipping
Housing the homeless
Leisure provision
Licensing (e.g. pubs, taxis, etc)
Maintaining SDC-owned open spaces
Managing local CCTV
Occupational health
Parking enforcement
Refuse collection
Street cleaning

Tel: 03000 418181
Web: www.kent.gov.uk

Adoption and fostering
Adult social care
Business waste
Country parks
Disabled services
Flooding and drainage
Highways (e.g. roads/pavements/verges)
Household waste recycling
Libraries
Maintaining KCC-owned open spaces
Public footpath management
Road safety
Roadworks
School and adult education provision
School buses and school meals
Senior bus passes
Special educational needs services
Street lighting and street furniture (e.g. traffic lights)
Trading standards
Waste collection and recycling