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FUNERAL DIRECTORS AND MEMORIAL SHOWROOM 88a Shipbourne Road, Tonbridge, Kent TN10 3EG 01732 605002 tonbridge@henrypaulfunerals.co.uk





## **Dear resident**

We know Christmas is still a few weeks away, but the holiday season always seems to sneak up on us a lot quicker than we expected. That's great if your Christmas preparations are underway, but for those wanting a little inspiration and hoping to avoid any last-minute panics, look at the festive baubles placed throughout the magazine with offers and tips from local businesses. Our Christmas section on pages 8-13 has information such as what you need to know about bin collections, what can be recycled and our opening times.



Whilst the festive season is often a fun and celebrated time of the year, (especially if you are attending panto or skating in Calverley Grounds) I know not everyone finds it easy to relax at this time. We have two pages dedicated to health and wellbeing which is part of our 100 days of Tunbridge Wellness campaign with Fusion Lifestyle. Take a look on page 16.

Don't miss our competitions, reader offers, interview and all our latest news, features and shows at the Assembly Hall Theatre.

Enjoy the festive season and wishing you all the best for the new year.

William Benson Chief Executive



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We produce Local to keep you up-to-date about Council services and news. If you have any comments about the magazine, we'd love to hear from you.

Contact us by:

Email: Local@tunbridgewells.gov.uk

Phone: 01892 526121

Post: Lizzie Goodwin, Communications Manager, Tunbridge Wells Borough Council, Town Hall, Royal Tunbridge Wells, Kent TN1 1RS

To advertise, contact Space Marketing Ltd on **01892 677721** or email **davidh@spacemarketing.co.uk** 

Advertising helps to keep our costs down. We do not endorse the products and services advertised in Local.

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If you require Local magazine in large print or on audio please phone **01892 526121.** 









## **Your Kent County Councillors**

In recent editions we've shared information about who your local borough councillors are and how you can contact them, and what each member of the Cabinet is responsible for.

You are represented at KCC by one of six elected district county councillors



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∅ 07899 731696



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In Kent there is a two-tier system of local government which means Kent County Council is responsible for certain services across the whole county including: education, social care, transport planning, highways, fire services, consumer protection, waste disposal and libraries.

kent.gov.uk

## **News in brief**

## Find out what people are talking about in Tunbridge Wells this winter

For news and events follow us on Facebook and Twitter or find out more at twbc.online/news



Facebook TunbridgeWellsBoroughCouncil



twitter

**TWellsCouncil** 

## Residents' survey panel

We are looking for 10 participants to take part in workshops related to our residents' survey which you can read about later in the magazine. These will be incentivised sessions where you'll have the opportunity to share your thoughts and help build a borough that residents' want.

If you are interested in taking part, please email

consultations@tunbridgewells.gov.uk





The Amelia Scott is a safe, friendly and warm building that is open to everyone, everyday

### **Opening Hours**

Monday 9am - 6pm 9am - 6pm Tuesday 9am - 6pm Wednesday **Thursday** 9am - 8pm 9am - 6pm Friday 9am - 5pm Saturday Sunday 10am - 4pm

Closed bank holidays

## See how the **Council works**

The Council's Cabinet meetings take place at different venues across the borough, including the town hall in Royal Tunbridge Wells. You can attend for all or even just part of the meeting, all are welcome. The next meeting is Thursday 8 December. You can find out when and where the meetings take place by looking at the calendar on tunbridgewells.gov.uk or keep an eye on social media posts.

## TW Literary Festival

It's been confirmed that the TW Literary Festival will return next year. Headline names and events are vet to be announced and we'll bring you more information in the next edition of Local so mark the date in your diary now 11-14 May 2023.

Grateful thanks to Arts Council England who have awarded the Festival a National Lottery Project Grant of £25,000 towards running costs.

## **Love Where** We Live

See who the delighted winners are from this year's Love Where We Live awards ceremony, tunbridgewells. gov.uk/lwwl. We went to print before November's event took place, so we'll share more about the winners in the spring 2023 edition.

## **Boost your** immunity

Boost your immunity this winter with the flu vaccine and COVID-19 booster. Find out more at nhs.uk

### **Christmas at Trinity** Theatre means The New Musketeers

Local Winter 2022

a brand-new rip-roaring family comedy adventure.

And a rip-roaring ticket offer just for you, 20% off tickets for The New Musketeers with the code All4One

14 <u>December-2 January</u> trinitytheatre.net for details

## The TN card

£5 off annual membership using promo code TWXMAS5\* Visit thetncard.com to purchase.

The TN card rewards you for supporting local in the TN postcodes. From free fizz at your favourite restaurant to discounted panto tickets and money off Christmas shopping, it's never been more rewarding to support Tunbridge Wells businesses this Christmas.

\*Usually £24.99 a year. 10% of all sales donated to West Kent Mind. Code expires 25 December 2022.

## Get a GO Card

GO is a membership scheme for borough residents offering discounts at sport, recreational, leisure and cultural facilities provided by TWBC and other participating organisations.

GO is for you if you're on low income and in receipt of certain benefits, and if you're a student, 16+, in full-time education.

gotunbridgewells.co.uk

# Statement of Accounts for 2021/22

The Council's year end is 31 March and this year the national deadline for audit sign off was extended to 30 November to recognise the many complexities in navigating the process. We completed early and were one of the few authorities nationally to issue their draft accounts in June and have their accounts signed by the end of September 2022.

For the 13th year running we have received a clean audit and Grant Thornton (our auditor), said that they 'did not identify any audit adjustments' and 'have not identified any recommendations for management'.

The audit was completed entirely remotely again this year. This is a testament to the Council's approach to digital investment.

You can find the full statement of accounts for 2021/22 on our website at tunbridgewells.gov.uk/finance-reports-budget-audit.

Our Net Cost of Services for the vear was £14.13 million, which was £552,000 under budget. This was mainly due to the Council struggling to fill vacancies, alongside some small income improvements to the Planning team's budget and for the ice rink. All costs were carefully managed throughout the year as a number of services, including the Assembly Hall Theatre, the sports centres and garden waste collections were still being adversely affected by Covid and the subsequent shortage of HGV drivers. By the year end, all costs of services were fully financed from council tax, grants and investment income, and we were able to increase the General Fund by a modest £35,000. This was a significant achievement considering the very difficult financial circumstances faced.

We spent £9.94 million on capital investments in the year, mainly on the Amelia Scott building, Disabled Facilities Grants and repairs to the Town Hall roof. This took the property, plant and equipment, heritage and software assets that can be utilised to £137 million. The challenge is to use them to their very best effect in delivering your services. On 31 March 2022, Usable Council Reserves were £25.52 million (excluding monies owed to government). However, the already committed capital investment programme is continuing, some income streams are still recovering from the Covid pandemic and there are now considerable inflationary pressures, which will all deplete the remaining reserves unless measures are taken to stem the effects.

Whilst the Council has been able to use reserves to balance the budget for 2022/23 and may need to again in 2023/24 as economic uncertainties continue, action must be taken to reduce costs or raise revenue in the near future. In particular, the Council's portfolio of buildings must be reviewed as they are a considerable drain on reserves through capital expenditure, ongoing maintenance costs and business rates payable to the Government.

The last budget survey asked where these service changes should be made. The results can be found at: twbc.online/bsr2324

Net cost of services for the year

£14.13m

£9.94m

**Spent on capital investments** 

We will continue to consult residents, businesses and all other stakeholders in order to make the right service decisions for the borough. The 2023/24 budget survey will be launched on 2 December 2022, so please go to the Consultations page of our website and have your say. We welcome your input!

Christmas at Trinity Theatre offers something for even the smallest theatre goers.

The Aliens Who Saved Christmas will have your little ones entranced, the show is suitable for ages 2 and up but funny enough to engage those much older.

16 December - 30 December trinitytheatre.net for details

## SMALL BUSINESS

## SATURDAY

3RD DECEMBER

## **Celebrating Small Local Businesses!**

Saturday 3rd December is Small Business Saturday, a day to celebrate all small businesses in the UK.

Come along and meet members of the Council's Economic Development team at their Small Business Saturday stand in the precinct near the Millennium Clock in Royal Tunbridge Wells from 11am-4pm.

They'll be promoting borough businesses with some fun activities and prizes!

Come along, say hi and support your local small businesses.























## Residents' Survey























TWBC is launching a residents' survey in January 2023 to gather your feedback on the borough and the services we provide.

Residents are at the core of everything we do, so we need to know what you think! We'll be running a range of different events for residents to find out more about what we do, hear what we're planning and for residents to discuss their own ideas with councillors and officers. The survey will launch on Talking Point, our engagement platform.

You can register by going to tunbridgewells.gov.uk/consultations.

There are live consultations available to take part in, so get typing and tell us your thoughts!

The always popular after-dark magical illuminated trail at Bedgebury National Pinetum has returned and is open until 2 January.

forestryengland.uk/ christmasatbedgebury Wildwood Vineyard will be at the Pantiles Christmas markets on 3, 10, 17 December. Pop down for a FREE tasting and stock up for the Yuletide.

wildwoodvineyard.co.uk

Family and friends visiting this Christmas?
Find 10 things to do for free in Tunbridge Wells.
visittunbridgewells.com

## **Christmas opening hours**

## The Amelia Scott

### Open -

Saturday 24 December 9am - 2pm Wednesday 28 December 9am - 4pm Thursday 29 December 9am - 4pm Friday 30 December 9am - 4pm Saturday 31 December 9am - 4pm

### -Closed -

Sunday 25 December Monday 26 December Tuesday 27 December Sunday 1 January 2023 Monday 2 January 2023

### **Town Hall**

### Closed —

From 5pm Friday 23 December - 9am Tuesday 3 January 2023.

## Crematorium and Cemetery

### Closed

The office is closed from 2pm, Friday 23 December and reopens at 9am on Tuesday 3 January 2023.

The Book of Remembrance will be open as usual. The grounds remain open at all times.



## Win a £50 Fairtrade hamper this Christmas

To support Fairtrade during the festive season, we've teamed up with the Co-op in Silverdale Road, Tunbridge Wells to get someone's Christmas off to a good start!

To win the Fairtrade Christmas hamper, kindly donated by the Co-op, simply tell us **what the missing word is** in the wordsearch below. E-mail your answer along with your telephone number and address to:

communications@tunbridgewells.gov.uk

Alternatively, write to: Communications team, TWBC, Town Hall, Royal Tunbridge Wells, Kent TN11RS.







CHANGE
CHOCOLATEBAR
COOP
FAIRTRADEFORTNIGHT
FAIRTRADEMARK
FAIRTRADESCHOOLS
FARMER
FLOWERS
FOOD
FOOTBALLS
GIFTS
GOLD
HAMPER
ORGANIC

**SUGAR** 

## TERMS & CONDITIONS

All correct answers will be put into the prize draw and a winner will be drawn at random. Prize draw only open to residents of Tunbridge Wells borough. TWBC and Co-op staff are not eligible to enter. The winner will be required to collect their prize from the Co-op.

**Closing date 11 December** 

R

### **An Afternoon** in Vienna

Royal Tunbridge Wells Symphony Orchestra at the Assembly Hall Theatre Sun 4 Dec 3pm

A selection of arias and overtures from Johann Strauss II, Franz Lehár and Richard Straus.

### First Class Football

is running a Christmas Football Camp, so that busy parents have a chance to get organised.

19-21 December (with indoors option) from 9am-3pm, suitable for ages Year 1 - Year 9.

T: 07929 861394 / 07740 703397 info@firstclassfootball.com firstclassfootball.com

The Black Horse, Camden Rd, Tunbridge Wells is helping you look

forward to your special event with half-price event hire\* for any party booked for 2023 in their private function area.

\* Based on Beautifully Basic package

For more info call or message on Whatsapp 07860997764 or

info@ blackhorsetunbridgewells co.uk

You might be too late to get tickets for the sought-after Polar Express train ride at Spa Valley Railway but there's lots of other events in their calendar including the Winter Steam Up, 6/7 January.

spavalleyrailway.co.uk

### Up for the challenge?

Dry January is coming soon. Can you make it an alcohol-free month The figures say 86% of participants save money - that's got to be a good reason for giving it a go!

## Celebrate Christmas with a slightly different 'Alternativity'

For many of us this has been a difficult year with the rising cost of living. For those already living in poverty in less developed countries. these impacts are magnified. Farmers are fighting the forces of Climate Change. as they seek to provide the foods we love to eat. Fairtrade helps farmers to combat the effects of climate change, using farming methods to improve the environment. As a Fairtrade Town we recognise that Fairtrade is about helping the poorest farmers and workers. So, this Christmas, think Fairtrade and have an alternativity.

This Christmas, we could all do something to help both people and our planet.

## Ten things you can do for an Alternativity

- 1. Donate something to a local foodbank, such as Nourish or a local church, so everyone can celebrate Christmas
- Donate a toy to the Mayor's Toy Appeal, give a child a better Christmas - more details on page 10
- Buy local and seasonal help our farmers as they also seek to tackle the effects of climate change and rising fertilizer costs
- 4. Invite a neighbour in for a cup of Fairtrade tea or coffee or a glass of Fairtrade wine and combat the growing problem of loneliness
- 5. Plant a tree, offset your carbon footprint
- 6. Buy your Christmas outfit from a local vintage shop
- 7. Don't throw away your broken items, try visiting Tunbridge Wells Repair Cafe - repair, reuse, recycle
- 8. Fill a shoebox with good things for the poorest children and families across Eastern Europe linktohope.co.uk/shoebox-appeal-2022
- 9. Buy Fairtrade, with over 1500 products including many of our favourite foods; chocolate, wine, even footballs and jewellery, it is easy to have a Fairtrade Christmas

10. Send the one you love Fairtrade flowers for the perfect Alternativity

## **Christmas**



Please drop your gifts off at one of these locations: Maddisons, The Pantiles; St George's Childcare, Chilston Road; The Amelia Scott, Mount Pleasant Road; Barsleys, Paddock Wood or Royal Victoria Place.

Thank you for your support and for more information please visit www.twmta.co.uk

Any queries, contact karen.collins@mayorstoyappeal.co.uk











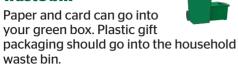


## **Recycling at Christmas**

Thanks for thinking about what you can recycle this Christmas.

## **Gift packaging**

## Green box/household waste bin



## **Christmas cards (no glitter or metallic foil)**

### **Green box**

Old greeting cards also make great upcycled gift tags!



## Wrapping paper Green household waste bin

Most wrapping paper isn't good enough quality to be recycled so into the household waste bin please. If you'd like to do your bit try searching online for 'alternative gift wrapping ideas', there's some great suggestions out there.

## Small household batteries

### **Brown recycling bin**

Please pop these in a small bag on top of the recycling bin.



### Food waste

### **Food caddy**

If you can't freeze the leftovers
- and you might be surprised at
how much can go in the freezer
- then into the food waste bin
please if you have one. Leftovers and
homemade goods should be frozen
as soon as possible.

## Food packaging

### **Brown Bin**

Plastic food trays and punnets (not black), pots and tubs can go into the recycling bin along with cans, aluminium foil trays and foil. Biscuit tins and sweet tins are welcome too.

Please rinse things and place loose in the bin.

### **Green box**

Cardboard boxes/sleeves.

### **Green household waste bin**

Black plastic, juice, and non-dairy milk cartons.



## Glass bottles and jars

### **Brown bin**

Glass jars and bottles of any colour, and clear or coloured plastic bottles can go into the recycling.



Metal and plastic lids can go in the bin loose.

### **Artificial trees**

If for any reason you can't keep the tree to use again next year then please take it to the Household Waste and Recycling Centre (the tip).

### **Real Christmas trees**

Your real tree will be collected with your garden waste if you subscribe to the service. Please put the tree alongside your black bin (or garden sacks) as long as the trunk is under three inches (7.5cm) thick. Remember to remove all the decorations so they can be used again next year, and take it out of its pot.

## Recycling, waste and garden waste collections

### **Changes to bin collection days** If your collection day is... Your bins will be collected on... Monday 26 December Tuesday 27 December Tuesday 27 December Wednesday 28 December Wednesday 28 December Thursday 29 December Thursday 29 December Friday 30 December Friday 30 December Monday 2 January 2023 Monday 2 January 2023 Tuesday 3 January Tuesday 3 January Wednesday 4 January Wednesday 4 January Thursday 5 January Friday 6 January Thursday 5 January Friday 6 January Saturday 7 January

Please put your bin and/or boxes out for collection by 7am

## Christmas

## **Christmas Recipes**

The National Trust recipe collection is a great source of inspiration if you're looking to make the most of seasonal produce - which is always a good way to keep costs down, and they've some fabulous ideas for special bakes too.

nationaltrust.org.uk/recipes

## Christmas crispy cakes

This recipe puts a festive twist on the old favourite: the rice crispy bite. A fun family activity for the Christmas holidays.

## **Ingredients** Method

- · 100g butter
- 150a milk chocolate
- 50g marshmallows
- · 100g rice pops
- · 50g raisins

To decorate

 50g white chocolate

- 1. Put your butter, milk chocolate, marshmallows into a saucepan and cook over a low heat until the butter and chocolate have melted.
- 2. Put the rice pops and raisins in a large bowl and mix together.
- 3. Pour in the melted mixture carefully as it will be hot. Stir to combine.
- 4. Allow to cool, but not set. Wet your hands with cold water and then roll the rice pop mix into 12 even balls, place each one into a pastry case and leave to set completely.
- 5. Melt the white chocolate, either in the microwave or in a bowl over hot water.
- 6. To decorate, drizzle the melted white chocolate to look like sauce on the top of each of your little pudding bites.

Adult help in melting the butter, chocolate and marshmallow is a good idea as they will be hot



## Mince pie brownies

A tasty way to use up any leftover mince pies chocolate and mince pies, what's not to like!

## **Ingredients: Method**

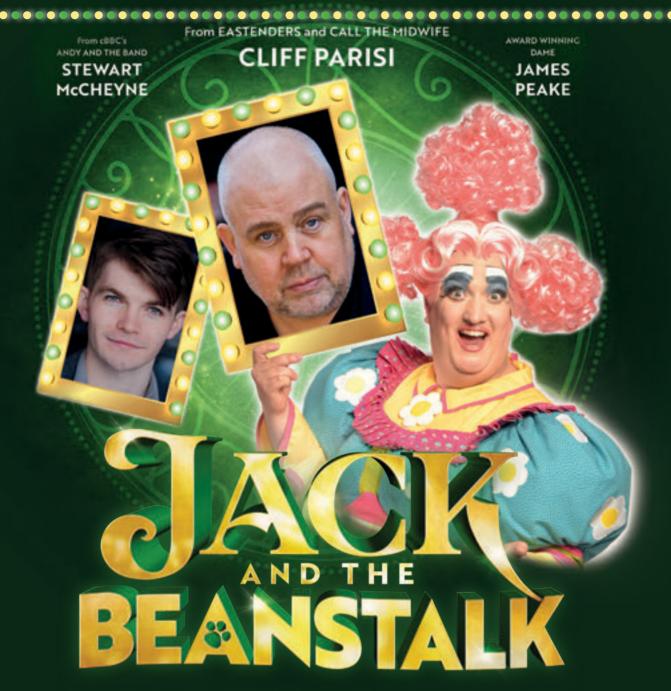
- · 250g baking margarine
- 400g caster sugar
- · 75g cocoa powder
- 4 eggs
- 150g gluten-free (or standard) self-raising flour
- 100g dark chocolate chips
- 250g left over mince pies, broken into bitesize pieces
- 150g mincemeat

- 1. Preheat your oven to 160°C and line a 30cm x 23cm baking tray.
- 2. Place the margarine into a pan on a low heat until melted.
- 3. Take the pan off the heat then add the sugar and cocoa powder. Mix together to thoroughly combine.
- Beat the eggs together in a separate bowl then add them to the cocoa mixture. Combine together thoroughly.
- 5. Add in the flour and mix again.
- Gently stir in the chocolate drops, broken mince pies and mincemeat.
- 7. Pour the mix into your baking tray and smooth down the top.
- 8. Place in the oven for 30-35 minutes until risen slightly and just set - there should be a slight wobble.
- 9. Once cooked, take out of the oven and cool completely in the tin.
- 10. When the mince pie brownies have completely cooled, refrigerate until cold before cutting.

This one's for you if you're a small business owner.

Get 10% off social media coaching with High Weald Marketing when you quote BAUBLE10. Please email hello@highwealdmarketing.co.uk to chat with me about how I can support you.





Saturday 10 - Saturday 31 December

## Fee Fi Fo Fum...Tunbridge Wells is in for some festive fun!

This Christmas, we are SO excited for Jack and the Beanstalk, the biggest panto of them all to open at the Assembly Hall Theatre!

Dame Trott and her family have been selling ice cream at the annual fair for as long as anyone can remember. But when the ginormous giant puts the rent up, the family are forced to sell their beloved cow Pat for just a handful

of beans...can Jack get his head out of the clouds for long enough to save the day? Full of marvellous moo-sic, cow-ntless costumes and an udderley ridiculous Dame with giant size jokes!

Jack and the Beanstalk is brought to the Assembly Hall Theatre by the award-winning production company Little Wolf Entertainment.

School and group rates offers available
Book your Skate and Panto tickets together and save an extra £2.50 per pair of full price tickets!

# Save money on your broadband

Some broadband providers offer discounted broadband deals to support households on a low income.

Broadband social tariffs are low-cost broadband deals available to customers who are getting certain benefits.

If you are struggling to pay your broadband bill, you're not alone. Ofcom's annual affordability study found that nearly a third of customers are struggling to pay for their communication services, but almost 70% of eligible customers are not aware that broadband social tariffs exist.

Each broadband provider has its own list of eligible benefits for social tariffs so speak to your provider to see what they can offer you. If your provider doesn't have a social tariff perhaps it's time to switch to one that does.

If you're having trouble paying your broadband bill don't let debt mount up. Speak to your provider as a matter of urgency.



## **Check suppliers**

Digital Kent has put together some information about the providers who offer discounted broadband deals and how to apply for them.

Visit kent.gov.uk/socialtariffs

### Have you got broken household items?

Take them along to the Repair Cafe's team of volunteer experts at Trinity Theatre. Have a cup of tea, some cake and get them repaired at one of their free, non-ticketed events.

Saturday 14 January 2023

Doors open at 9.45am and repairs start at 10am

Events take place throughout the year.

### Free talk at The Amelia Scott

The History of Tunbridge Ware:
2pm-2.30pm or
6pm-6.30pm Thursday 1 December
With its roots in the 1600s, did you
know Tunbridge Ware is the earliest
British holiday souvenir industry?
Come along to hear more about this
intricate and elaborate mosaic style
woodwork from Dr Ian Beavis

theamelia.co.uk

Win a 50 minute Complimentary Massage from The Massage Company in Royal Tunbridge Wells.

To enter email
communications@tunbridgewells.gov.uk
or send your name and contact
details, inc phone no, to:
Communications, TWBC, Town Hall,
Royal Tunbridge Wells, TN1 1RS
Closing date Friday 16 December.

massagecompany.co.uk 01892 240900



## Successful year for Royal Tunbridge Wells in Bloom

At an upbeat awards ceremony in September, schools, businesses and residents gathered to learn who would be walking away with Gold in this year's local in Bloom competition.

There were winning entries from across the town with the best wildlife garden being at an address on Bayham Road, the best front garden on Eridge Road and the best back garden in Keel Gardens. Oakley School took the top prize for schools. Business winners included The Black Horse, Camden Road and Hospice in the Weald.

Earlier in the month Royal Tunbridge Wells in Bloom was a winner at the regional South & South East in Bloom awards, coming away with an impressive haul of medals.

Having moved up this year from the Large Town category to the Small City category (based on population size) Royal Tunbridge Wells won gold and was the category winner. Gold medals were also awarded to the town's three largest parks Calverley Grounds, Dunorlan Park and Grosvenor and Hilbert Park.

Woodbury Park Cemetery won gold in the Churchyard category.

Tunbridge Wells Cemetery won gold for the Large Cemetery/crematorium category.

Tunbridge Wells Common won a silver gilt and category winner for Large Common and Open Space.

Barnetts Wood won silver for the Large Conservation category.

'Such brilliant news and so well deserved! Thank you to all our contractors, council officers and the volunteers who have made our town such a lovely place to live! Congratulations!'

 Cabinet member Cllr Wendy Fitzsimmons









100 Days of Tunbridge Wellness is all about maintaining a healthy lifestyle in the borough of Tunbridge Wells The campaign launched on social media in October and will continue until January 2023.

TWBC (One You and the Amelia) and Fusion Lifestyle have events, activities, and information available to support and inspire you. Whether you're interested in gentle exercise; enjoying relaxing walks in parks, green spaces and the countryside or more energetic activities such as easy-to-use outdoor gyms or facilities in the leisure centres! Perhaps you're interested in wellbeing events in the Amelia Scott or weight management... read on

## Five outdoor gyms

These are open to everyone and free to use. All gyms have safe, fixed equipment like the equipment you would see in a regular gym.



The equipment can be used by anyone from

families with limited space or no garden to mature and senior visitors to our parks. The equipment is often located next to a play area, parents or grandparents can exercise while watching their children play. Children who see parents exercise are more likely to exercise themselves. Outdoor gyms can be found in the following locations:

Dunorlan Park next to the play area

Calverley Grounds next to the tennis courts

Hawkenbury Recreation Ground next to the play area

Showfields behind the play area

Oak Road on the main path

## Wellbeing Walks

The Tunbridge Wells Health team provides free sociable walking groups throughout the borough of Tunbridge Wells.

0

WELLBEING WALKS

There are weekly walks in several of the parks of Royal Tunbridge Wells, which feature the stunning views of cultivated landscapes and architecture. Our walks in the rural areas

**Tunbridge Wells** 

of Benenden, Cranbrook and Paddock Wood explore areas of historically-managed farmland and woodland of the Kent Weald Area of Outstanding Natural Beauty.

Our walkers enjoy the benefits of friendly leaders, good company, fresh air, and stunning scenery. Most groups also take the opportunity to stop for refreshments after the walk.

ramblers.org.uk/wellbeing-walks

health@tunbridgewells.gov.uk

## One You Kent

There are lots of reasons to make lifestyle changes and making simple changes NOW can have a big impact on your health and wellbeing.

At One You Kent we can help boost your motivation or kick-start some lifestyle changes if you would like to lose weight, stop smoking, get more active or reduce your alcohol intake. We offer a free and confidential service, where our friendly advisors can help you to take the first steps towards a healthier you.



ONE YOU

We offer support over the telephone, via video call, or face to face in one of our clinics.

One You Kent also offers a free weight loss programme, so you can take back control and discover a way that works for you. Our programmes, which start in January 2023, include:

- Exercise sessions suitable for beginners.
- Pre-course materials workbooks, timetables and further information.
- Friendly support and advice from One You advisors.
- Private weekly weight submission to keep you on track.
- Enjoy a warm and friendly group environment.
- Set goals that are specific and achievable to you.
- Aim to lose 5% of your body weight.

To find out more about your local One You Kent service:

01892 554411 | health@tunbridgewells.gov.uk oneyoukent.org.uk

## Parkrun

For those who prefer to exercise with a group Dunorlan Park hosts parkrun every Saturday morning at 9am. This is non-competitive where you can run, jog, or walk the course, the only competition is against yourself.

parkrun.org.uk/ royaltunbridgewells



## **Fusion Lifestyle**

If you feel like experiencing the latest state of the art fitness machinery then head over to the Tunbridge Wells Sports Centre on St John's Road. The team will be happy to talk through your options to join either as an individual or family, and find out about the other facilities on offer, including three swimming pools. The fitness centre very recently underwent a transformational refurbishment including the latest Life Fitness Cardio and resistance machinery

coupled with a stylish and contemporary interior redesign that is inspiring.

Fusion Lifestyle has two other centres in Cranbrook and Paddock Wood, so wherever you live, there is a centre nearby.

fusion-lifestyle.com



## Take Some Time

Do you feel isolated? Would you like to meet new friends?

Join our FREE 10-week programme which starts 9 January 2023, 10.30am-12noon in the Amelia Scott.

Isolation can affect anyone at any time, this small group of 12 gives you the opportunity to be part of a friendly, relaxed group. There is plenty of time to get to know each other and make some new friends.

So why not join us, you'll spend time with objects from the museum collection, looking, thinking, and responding with others.

For more details, email daniel.huckfield@tunbridgewells.gov.uk

theamelia.co.uk











Sparkle and wonder

## at Scotney Castle this Christmas

Shake out your sequins, brush off your top hat and step back 100 years to the glitz and glamour of the Roaring Twenties.

Make a date to join us for a rip-roaring Christmas with cocktails and Christmas trees, feather boas and flapper dresses.

Enjoy our decorated mansion house, family outdoor trail, children's dress-up, twilight viewing, Christmas lunches and wreath-making.



Scotney Castle, Lamberhurst, TN3 8JN www.nationaltrust.org.uk/scotney-castle

## **Food Safety**

We can't escape from the challenges of rising food prices but we can make sure we get every bit of value from the weekly shop by minimising food waste.

Have you noticed your supermarket fruit and veg doesn't have a date on the packaging any more? That's because lots of retailers are encouraging us to minimise waste and think before we throw away.

Christmas is an ideal time to understand the difference between best before and use by dates to help us reduce food waste at home.

**Best before** is all about quality and not safety. If you eat food after the best before date it will be safe to eat but the quality may not be as good as it was.

**Use-by** is about food safety. The Food Standards Agency recommends that you do not eat food after the use-by date. If you are not sure whether you're going to eat something by the use-by date see if you can freeze it, or cook it and keep it correctly chilled in the fridge to be eaten within 48 hours.

Don't use the sniff test on food with a use-by date, you can't see or smell the bugs that are responsible for food poisoning.

The festive season might mean more food than usual, or one or two special treats. Don't over-buy is one of the top ways to cut down on food waste so plan ahead and think about what you'll cook and how you'll use any leftovers. Visit lovefoodhatewaste.com for lots more ideas.

## **Eating out?**

The food hygiene rating you might see displayed when you eat out is a reflection of the standards of food hygiene found on the premises when it was inspected by the Council's Food & Commercial team.



If you can't see the rating you can find it online ratings.food.gov.uk

The hygiene rating won't tell you whether or not you'll enjoy the restaurant or whether or not the food is to your taste, that's one for the online review sites!

## Introducing the new **MyTWBC** customer account!

You can now sign up to the new MyTWBC customer account. quick and easy 24/7 access to a range of information and Council services.

which gives residents

We'd love to know what you would like to see included in the MyTWBC account. As an account holder you can send us your feedback and suggestions.

### As an account holder, you can:

Link your Council Tax account to see your balance. upcoming payments, and transaction history

Quickly view information about your upcoming bin collections

For garden waste subscribers, view and manage your subscription

View planning applications near your home address

See details of your borough, town or parish, and county councillors

View reports we have received near your home address, such as fly-tipping and street cleaning requests

View and track the case progress of your online reports and requests

Have information pre-filled on most of our online forms, such as your name, address, and contact details

More services are being added all the time.

Go to twbc.online/mytwbc to register





\*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual ov







## Over 13,000 people get our weekly e-mail

## Have you signed up yet?

Get our latest news direct to your inbox, plus local events, regular items such as jobs, planning applications near you and bin updates.

It's so easy to sign up...

Visit twbc.online/alerts

## Safe travels

### Taxi!

This festive season if you're out celebrating be

sure to be safe and use a licensed taxi or private hire vehicle for your journey home - it'll have a licence plate on the rear.

Whether you queue at the taxi rank or book a private hire car, a licensed vehicle means better safety for you. Vehicles have regular checks and drivers will be wearing Councilissued photo ID.

## Winter driving

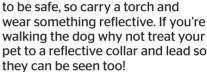
If you're the designated driver, plan for a safe journey.

We don't know what the weather is going to do this winter but the shorter days, and the chance of rain, can mean poor visibility when driving. Check that all your car lights are working and clean before you set off and that your windscreen is fully demisted, and don't forget your tyre pressures.

There's lots more winter driving advice online, including the Highway Code rules for driving in adverse weather conditions gov.uk/guidance/the-highway-code

## Stay safe on foot

If you're venturing out when it's dark, be visible, it helps to be seen



If possible try to stick to well-lit and more populated routes and let someone know where you're going.

There are apps you can download to your phone to help you feel more safe if you're walking alone.

### The Tunbridge Wells Hotel's Christmas Party Menu is the tastiest Christmas around

and as a special treat for you when you book you'll have free mince pies at the end of your meal.

Christmas Party Menu from 21 November - 23 December. Reservations 01892 530 501 thetunbridgewellshotel.com A winter walk is a wonderful thing to enjoy, especially if you've got some time off during the festive season.

It doesn't have to cost anything and there's so much to see and do locally.

Get some ideas for new places to visit from Explore Kent.

explorekent.org

Thanks to
twevents.co.uk for
some of the information
included in this magazine.
Check their website for
up-to-date information
about local events

## An interview with Simon Youden

## Local spoke to Fenwick's new store director

Tell us a bit about your career and how you have come to Tunbridge Wells?

I have over 30 years senior retail management experience in various roles including Head of Retail at Harrods and General Manager at Harvey Nichols, Lioined Fenwick three years ago as Store Director in Canterbury and in October was privileged to take on the guardianship of our Tunbridge Wells store.

### How are you surviving in the current economic and retail climate?

This year Fenwick is celebrating its 140th year of trading: I believe we must remain adaptable and flexible to the ever-changing economic environment: Paramount to this is investment into various functions in the store to create an experiential. hospitality led culture to service our loval customers. to this effect we have re-introduced a Personal Shopping service, launched a Concierge, and redeveloped our website.

### What are you hoping to bring to the role?

I am currently working on several initiatives to reengage Fenwick into the local community: My values are driven through an inclusive and collaborative approach in which I hope to engage with key business stakeholders and Tunbridge Wells Borough Council through a partnership approach to support and drive local initiatives to the benefit the local community.

### What's coming up through Christmas?

Christmas is such a special time of year and conscious this year brings with it many wider concerns, I feel our role as a large store is to look to support our community and how we integrate into it, so look out for special offers and events as we lead up to the big day.

## January is a great time to try something

new - enjoy 20% discount on a Power of Poles Nordic Walking Lesson (full cost £25) with Nordic Walking Tonbridge & Tunbridge Wells and learn how to turn your walk into a workout!

Contact

josine@nwuktonbridge.co.uk to book your session and quote code POP20.

nwuktonbridge.co.uk



## Tunbridge Wells car club

Have you joined?



A car club is a short-term car rental service that gives members easy access to locally parked cars.

Unlike traditional car rentals, a car club is super-flexible. You can book a car for 30 mins or for days at a time, only paying for the hire time and distance you drive.

## So what if I want to ioin a car club?

Co Wheels car club (a social enterprise company) operates in Royal Tunbridge Wells.

Eight years ago the Council, in partnership with Co Wheels, launched a pilot scheme. The success of the pilot meant that the club grew and now there are five Co Wheels cars in convenient locations near to Tunbridge Wells town centre and residential areas and there are plans to expand to eight cars. The cars are a mixture of hybrid and small engine petrol cars. In time electric vehicles will be joining the local fleet.

Once you've joined Co Wheels you can book a car online or over the phone. They are accessed with a smartcard - no need for keys! Businesses can be members too.

## Why should I join Co Wheels?

Because when you're a car club member it makes driving easy and convenient. You will have access not just to the cars in Royal Tunbridge Wells but any Co Wheels vehicles across the country.

Everything is covered including insurance, cleaning and servicing.

Car clubs like Co Wheels offer so many benefits including

- · Easy and affordable access to a car
- · Reduced emissions
- · Reduced traffic and congestion

Car clubs represent a promising solution for cleaner, greener transportation.

Greener than owning a car, easy & convenient, costeffective access to a car It's convenient and saves us having to have a car

Works great as a replacement for a second car



In 2021
20
private cars
were replaced
by each car club
vehicle.

20%
less CO2
emissions
for the average
car club car
compared to the
average car.
(CoMoUK, 2021)



### Goupie

Opens Up A Pop-Up Factory Christmas Shop for its hand-made unique chocolate confectionery

10am-6pm every Thursday and Friday in December

Spelmonden Farm, Goudhurst, TN17 1HE

As well as their core Goupie product, they produce a range of hot chocolates, gift boxes and speciality chocolate products.

### House Of Portmeirion, Commercial Road, Paddock Wood

China, glass and gifts for Christmas. Enjoy at least 10% discount off all collections.

houseofportmeirion.co.uk

### The Massage Company offers you an introductory massage for just £49.95.

Scan the QR code to redeem the offer. **massagecompany.co.uk** 01892 240900

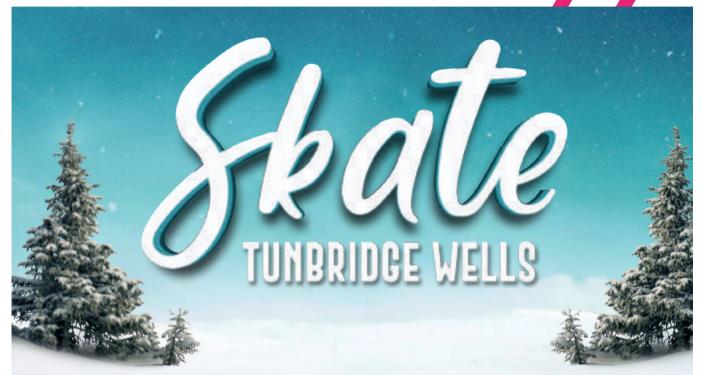


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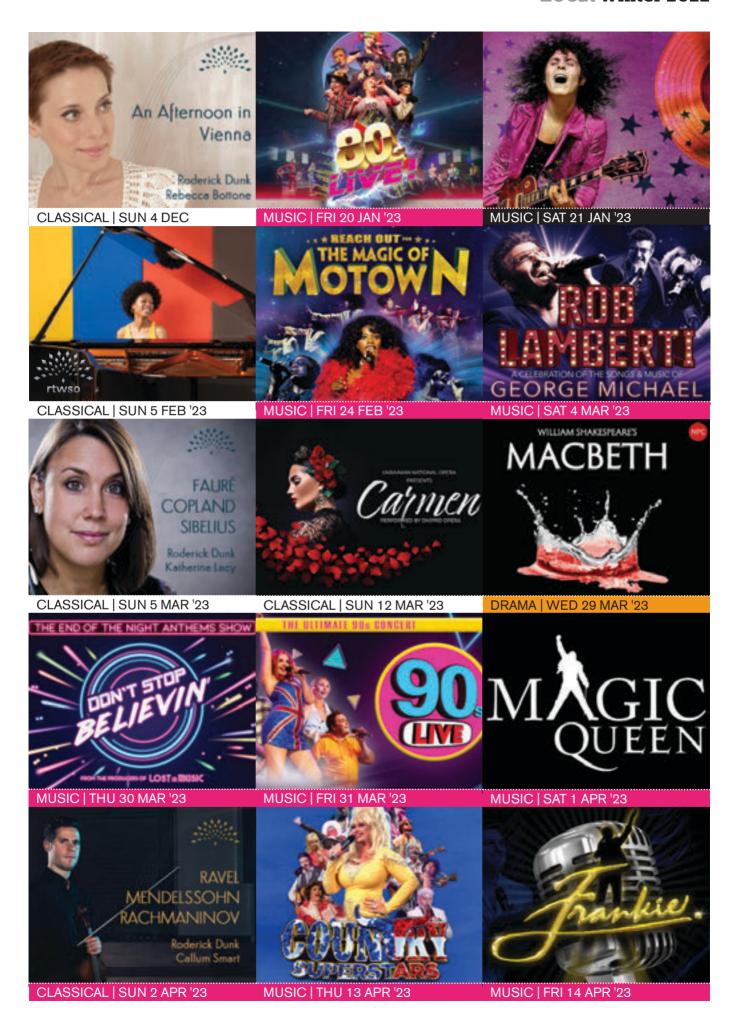
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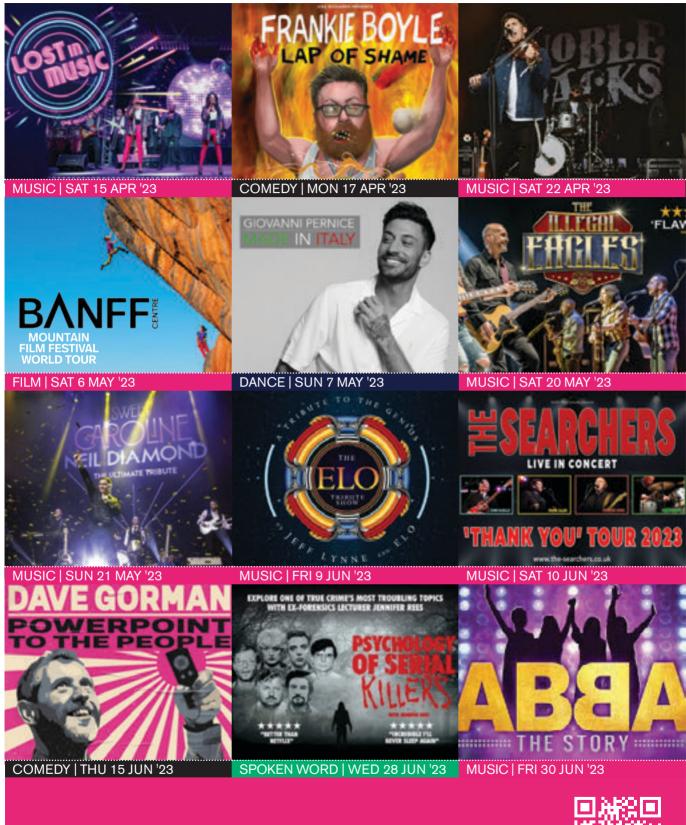












## assemblyhalltheatre.co.uk TUNBRIDGE WELLS



for full details and to book tickets visit our website

## **Energy saving**

Typical household energy bills are much higher than they were last year but there are some things we can do to save energy, keep costs down and stay warm, and there are environmental benefits to saving energy too.

### Keep the heat in

- Draught-proofing strips fitted to doors and windows can make a big difference and stop warm air leaving your home. Set a trend and make the sausage dog door draught excluder fashionable again!
- Thick curtains are great for keeping heat in but don't let them cover radiators as you'll block all the heat from getting into the room.
- If you have an open chimney that you're not using you can get removable draughtproofers to keep the room warmer and stop the heat escaping and the cold air from coming in.

### **Boiler basics**

- The Energy Saving Trust says it's better to turn your gas boiler off and on when you need it rather than having it on low all the time.
- Could you turn the thermostat down by just one degree?
- The Government's energy advice says that some boilers can be made more efficient by reducing the boiler flow temperature. There should be instructions on how to do this in the manual that came with your boiler - if you're not sure what you are doing seek advice from a professional.

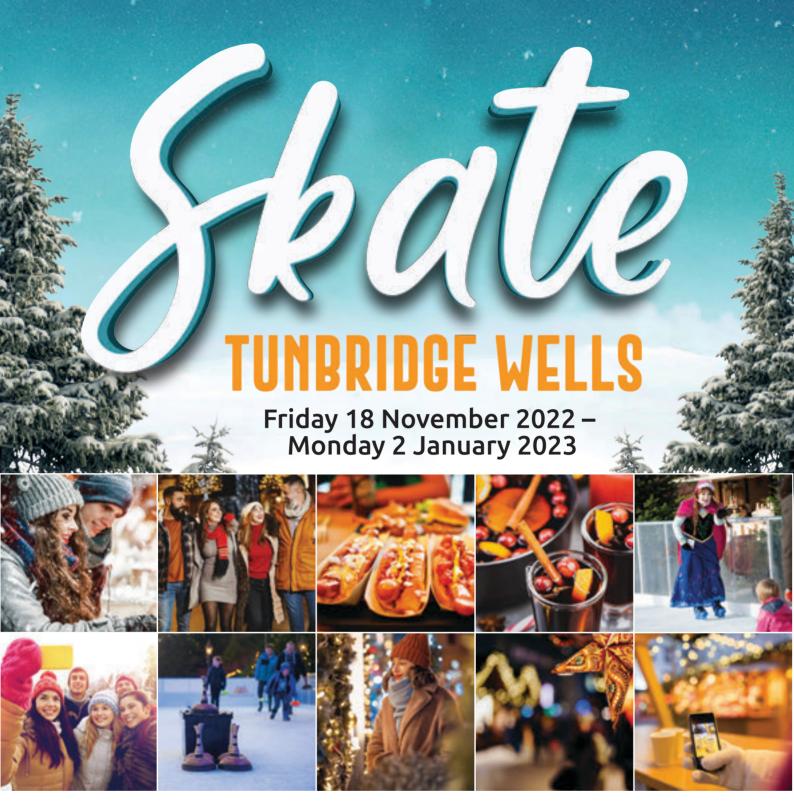
### **Water wise**

- Is your hot water tank as well insulated as it could be? Extra insulation will keep the water warmer for longer.
- Keep your shower time short and save energy, and you save water too.
- Don't overfill the kettle, only boil the water you need.
- If you have a dishwasher and a washing machine full loads are the way to go.



Lots more information, help and advice

energysavingtrust.org.uk
helpforhouseholds.campaign.gov.uk
moneysavingexpert.com



## Skate Tunbridge Wells is back

We're looking forward to welcoming you onto the ice in Calverley Grounds, Royal Tunbridge Wells. Once again there will be a large outdoor rink and a smaller rink that doubles as a space for parents and toddlers during the day and transforms into a Bavarian Curling rink by night. Alongside you'll find the Polar Bar, Fine Grind café, all your favourite food stalls and weekly entertainment including live music and DJs!

Open seven days a week from Friday 18 November 2022 to Monday 2 January 2023 (closed Christmas Day), the outdoor ice rink and festive stalls are only a fiveminute walk from the train station and town centre offering spectacular views of the beautifully lit park, creating a unique and special seasonal experience! School and group offers are available and you can book your Skate Tunbridge Wells and Assembly Hall Theatre Panto tickets together and save an extra £2.50 per pair of full price tickets!

Tickets on sale now at assemblyhalltheatre.co.uk

# The Amelia M

## **Christmas Market**

## From 10am until 4pm Saturday 3 December and Sunday 4 December

The Christmas Market is in an artisan, craft-focused market highlighting our local heritage this Christmas at the Amelia Scott. The event is inspired by Tunbridge Wells craft history; as well as supporting local traders and our creative economy.

Stock up for Christmas with gifts that are both handmade and unique such as jewellery and accessories, artwork, candles, homewares, clothing and much more.



## **Christmas Concert**

### **6.30pm Saturday 3 December**

After Dark at The Amelia proudly presents The Amelia Scott Christmas Concert, featuring local favourites Rock Choir and Britain's Got Talent sensations The Frontline Singers.

This is set to be a joyous launch to the festive period with music, mulled wine and mince pies.

Rock Choir is a local, contemporary group of around 60 singers drawn from Crowborough and Tunbridge Wells, their feel-good festive and well-loved tunes are sure to have you singing along!

There's snow place like The Amelia Scott this winter, we Ho-Ho-Hope you can join us for our fabulously festive Christmas concert!



## Shakespeare's Mistress

### **Sunday 8 January 2023**

Shakespeare's Mistress is Louise Jameson's Desert Island Discs choices from Shakespeare's canon, which she shares with you alongside her very personal memories of the last 50 years. From Shakespeare to TV soaps, and the National Theatre to stand-up, a life in performance...

Award-winning actress, director and writer Louise Jameson joined the Royal Shakespeare Company for three years and has since enjoyed a career on screen, in theatre and on television; most notably as a regular in Doctor Who and Emmerdale.



For more information go to theamelia.co.uk/whats-on









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