

EAST PECKHAM PARISH COUNCIL NEWS – JULY 2015

Monthly Newsletter from EPPC - Working on behalf of the community

Dear All,

Our big news this month is the announcement that we have been accredited Foundation Status under the new Local Council Award Scheme. The new scheme provides a framework to support all local councils to improve and develop to meet their full potential. It also encourages progression by including three award levels: Foundation, Quality and Quality Gold, and offers councils the opportunity to show that they meet the standards set by the sector, assessed by their peers, and to put in place the conditions for continued improvement. It is only through the sector working together, to share best practice, drive up standards and support those who are committed to improving their offer to their communities, that individual councils and the sector as a whole will reach its full potential. The work involved in gaining Foundation accreditation has led to the Council having up to date policies and procedures allowing transparency and permitting residents of the village to have confidence in their Parish Council. Achieving the foundation level is very satisfying; we are one of only 17 parish and town councils within Kent and one of only two within the Tonbridge and Malling area to achieve this status.

This month we are focussing on some key issues which we know you are concerned about. They are the Rose and Crown Public House and the Caravan to the rear of the former Public House. Whilst we have no responsibility as far as these issues are concerned and are unable to take any direct action, this does not mean that we are not doing anything, far from it, we are spending an enormous amount of time and effort lobbying Tonbridge and Malling Borough Council and our Borough Councillors for action. Within the pages of this newsletter you will find the latest updates together with information on parking and speeding issues.

Please don't forget that if you notice any highways issues, when out and about to report anything you see that requires attention to KCC Highways at <http://www.kent.gov.uk/roads-and-travel/report-a-problem>. The Highways team is pretty prompt at dealing with any queries, but obviously they need to be made aware of them. Similarly it is at this time of the year that we start noticing overgrown vegetation, issues of this nature are the responsibility of KCC Public Rights of Way and should be reported directly to them. We have been advised that regardless of the growing season the vegetation will only receive two cuts per annum. To report a problem go to the website www.kent.gov.uk/report-a-problem-on-a-right-of-way.

During 2015/2016 we will be considering the commencement of a Neighbourhood Plan which refers to housing, how many and where and will give residents a say on these matters, rather than being dictated to by Tonbridge and Malling Borough Council. The project will involve a large amount of work and we will need volunteers if we are going to be able to bring it to fruition. If you are interested in being involved, please put your name forward to the Parish Office.

Sadly there have been several acts of vandalism at the playing fields recently, one of the picnic benches was damaged and the Youth Shelter has been vandalised several times, graffiti we can accept provided it is not racist or obscene. What we will not tolerate is the mindless vandalism of the facilities and anti-social behaviour which costs a great deal of time and money to deal with, if you know who might be responsible please report it to us or to the police on 101. Without incidents being reported the Police are unable to build up a true picture of what is happening and will be unable to deploy appropriate resources. If you would like to report incidents anonymously, you can do so through Crimestoppers, the website <https://crimestoppers-uk.org> enables you to give information online or you can also call them 24/7 on 0800 555 111, tell them as much as you can, even if you think it might not be helpful. On a more positive note, we will shortly be installing two benches on the playing fields and our long awaited fingerposts are almost ready for installation, we have also installed some beautiful tubs of flowers at key village locations and hanging basket arrangements have been installed in the village centre. We hope you like these enhancements to our village environment.

One more thing for us to mention this month and that is the Annual Remembrance Parade, as the police no longer marshal the event and haven't for some years, it is down to us as a community to do so. If you would like to volunteer to be one of the marshals this year, please let us know and we will pass your details onto the Parade Organiser.

Kind regards

Chairman, Councillors and Clerk

COUNCILLORS AREAS

Although the Parish Councillors represent the village as a whole, for administrative and Emergency Planning purposes the village has been divided into areas and an area assigned to each councillor. Councillors can be contacted through our website www.eastpeckham-pc.gov.uk or via the Parish Office. The areas are:

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| 1. Hale Street, Bardsley Close, Hale Court, Medway Meadows, Cates Court & Maidstone Road | Peter Crawford |
| 2. Smithers Lane, Pattenden Gardens, Hop Bine Close, Smithers Court, Beltring Road, Branbridges Road & Maidstone Road (A26) | Amanda Hodgson |
| 3. Old Road, Strettitt Gardens, Pinkham & Pinkham Gardens | Penny Graham |
| 4. Addlestead Road, Chidley Cross Road, Caysers Croft & Tonbridge Road | Lynton Wright |
| 5. Pound Road, The Old Dairy & Snoll Hatch Road | Serina Page |
| 6. Orchard Road, The Freehold, Red Roses, Marvillion & Crown Acres (Odds) | Colin Silver |
| 7. Whitebine, Golding & Henham Gardens & Crown Acres (evens) | Mick Barton |
| 8. Fell Mead, Stockenbury, Bramley Road, Pippin Road & Russett Road | Steph Watson |
| 9. Hatches Lane, Bullen Lane, Bells Farm Road, Grove Close & Stanford Lane | Jenny Macdonald |
| 10. Westwood Road, Drage Road, William Luck Close & Cotman Way | Murray Hodgson |
| 11. Court Lodge, Roydon Hall & Bush Roads, Seven Mile, Martins & Church Lanes | Michael Ferguson |

WOULD YOU LIKE TO SPONSOR A COMMUNITY PROJECT?

There are many projects you could help. If you are interested please let us know.

COMMUNITY GRANTS

If your group or organisation would like to apply for a small grant please visit the website www.eastpeckham-pc.gov.uk where you will find details of our grants policy and an application form. We have funds of £1,000 available specifically for grants to community groups and organisations.

COMMUNITY DEFIBRILATOR

The community defibrillator is housed in a secure box attached to the wall of the Parish Office at the Jubilee Hall. The defibrillator is vital to the village and we offer a ***free training programme to anyone who wants to learn how to use it. If you are interested let us know.*** The defibrillator is an intelligent and affordable item of medical equipment which 'talks' to the operator and gives easy to follow instructions on where to place the electrode packs on the chest, how to administer Cardiopulmonary resuscitation (CPR) and when to press the 'shock' button. An operator cannot 'shock' a patient that does not require it and cannot make a bad situation worse. SECAmb know of the location of the defibrillator so that when someone dials 999 about a possible heart attack, they can immediately see if there is a defibrillator nearby to the caller, give them the access code and direct them there.

JUBILEE HALL AND PLAYING FIELDS

We own and manage the Jubilee Hall complex which comprises of the Playing Fields, Sports Hall and Meeting Room. The complex has many regular activities and events for adults and children and is buzzing with excitement. From the under-fives toddlers' afternoon and gym sessions to activities for adults such as Keep fit, badminton, bowls and Zumba, we are also the venue for a monthly carers group. Outside clubs include the East Peckham Football Team and a goal keeping school. We have hot drinks, cold drinks and snack machines too for your comfort or for your event. The facilities are perfect for any occasion be it a children's party, sports activity or business function. If you are looking for a venue for an event or meeting, please contact us for details of availability and hire charges. Our latest programme of activities and the contact details of the activity organisers can be found on our website.

The Jubilee Hall continues to provide a wide range of classes and facilities for the residents of East Peckham and our Playing Fields are in excellent condition. Our aim to widen the number of sports provided; in addition to the WOK Gym Club (major user), football, goalkeeping courses, keep fit, Zumba and badminton all take place each week. We would be pleased to hear from you if there are any outdoor activities you would like us to provide such as archery, cycling and running clubs. We would also be pleased to hear from you if you would be interested in starting up a new activity.

Children's Party Packages: We have some fantastic packages, offering hassle free solutions to make your life easier and your event a great success. For more information such as costs and availability please contact the Parish Office,

Business Event Solutions: We can offer solutions for business events such as one-to-one consultations to a classroom or meeting venue. We can provide a great space for training, meetings and exhibitions. For more information such as costs and availability please contact the Parish Office.

The playing fields are a beautiful open space in the centre of the village and are open to all residents. We want them to be a safe haven for you to enjoy the peace and quiet and for children to play safely, families to picnic, joggers to run securely, play rounder's, kick a football, fly a kite or just a place to sit and contemplate. We will continue to develop the facilities so that the village; is well equipped with leisure facilities for everyone. We are currently exploring the idea of a fitness trail around the perimeter of the playing fields to blend in with the natural environment.

ALLOTMENTS

Allotments are provided on land adjacent to the Playing Fields. The annual rents are very reasonable at £15.00 for a small plot and £20.00 for a large plot. We currently have a few vacant plots which will be reallocated in the spring. If you are interested, please contact the Parish Office.

EAST PECKHAM BUSINESS COMMUNITY

We would like to see East Peckham have a business forum and would be delighted to hear from you if you would like to be involved. Some of the things that an East Peckham Business Forum could do is to publish a business directory, visitor's information leaflet and to arrange an East Peckham Business Showcase event where residents could come along and meet the many businesses in the village who employ many local people. We think it would be a wonderful opportunity for everyone to see what is produced, meet the business owners and find out about local services.

BLOOMING IN EAST PECKHAM

We would like to form an East Peckham in Bloom group which will have our endorsement and comprise of residents whose aim is to enhance the appearance of the village. The Group's first step would be to become a member of 'Britain in Bloom' an organisation set up by the Royal Horticultural Society who get involved in various projects such as caring for local parks, helping to establish school gardens and run wildlife projects.

We have started the work by installing village planters and hanging baskets and have some exciting news for 2016, which will see the return of the Garden Competition. Whilst the exact details have not yet been confirmed it is likely that there will be several categories such as the best front garden, basket, patio/balcony, shop front, wildlife garden, planter/tub, allotment and entry into each category will be by entry form.

We would also like to encourage residents and retailers to keep their frontages clean and tidy. If you are a local business and would like to sponsor this project or make a donation, please let us know. Similarly, we would like to hear from you if you are interested in becoming part of the 'East Peckham in Bloom Group'. We are looking for garden enthusiasts, carpenters/DIY'ers, artists or just residents who want to be involved.

TWINNING

East Peckham is twinned with Chéreng in the Nord de Pas de Calais. Twinning activities are funded by those taking part and by fund-raising with no use of parish funds. For information on Twinning please visit our website www.eastpeckham-pc.gov.uk. The East Peckham Twinning Association is run independently from the Parish Council by a team of volunteers. To join the association please email your details to admin@eastpeckham-pc.gov.uk.

PLANNING AND TRANSPORTATION COMMITTEE

The Planning & Transportation Committee aims to represent the views of the community when consulted on planning applications and to improve transportation issues in East Peckham. The Committee would like to encourage residents to exercise their rights to comment on planning applications. Committee meetings are held at 7.15 p.m. on the first Monday in each month (except August); meetings are held in the Jubilee Hall Meeting Room, Pippin Road, East Peckham, TN12 5BT.

PLANNING APPLICATIONS

The Committee has recently considered the following planning application

TM/15/00175/FL Side extension and front and rear extensions at 16 Medway Meadows, East Peckham (Submission of amended drawing showing revised proposals to include 800mm set back from northern site boundary) **NOTED, NO OBJECTION**

PLANNING DECISIONS

TMBC has **GRANTED PERMISSION** for the following

- TM/14/03836/FL** Single storey rear extension (retrospective) at The Wagon Lodge, Stilstead Farm, Tonbridge Road, East Peckham
- TM/14/04307/FL** Clay bund to stop flood water entering property with associated pumps and strum boxes at Brookers Cottage, 338 Maidstone Road,
- TM/15/00133FL** Variations of conditions of TM/02/03452/FL (Erection of fruit and bin store) to allow fruit to be packed within the building and fruit grown within the wider holding of little Rhoden Farms Limited to be stored within the building at Crowhurst Farm
- TM/15/00463/FL** Single storey rear extension at 513 Bullen Lane. East Peckham
- TM/15/00584/LB** Removal of chimney stack and add timber cladding to make good (retrospective) at Little Mill, 212 Tonbridge Road, East Peckham
- TM/15/00795/RD** Amended materials pursuant to condition 2 of TM/13/03818/FL (Erection of 2 detached four bedroom houses) at Land Adjacent to 19 Golding Gardens
- TM/15/00856/LDP** Conversion of existing integral garage to utility room and study at 91 Old Road

NEW DEVELOPMENT IN THE FREEHOLD (FORMER SOCIAL CLUB)

Liaison has taken place between us, the Borough Council and the developer who has settled on Legion Close as the name for the new development. This goes some way to recognising the historical use of the land when it was the former HQ of the East Peckham branch of the British Legion.

ILLEGAL CARAVAN AT THE REAR OF THE ROSE AND CROWN

On 02 June 2015, we asked the Borough Council for an update regarding its removal from the site. At the time of preparing this newsletter we have received no update.

WESTWOOD ROAD GARAGES

We have received some complaints regarding the dilapidated state of repair of the garages. We are aware of the problem and have been liaising with the Borough Councils Environmental Health Department who in turn are liaising with the landowner in order for some remedial work to be undertaken; it is believed that the landowner is the Housing Association in this instance.

ROSE & CROWN PUBLIC HOUSE

We have expressed to the Borough Council our continued concern with the dilapidated site which is not only a complete eyesore but in our opinion a health and safety issue. We have insisted that the Borough Council take action and force the landowner to tidy up the site and erect appropriate hoarding. On 12th June 2015, the Borough Council advised as follows;

“I have taken the opportunity to revisit this site and believe that its condition has continued to deteriorate. With that in mind, I have reached the view that it is now in such a condition as to adversely affect the visual amenities of the locality, justifying the formal service of a Section 215 Notice. We will progress that and keep you updated. I expect the Notice to require general clearing of the car park and garden area, removal of advertisements and re-boarding of the windows/openings but will need to look in more detail at exactly what will be cited as necessary action for the site owner to take.”

PUBLIC RIGHTS OF WAY

Kent County Council is responsible for maintaining public rights of way. Regardless of the growing season the majority of the rights of ways will be cut twice each year. Please report any problems to Kent County Council by telephoning 0845 345 0210, or by reporting the fault online at <http://webapps.kent.gov.uk/countrysideaccesscams/issues/default.aspx>

LITTERING

Litter does not clear itself away. The cost of clearing up litter runs into hundreds of pounds. It is an offence to leave litter and a person is guilty of an offence if they throw down, drop or otherwise deposit and then leave it in a public place. The Borough Council will respond to complaints and have the power to demand a person's name and address in order to issue fixed penalty notices. A huge thank you to all those thoughtful and caring residents who help out with village litter picks throughout the year. It's such a shame that an uncaring few spoil it for the rest of us. Remember if you want to report a litter issue or fly-tipping, go to Tonbridge and Malling Borough Councils website. To help keep East Peckham beautiful, can we please encourage residents and businesses to regularly clear up their frontages and collect rubbish along their roads. Let's keep our village tidy. We are aware of a number of local residents who regularly collect litter and our thanks go to these unsung heroes - what caring citizens you are. If you would like to nominate a special village person, please let us know.

DOG FOULING

We are taking the issue of dog fouling, particularly in the Playing Fields, very seriously. We cannot over-stress the dangers dog faeces poses – Toxocariasis is found in dog faeces and can cause partial blindness. Children are particularly susceptible and the disease affects up to 100 children every year in the UK. The Playing Fields are owned by the Parish Council but controlled by Dog Control Orders and enforced by Tonbridge and Malling Borough Council. It's such a shame that just a few uncaring dog owners spoil things for others but as a community we still have the ongoing disgusting problem of dog fouling particularly on the Playing Fields. Dog deposits provided it is bagged up can be put into any bin. If you see anyone failing to clear up after their dog please contact the Community or Dog Wardens. We have a supply of dog bags which subject to availability are available free of charge from the Parish Office. Please be aware that failing to clear up after your dog is an offence and the Borough Council enforces dog fouling through the Dogs Fouling of Land Act 1996 which applies to all land within the borough which is in the open and to which the public have access. If you have a dog fouling complaint obtain as much information as possible as it will assist the Dog Warden.

- For a found, lost or straying dog telephone 01732 876181 (also out of hours service), or
- For fouling, dangerous dog, a dog on dog attack or anything else telephone 01732 876147 or
- Email: dog.warden@tmbc.gov.uk.
- If a person has been bitten then the incident is to be reported to the Police on 101

PARKING ON PAVEMENTS

With the problem in the village of inappropriately parked vehicles on pavements, we have joined Guide Dogs for the Blind who are campaigning against pavement parking. It is being proposed that motorists should be banned from parking on pavements because the practice forces vulnerable pedestrians to walk in the road and blocking the pavement, is inconsiderate and dangerous. This is a far too common problem across the county partly because many of our roads were built in the days before motor cars and partly because of inconsiderate drivers who wish to park as close as possible to where they live. The way forward is to get East Peckham on the list to have a parking review done by Tonbridge and Malling Borough Council and our Borough Councils will be helping in this respect. In areas where there are no parking restrictions the borough councils Civil Enforcement Officers will not be able to help and the police can only enforce against dangerous parking. If you spot a vehicle wrongly parked, please call 101 and our PCSO's will try and attend, contact the owner and get the vehicle moved on. Whilst the PCSO's cannot issue tickets they can issue advice notices.

HIGHWAYS

The preferred way to let highways know about faults such as potholes or overgrown vegetation is through the website www.kent.gov.uk/highwayfaults where details can be uploaded and locations pinpointed on a map. In the event of an emergency you should call 03000 41 81 81. There is no need for the Parish Council to refer highways issues direct to Kent Highways as this often gives the impression to customers that they need to come back to the Parish Council in the future. You might also be interested in the roadworks.org website which gives details of all planned works for the village, on this website, type in the web address it will come up with a map, in the search field type in the location and it will zoom in on all the works for the area.

WINTER MAINTENANCE

In preparation for the winter we have asked Kent Highways Services to install a grit bin at the junction of Martins Lane with Seven Mile Lane, this will be considered during the autumn.

HALE STREET CHICANE UPDATE

We are pleased to report that the improvement works should by now have been carried out. The delay was due to an issue with the illuminated sign, or more to the point, the electrical connections which would impact on the pipeline. Following KCC's agreement that a solar powered light could be used which would negate the need for further involvement with the utility company responsible for the pipeline the work was immediately programmed and carried out.

POUND ROAD HIGHWAY IMPROVEMENTS

Kent Highway Services has advised us that resurfacing works will be carried out during August. The work will consist of a surface dress treatment which will be carried out under stop & go traffic management which will not require a road closure. As soon as we are aware of a precise date for the works, it will be published in our newsletter and on our website, www.eastpeckham-pc.gov.uk.

SPEEDING IN THE VILLAGE

Residents have told us about their concerns regarding speeding and the potential dangers to the Parish. Unfortunately Matthew Balfour our County Councillor has advised that the expenditure on road safety measures in East Peckham is unlikely to be forthcoming but that KCC were re-investigating so watch this space! A Rural Speeding Working Group has recently been established in Kent. Kent Police has made road safety a prime objective and the next meeting will take place shortly. We hope to update you in the next Newsletter. If you have issues you wish to bring to the attention of the Council, please let us know. There can be no doubt that speed is a major factor in death and serious injury on our rural roads, particularly where there are no pavements, the challenge however is to control speed by making motorists aware of hidden dangers, such as pedestrians and horses. We would therefore like Kent Highway Services to carry out a village wide speed limit review. More about this and the specific responsibilities of Kent Highways Services and the Highways Agency follows:

Speed Limit Reviews: These are the responsibility of KHS, who can carry out an in-depth study into crash levels and speed profiles which will then be used to check whether current speed limits are appropriate and to assess whether particular limits need to be changed. KHS officers can also look at whether additional traffic management measures might be required.

Kent Highway Services: Manages and maintains roads within Kent (excluding major trunk roads), provide public transport and promotes safe and sustainable travel. In addition they consider, and provide advice, on the impact that development may have on the highway. KHS works closely with, and liaises with, the Highways Agency, including on land-use planning.

Highways Agency: The Highways Agency is responsible for operating, maintaining and improving the strategic road network (motorways and trunk roads). Their role includes managing traffic, tackling congestion, informing road users, improving safety and minimising adverse impacts on the environment. The Highways Agency also comments on planning applications which may have an impact on the strategic road network.

COMMUNITY SPEED WATCH

Speed watch is a locally driven initiative where active members of the community join together with the support of the Police to monitor speeds of vehicles using speed detection devices. Vehicles exceeding the speed limit are referred to the Police with the aim of educating drivers to reduce their speeds. If you're worried about the speeding in the village and want to help to do something about it, now's your chance. We have agreed in principal to fund the cost of speed watch equipment if at least 12 volunteers are prepared to receive training and are then willing to operate the equipment. If you are interested in a speed watch initiative for East Peckham and you would like to volunteer we would be pleased to hear from you. Speed Watchers collate information about speeding motorists and this is passed to Kent Police who are then able to issue warning letters and monitor the situation.

ANTI SOCIAL BEHAVIOUR

If you witness any incidents of anti-social behaviour, anywhere in the village, or know who is involved, please tell us, our community warden or the police. Anti-Social Behaviour can affect everyone's quality of life and should not be tolerated.

POLICE

Police Contact Points are on a rolling two week schedule. The police van will be in the Co-op Car Park, Branbridges Road, East Peckham for an hour long visit on Thursdays from 4:30pm to 5:30pm on a fortnightly basis. Come along to talk to a neighbourhood officer about any policing concerns you may have, to get safety advice or to collect a free crime prevention item. In an emergency, if a crime is in progress or life is in danger, call **999** For non-urgent issues call **101** If deaf or speech impaired, text „Police „and your message to **60066** For news and advice visit **www.kent.police.uk** Follow on Twitter **@kent_police** or **@kentpoliceton** Find Kent Police on Facebook.

COUNTRY EYE – PROMOTING RURAL SAFETY

Country Eye is a partnership between the rural community, Kent Police and Neighbourhood Watch. The aim of the partnership is to help reduce crime and the fear of crime by involving members of the community and protecting those who are most vulnerable. Membership is open to individuals, businesses or community organisations. Country Eye is administered locally in each of the six Kent Police areas by the local Neighbourhood Watch Liaison Officers. They are supported by volunteers. Information is circulated daily to all participating groups. The Police cannot work in isolation – Country Eye promotes the sharing of information and the gathering of crime-related intelligence. This is achieved by using modern communication methods and the co-operation of Country Eye’s many rural partners. These include landowners, parish councils, libraries, schools, river & waterway organisations, horse watch, wildlife organisations, post offices, local business and rural churches. Find out more about Country Eye in your area 01622 654143.

JULY 2015 DATES FOR YOUR DIARY

01 July 2015	Carers Support Group, 10.30 a.m. - 12.00 p.m. in the Jubilee Hall Meeting Room
06 July 2015	Planning & Transportation Committee, 7.15 p.m. in the Jubilee Hall Meeting Room
09 July 2015	Mobile Police Station at the Co-op Branbridges Road between 4.30 p.m. – 5.30 p.m.
20 July 2015	Meeting of the full Parish Council, 7.15 p.m. in the Jubilee Hall Meeting Room
23 July 2015	Mobile Police Station at the Co-op Branbridges Road between 4.30 p.m. – 5.30 p.m.

EAST PECKHAM PARISH COUNCIL

Contact Details: Clerk to the Council, Karen Bell, The Parish Office, East Peckham Jubilee Hall, Pippin Road, East Peckham, TN12 5BT, Telephone/answerphone: 01622 871309, Email: admin@eastpeckham-pc.gov.uk.

The Parish Office is open weekday mornings during term time except Wednesdays. We love seeing you in our office and look forward to your visits. If you have an important matter which you wish to discuss, please make an appointment so that we can make sure we are available. Karen works part time and is sometimes at external meetings and therefore not always available, so do please ring or email first. If you would like to speak to a Councillor please write, phone or email and a Councillor will contact you; alternatively you can contact a Councillor via our website www.eastpeckham-pc.gov.uk. Don't forget that our website is a useful tool too where you can find out more about East Peckham and your Parish Council, on the website you will find regular updates, details of all Parish Council meetings and links to agendas, consultations and other information relevant to the whole village. Our new Welcome Pack is also available on our website but we do have some hard copies available if you would like one. If you are organising an event that benefits the community and would like it included on the Parish Council's online calendar, email details to the Parish Office.

Summer Playscheme 2015

Summer Playschemes are a great way for children aged 4–11 to have fun and make friends over the long summer holidays.

Monday 3 August – Friday 21 August 9am–1pm

For further details please visit **www.tmbc.gov.uk** or contact the Playscheme hotline on **01732 876166** or email leisure.services@tmbc.gov.uk

My Health, My Choices - Helping me manage my own care

Many people live with life changing illness for many years, successfully managing their conditions with support from a range of different sources.

What is self-management?

“The ability to live with my condition in my own way, with the best possible support and information so I can make my own medical and lifestyle choices: my life, in my hands, with the best possible support to help me”.

(Definition from NHS West Kent CCG's Patient & Carer Group).

What helps me manage my health?

This is what patients and carers in west Kent have told us is important to them:

- having a personal care plan, developed with them
- having access to peer and emotional support
- getting involved in social activities to reduce isolation
- information tailored to their needs at different stages of their illness
- being signposted to information and resources
- being involved in decisions about how their health is managed

Get involved:

NHS West Kent Clinical Commissioning Group (CCG) is committed to supporting patients - and carers – to manage their own health and be involved in health decisions. We're really keen to get more people in west Kent involved in these discussions, to help us design the right approaches with and for local people. This could be by: joining a network of people online to discuss this topic and provide feedback; attending face to face meetings; joining the west Kent Health Network. If you're interested in finding out more please [email **rebecca.mcclymont@nhs.net**](mailto:rebecca.mcclymont@nhs.net) or call **07768 421350**.

TONBRIDGE AND MALLING HEALTH WALKS

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. So why not come along to one of Tonbridge & Malling Borough Council's free health walks, which take place on a weekly basis in Tonbridge and Larkfield as follows:

- Tonbridge Pool every Wednesday 10:15am and 11am.
- Hildenborough Recreation Ground every Monday at 10am.
- Leybourne Lakes Country Park on Tuesdays and Thursdays both at 10am.

The Health Walks are free, fun and friendly - perfect to help you get active and meet new people. The organised Health Walks are ideal for people who currently do little or no exercise and are open to people of all ages and abilities. The walks last approximately 40 - 60 minutes depending on the individual walking speeds and are on flat ground, accessible for buggies and wheelchairs. A walk leader guides the walks and there is also the opportunity for keen walkers to become a Walk Leader. For further information on the walks, visit www.tmbc.gov.uk/healthwalks, email healthy.living@tmbc.gov.uk or call the Healthy Living Team on 01732 876347.