

EBBSFLEET LIVING

EBBSFLEET

Issue 9 | WINTER 2024



UPDATES TO YOUR PUBLIC
TRANSPORT NETWORK

YOUR FESTIVE
BETTERPOINTS
CHALLENGE

WINTER WELLNESS

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YOUR UPCOMING EBBSFLEET DROP-INS:

Wednesday 15th January 11am-1pm - St Mary's Church, Greenhithe, DA9 9ND

Wednesday 12th February 10 -12pm - Fire Station Café, Swanscombe, DA10 0HF

Wednesday 12th March 11am - 1pm - Alkerden Heights Marketing Suite, DA10 1DB

Pop along and speak to the Ebbsfleet Development Corporation team about life in Ebbsfleet - what's on, development updates, and much more!

COHESION +



Ebbsfleet
DEVELOPMENT CORPORATION

Magical Winter Festival

FEBRUARY 1ST, 2025

4PM - 8PM

PLATINUM JUBILEE PARK, DA10 1DL

A FREE WINTER FESTIVAL OF MAGICAL LIGHT INSTALLATIONS, SPECTACULAR STREET PERFORMANCES, IMMERSIVE ENTERTAINMENT AND FOOD & DRINK

FREE ENTRY



**Kent Equality
Cohesion Council**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**





Winter Wellness: Embracing the Season with Lighthouse Counselling

As the days grow shorter and temperatures drop, it's normal to feel a little weighed down by the shift into winter. The darker months can affect our energy, mood, and motivation in ways we may not always expect. Maybe you're spending less time outside, or feeling the lack of spontaneous connections with friends and neighbours. Yet winter, even with its challenges, can be a season of warmth, cosiness, and connection. Instead of just "getting through" winter, I'd like to invite you to see it as a time to turn inward, recharge, and really nurture yourself.

As the CEO of Lighthouse Counselling here in Ebbsfleet, I often encourage our counselling clients to lean into these seasonal changes, identifying activities that truly bring them joy and fulfilment. For some, that might mean picking up a hobby they've always wanted to try or finding small, cosy ways to bring comfort into the colder months. Winter doesn't have to be all about big, exciting plans or even loving every part of it—sometimes it's moments, like enjoying a hot drink on a chilly morning, baking something comforting, or gathering with loved ones, that make all the difference.

Just shifting our perspective a little can turn winter from something we dread into something we can embrace.

Staying Connected When It's Colder

One of the things that makes winter tough for many of us is the isolation it can bring. Since we're spending less time outside, we miss out on those easy opportunities to connect with people around us. But staying connected is so important to feeling grounded and supported, even if it takes a little more intention this time of

year. Maybe that's calling a friend you haven't talked to in a while, organizing a family dinner, or even joining a local class. Small actions can keep you feeling connected, even when the weather says otherwise.

If you know someone who may be feeling a bit lonely, consider reaching out to them too. When we maintain a strong support network, we're able to help each other in ways we may not even realize. And winter can be an ideal time to reflect on those relationships and to invest in them, even if it's just with a quick text or call.

Winter Wellness Tips to Try Today

Here are a few ideas you might want to try to make the most of this winter.

- 1. Celebrate the Season's Changes:** Even just a few minutes outside can lift your mood. Take in the beauty of Christmas lights, or enjoy the quiet calm of a frosty morning. A bit of fresh air and natural light can be a welcome break from indoor routines, and can help brighten your day.
- 2. Create a Cosy Space at Home:** When you're spending more time indoors, making your space warm and inviting can do wonders for your mood. Light a few candles, play some relaxing music, or wrap up in a soft blanket with a book. Having a place that feels comforting can help you recharge and feel at peace.
- 3. Try an Indoor Hobby:** Winter can be the perfect time to explore something new. Maybe it's baking, painting or diving into that book you've been meaning to read. Finding an activity you look forward to, that keeps you engaged, can be a great boost on days that feel dark and gloomy.
- 4. Take Time for Self-Reflection:** Winter gives us the chance to slow down a little. Use this as a time to reflect on what you've accomplished this year, and consider any positive changes you'd like to make in the months to come.
- 5. Look After Your Physical Health:** The connection between our bodies and minds is strong, so even if it's cold outside try to fit in some kind of physical activity each day. It doesn't have to be strenuous—maybe a brisk walk, a short yoga session, or even a dance around the living room with your family!
- 6. Remember, It's Okay To Not Be Okay:** We don't have to feel upbeat and happy every day. If you're feeling a bit low, give yourself permission to feel that way. Sometimes accepting those feelings can be the first step toward taking care of yourself. Ask yourself what you need right now and consider reaching out for support if that feels right.

Introducing Our Wellbeing Sessions

For those who feel they could use a little extra support this winter, I'm pleased to share that at Lighthouse Counselling we're now offering Wellbeing Sessions alongside our regular counselling and couples counselling. Wellbeing Sessions are a chance to meet with one of our qualified counsellors for a one-off, two-hour appointment focussing on anything that might be on your mind. Whether it's a sense of winter unease, personal stress, or just the desire to improve your general wellbeing, our counsellors are here to provide a supportive, understanding space.

We began these Wellbeing Sessions a few years ago, initially offering them to healthcare workers* who were coping with the toll of working through the COVID-19 pandemic. Afterward, we extended these sessions to local charity workers, giving them a space to reflect and recharge after months of intense work supporting our community.

Now, we're excited to open up this service to everyone in our community. If you're someone who feels the need to focus on your wellbeing but doesn't feel ready for ongoing counselling,

a Wellbeing Session could be the perfect solution. Or maybe you're simply finding it difficult to commit to regular appointments—this one-off session is designed to be accessible, impactful, and flexible enough to fit into busy schedules. Sometimes, even one conversation with a professional can provide the clarity and tools you need to make meaningful changes.

If you'd like to book a session or find out more, feel free to visit our website: <https://www.lighthousecounselling.org.uk/formwellbeing>

Whether you come in with specific goals or just want a safe space to talk, our counsellors are ready to listen and offer supportive guidance. And, of course, if you feel like you need more regular sessions, we're here for that as well.

*If you are a healthcare worker, we have special funding to make these sessions available to you so please visit the healthcare worker page on our website here: <https://www.lighthousecounselling.org.uk/formhealthcheck>

A season of connection, not isolation

Winter doesn't have to be a time of isolation or just something to "get

through." By choosing to focus on wellness, connection, and personal growth, we can make the most of this season, using it as a time to care for ourselves and those around us. At Lighthouse Counselling, we believe in the power of community and we're here to support you.

If you, or someone you know, might benefit from our Wellbeing Sessions, please reach out to us. Together, let's make this winter a time of warmth, wellness and positive change.



Kate Mendez
CEO, Lighthouse Counselling

SUSTAINABLE
EBBSFLEET

The Ebbsfleet GREENmap

Discover Ebbsfleet's Nature with the GREENmap!

Explore, connect, and make a difference in your community with the Ebbsfleet GREENmap — an interactive resource that brings the diverse habitats, trees, wildlife, and water systems of the Garden City together in one easy-to-navigate place. This is more than just a map; it's a living tool that educates, engages, and empowers residents to play a hands-on role in preserving our natural environment.

Why the GREENmap is a Must-Use Tool

With Ebbsfleet GREENmap, you can dive into local nature like never before. Spot a bird in your backyard? A wildflower by the path? Or perhaps a majestic old tree in the park? Simply log your sighting to help track and protect the area's rich biodiversity. This map is a fantastic way

to gain insights into the ecosystem right outside your door, learn about different water systems, and even discover how these systems are designed to reduce local flooding.

Join the Effort: How You Can Help

We're calling all nature enthusiasts and community-minded folks to help us populate the map. Here's how you can contribute:

- **Map a Tree** – Whether it's a newly planted tree in your garden, or a tree on your daily walk, adding it to the map helps track the area's green assets. Find out what trees need to be logged by looking at the gaps in the map.
- **Report Wildlife Sightings** – Spot a fox, squirrel, or bird? Log your discovery! Snap a quick photo and upload it to the GREENmap to add to Ebbsfleet's wildlife records.

By contributing to the GREENmap, you're not only helping to monitor our area's biodiversity — you're becoming a key player in conserving it for future generations. The map can also be used to report problems, update information and report how you have cared for trees around you – such as watering, weeding or removing waste.

Why the GREENmap matters

The Ebbsfleet GREENmap isn't just about data — it's about community. It's a reason to get outside, explore, and see the beauty that's often hidden in plain sight. The platform is user-friendly, so whether you're a tech-savvy teen or someone exploring these digital tools for the first time, you'll have no trouble getting started.

Ready to get involved? Visit the GREENmap website and start mapping today!

www.ebbsfleetgardencity.org.uk

'tis the season
TO WIN BETTERPOINTS



The Gift of Giving with BetterPoints

Starting on **Monday 2nd December**, BetterPoints have a new weekly prize draw in the run up to Christmas for 'Get Active in Ebbsfleet' participants in the BetterPoints app.

Every week the BetterPoints team will be giving away **2 x 25,000 BetterPoints worth £25**, plus the winners will also get to pick a local charity of their choice to be given **£25 in BetterPoints too**.

Here are the local charities you can donate your points to:

- Hive Hope
- We are Beams
- ellenor Hospice
- GYG (Gifted Young Generation)
- Swanley & District Foodbank
- Gravesham Foodbank
- Air Ambulance Kent, Surrey and Sussex
- Darent Valley Hospital Charity

Christmas Countdown 2024

Explore the World This Holiday Season!

BetterPoints are inviting you on an exciting adventure. Every car-free journey of half a mile or more unlocks a new advent window featuring a festive city and its unique holiday traditions! From the twinkling canals of Amsterdam to the snowy streets of Stockholm, uncover the magic of 24 amazing destinations in the lead-up to Christmas.

How it works

Every car-free trip of 1/2 a mile earns you:

1. A ticket to unlock your next city - see if you can unlock all 24!
2. Entry into our daily Christmas Countdown prize draws for extra BetterPoints treats!

Daily prizes include:

- 1 x 25,000 BetterPoints (that's £25!)
- 1 x 10,000 BetterPoints

- 1 x 5,000 BetterPoints
- 10 x 1,000 BetterPoints.

With over **300 winners** in December, you'll have plenty of chances to win!

Why join the challenge?

Discover global holiday traditions while adding a little adventure to your everyday travel. Whether you're walking, cycling, wheeling, or using public transport, you'll enjoy a fun, festive countdown to Christmas - and maybe even win some prizes along the way!

Start your journey to a more magical holiday season today!

Download the BetterPoints app today. Available on Google Play or App Store. <https://qrc0.de/bcR2Fm>





GET JOB READY IN CONSTRUCTION

Join our **FREE**, 1-week pre-employability programmes and get a head start.

For ages
25+

Qualifications gained:

- Green Labourers CSCS card
- NOCN Award in Health and Safety in a Construction Environment
- Introduction to Groundworks
- Introduction to Steel Fixing
- Introduction to Formwork

Skills gained:

- NOCN Site Right Accredited Courses
- Mock Interviews
- Career Talks
- Construction focused employability skills
- Traffic Marshal

Programme info: Ages 25+

Screening & Enrolment

Thursday 23rd January at 10.00am

Programme

Mon 27th Jan – Fri 31st Jan, 8.30am – 4.00pm

Location

O'Halloran & O'Brien Unit 2, Dalefield Industrial Park
Dalefield Way, Gravesend DA12 2FL

Register your interest at:
trainingacademy@ohob.co.uk

Funded by:



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Or call us on: 07840 839226

A message from Henley Camland

Update to your on demand bus service in Ebbsfleet and surrounding areas

Over the past four years, the Arriva Click bus service has been operating across Ebbsfleet and surrounding areas. Listening to your feedback and acknowledging the growth of the community, Henley Camland has been exploring options to enhance transport for everyone. As a result, the Arriva Click service will end in December 2024.

The new year will bring the introduction of two new services:

From 2nd January 2025:

A new fixed-line service (GC1) will operate. The route and timetable information is below.

From 1st February 2025:

A new on-demand service, will launch. It will work much like Arriva Click, allowing you to book journeys as needed. A new app will be required.

When the on-demand service starts, the GC1 will **not** operate between 10:30-16:30, therefore journeys will be on demand only. Further details will be shared closer to the launch date.

Both the new services will also cover the Ebbsfleet Green area.

Henley Camland will continue to review and refine services to ensure they meet the needs of everyone in Whitecliffe and the surrounding areas.

GC1

Your new daily service

From 2nd January 2025



- ✓ Multi-operator tickets valid
- ✓ Single tickets no more than £3
- ✓ Connects to train stations
- ✓ Local operator
- ✓ Service improvement plan



Daily timetable:

Ebbsfleet International
Ackers Drive, Stopes Avenue
Cherry Orchard, Co-op
Alkerden Lane, Milton Street
Swanscombe, George & Dragon
Greenhithe Station

Greenhithe Station
Swanscombe, Station
Alkerden Lane, Milton Street
Cherry Orchard, Co-op
Ackers Drive, Stopes Avenue
Ebbsfleet International

0635	0705	0735	0805	0835	0905	0935
0642	0712	0742	0812	0842	0912	0942
0645	0715	0745	0815	0845	0915	0945
0652	0722	0752	0822	0852	0922	0952
0658	0728	0758	0828	0858	0928	0958
0703	0733	0803	0833	0903	0933	1003
0705	0735	0805	0835	0905	0935	1005
0710	0740	0810	0840	0910	0940	1010
0716	0746	0816	0846	0916	0946	1016
0725	0755	0825	0855	0925	0955	1025
0728	0758	0828	0858	0928	0958	1028
0734	0804	0834	0904	0934	1004	1034

At these minutes	05	35	1635	1705	1735	1805	1835	1905	1935
until	12	42	1642	1712	1742	1812	1842	1912	1942
	15	45	1645	1715	1745	1815	1845	1915	1945
	22	52	1652	1722	1752	1822	1852	1922	1952
	28	58	1658	1728	1758	1828	1858	1928	1958
	33	03	1703	1733	1803	1833	1903	1933	2003
At these minutes	35	05	1705	1735	1805	1835	1905	1935	2005
until	40	10	1710	1740	1810	1840	1910	1940	2010
	46	16	1716	1746	1816	1846	1916	1946	2016
	55	25	1725	1755	1825	1855	1925	1955	2025
	58	28	1728	1758	1828	1858	1928	1958	2028
	04	34	1734	1804	1834	1904	1934	2004	2034

From early February these journeys will be replaced by Demand Responsive Transport provided by Go-Coach, more information on this will be provided soon

Contact us on:
info@go-coach.co.uk
01732 469 800

The Bus Depot, London Road
Swanley, Kent
BR8 8BY



Keep up to date with further information on your new transport service via Facebook @ebbsfleetgardencity



Bringing Public Art to Life in Ebbsfleet

Ebbfleet, a modern 21st-century garden city, is designed with health, wellbeing, connectivity, and cultural enrichment at its heart. As neighbourhoods grow, public art will play an important role in connecting communities, celebrating local stories, and enriching daily lives.

Public Art: Connecting and inspiring communities

Public art in Ebbsfleet will spark creativity and connection, celebrating the stories of our past, present, and future. These projects aim to bring people together, foster meaningful relationships, and transform shared spaces into places of joy and inspiration.

Themes for Public Art in Ebbsfleet

The public art strategy focuses on three key themes that will shape future initiatives:

- Mental Health & Wellbeing
- The Environment
- Playfulness

These themes will guide efforts to seamlessly integrate art into Ebbsfleet's evolving neighbourhoods.

Collaborating for Creativity

We're now looking for local residents, community members and groups to help champion the creation and delivery of public art in Ebbsfleet. Whether you're keen to assist in the selection process, or simply learn more about public art, we'd love to hear from you. No prior experience in art commissioning is necessary—just your enthusiasm and unique perspective.

Interested? Let's Connect!

To get involved or find out more, drop us a line at hello@ebbsfleetdc.org.uk. Together, we can shape art that brings our spaces to life and strengthens the connections within our community.

If you'd like to read more about Ebbsfleet's Public Art Strategy, you can find it online here





Did you know, Ebbsfleet Garden City Trust can provide up to £500 towards the cost of running a local community activity. To date, the Trust has provided funds for about 30 activities, a few examples are:

- Board Games Group, Ebbsfleet
- Repair Café, Northfleet
- Diwali Celebrations, Ebbsfleet
- Ebbsfleet Summer fair

If you have an idea, but not sure where to start, or you would like more information about the Community Fund and how you can apply, or even to see more details about some of the activities that have received funding, go to the Trust's website - www.egctrust.org.uk/communityfund. The next round of applications closes on Friday 28th February 2025.

The Community Fund will enter its third year in April 2025 and continues to go from strength to strength.

So far, over 30 individuals, groups and organisations have been successful in receiving a grant to start their community project. Applications have been received to start a winter book club in Northfleet, a board games group in Castle Hill and Ebbsfleet Green, and a bingo club and a writing club in Northfleet. The fund has also supported the activities of Christmas and Summer fairs in Ebbsfleet, Northfleet and Greenhithe, community-led mental health support groups in Ebbsfleet Green, walking groups in Ebbsfleet, Swanscombe and Northfleet, school holiday clubs and an Ebbsfleet community choir.

If you are ready with an idea, the last round for this financial year closes on February 28th 2025.

If you would like more information, email: communityfund@egctrust.org.uk for an information pack, or go to the website at www.egctrust.org.uk and take a look at the Community Fund page.

Help Ebbsfleet Garden City Trust to name the two new Ebbsfleet Green community buildings.

Having received a number of suggestions from residents and stakeholders, the Trust now has a short list of names ready for voting.

Voting will close on 12th January 2025, use the QR code to place your vote!



Community Facilities

You may already know that Ebbsfleet Garden City Trust will eventually own and manage a number of community buildings and parks. You may not be aware of the exciting news that a number of those facilities are planned to be in use by the community within the next 3 years.

Ebbsfleet Garden City Trust, along with Ebbsfleet Development Corporation, is delighted to bring forward four significant buildings designed to ensure there is a range of facilities that can meet all the community needs for hire-

able spaces and support access to local services.

Ebbsfleet Green will be the first village to have two new facilities.

The earliest will be a neighbourhood house, which will be predominately run by resident groups, suitable for a range of community activities. In addition, the hire-able space can be used for clubs, birthdays, children's groups, dance and exercise classes. Visitors can also access a community tool shed (imagine a library for borrowing tools instead of books!), parcel delivery/return lockers, a terrace and an adjoining children's play park. We expect the building to be finished in late summer 2025. If you are interested in discussing your ideas about activities

that could be run from this building, please contact the Trust via email: buildings@egctrust.org.uk

The second building will be a sports and leisure hub. Located opposite the Spring River Pub and Hotel on Talbot Lane, the hub will act as a pavilion to serve the adjacent 3G sports pitch and tennis courts. It will have changing room facilities, with an office, gym, cafe, exercise studio, and a sports/community hall that has a capacity of approximately 200 people, making it an attractive and flexible community space for local residents' events and activities. This facility will be managed by Freedom Leisure – a specialist leisure operator – and expect the community hub to be finished in the Winter of 2025.

LIVING

EBBSFLEET

NEWSLETTER

WE'VE GONE DIGITAL!

To keep up to date with news across Ebbsfleet, sign up to our online newsletter

ebbsfleetgardencity.org.uk



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