

Covid19 Council and Community Support Lines

Kent County Council 24 Hour Helpline

03000 41 92 92

www.kent.gov.uk/kenttogether

Dover

01304 821199

Covid19@dover.gov.uk

Folkstone and Hythe Council

01303 761116

covid-19@folkestone-hythe.gov.uk

Folkestone Community Hub

01303 269602

Canterbury

01227 868598

<https://www.canterbury.gov.uk/xfp/form/588>

Thanet COVID-19 Support

01843 577330

communitysupport@thanet.gov.uk

Romney Marsh Community Support Hub

01797 208590

Covid-19@rmdc.org.uk

Hythe Community Hub

01303 269602

covid-19@ageukhl.org.uk

Ashford Borough Council

01233 331111

customer.care@ashford.gov.uk

<https://www.ashford.gov.uk/>

Organisation	Services	Contact
Connect Well East Kent	Hub team are operational as normal and telephone services are still active. Open Mon, Weds and Fri 8:30am – 6pm Tues and Thurs 9am – 5pm	0300 302 0178
Carers Support East Kent	CSEK are operational and the Hub team still offering information and guidance and assessment for Carers. Information can be found on the website www.carersek.org.uk Open Mon, Weds and Fri 8:30am – 6pm Tues and Thurs 9am – 5pm	0300 302 0178 www.carersek.org.uk
Red Zebra Social Prescribing	For a updated list of services in Canterbury, Whitstable, Herne Bay and Faversham see their website www.conectwellkent.org.uk	connectwell@redzebra.org.uk www.conectwellkent.org.uk
Silverline Telephone Befriending Service	24 Hour befriending service. Free, confidential service to share worries and fears. A good sign posting service. The Silver Line is a helpline and friendship service for people aged 55 and over.	0800 470 80 90

Thanet Coronavirus support	A list of services across Thanet who are offering support during this difficult time. Click the link to the right.	http://thanetcoronavirusassistance.com/delivery/?fbclid=IwAR03vIFOBJ-vrpPTpLkaF3sITBDcvPC9r7TQFiQYJS_hSenPI31zwtowhgx
Thanet Food Support	Sharon Goodyear has a great food link support up and running in Thanet. Sharon supports everyone in need in the Thanet area and supplies major food links with a good supply of food.	07912793980
Age UK Thanet	Offering I and A support over the phone only. Also available for shopping calls. Buddy Box Hot Meal Delivery is open for anyone that needs food and is £8.00 Age UK Support at Home Service – operational as per normal contact Debby Turner via email.	01843 223881 debby.turner@ageukhernebay.org.uk
Ageless Thanet	Providing a free telephone service, during office hours, for 50+ Thanet residents who are struggling with feelings of social isolation and loneliness during this time and would like to hear a friendly voice to see how you are. You can contact them via phone, email or on social media (Facebook and Twitter) Ageless Thanet will also be sharing videos on how to use the internet and social media to stay connected with friends and family during the COVID – 19.	01843 210005 info@agelessthanet.org.uk https://www.facebook.com/AgelessThanet/
Cliftonville Community Centre	Open Mon, Tues, Weds and Fri 9:30-12:30am. Offering regular services using the social distancing policy and necessary contact.	Elaine or Paul 01843 221913
Global Generation Church	<u>Practical Support</u> <ul style="list-style-type: none"> • Picking up online food orders and delivering to individual's home • Picking up shopping, prescriptions etc • Arrange and deliver food parcels sourced from Thanet Food Link (St Paul's Food Bank) • Utilize our Dignity clothing store to help those needing clothing/toiletries where possible and deliver <u>Pastoral/Community support</u> <ul style="list-style-type: none"> • Provide telephone calls to prevent feelings of isolation and loneliness, aiming to decrease feelings of anxiety and improve wellbeing where possible • Signpost to different services where further help or advice can be provided also 	01843 226232 Ext 2

Salvation Army, Ramsgate	<p>They are currently running a food bank but please ring ahead to make an appointment as it may cause unnecessary travel.</p> <p>The Salvation Army are also available to deliver food and supplies to elderly who are self isolating in the Ramsgate area.</p>	<p>Carl carl.whitewood@salvationarmy.org.uk</p> <p>07900 497326</p>
Salvation Army, Margate	Drop-in Light: service at the door with lunchbox and hot drinks Monday, Tuesday, Thursday, Friday from 10.30 - 12.00	01843 298 260
Coronavirus support Over 70's Support, Broadstairs Thanet	<p>For people over the age of 70, self isolating, or has no support during this difficult time. The group will collect shopping and medicines and deliver it to you. If you feel isolated you can call the group and a volunteer will chat with you. The group are working in partnership with the GAP project in Broadstairs and is a FREE service.</p> <p>We are desperately looking for DBS cleared volunteers that can help provide this service in the local area which could potentially involve shopping for them, dropping off medication or delivering a food package on a zero contact basis.</p>	<p>07432 585 515 Lauren</p> <p>Aram Rawf – cll-aram.rawf@thanet.gov.uk</p>
The Bus Café Thanet	Offering a home delivery service from their food and drink menu between 9am and 3pm. No minimum order and no charges for delivery. They have bread and different types of milk available and all prices will be the same as in the shop.	01843 297985
St Pauls Food Bank (Margate)	Open as usual – Monday, Tuesday Thursday mornings 10:30am – 12pm. You can visit Cliftonville Community Centre to get a foodbank voucher on the	01843 221913
Thanet Community Transport Association	<p>Offering a personal shopping service in all areas and willing to help anyone who is self isolating and who cannot get out and about.</p> <p>Also are running a dial a ride service to all super markets to allow elderly get out to the super markets. This is covering Thanet, Herne Bay and Whitstable.</p>	01843 602030 Charlotte or Hannah
Westgate Town Council	<p>The Tow Council offices is now Closed -But, the Town Council are still offering a service of volunteers to visit homes within the town to help isolated people to do shopping, walk the dogs, friendly phone calls, picking up prescriptions and general needs.</p> <p>If you know someone who needs this please contact the Town Clerk on the number/email to the right.</p>	<p>01843 836182</p> <p>townclerk@westgateonsea.gov.uk</p>
Changing Minds - The Lifeboat project	They will provide mental health support, advice, anxiety management, food and essentials for the local community throughout the Corona virus Pandemic. This will consist of weekly podcasts, videos discussing all things wellbeing, exercise, nutrition and more!	<p>Colin Rouse –</p> <p>colin.rouse@changingmindskent.co.uk</p>

	To set up a social media hub for individuals to access for tips on combating loneliness whilst in isolation. To grow and adapt the project alongside the ever-changing situation to provide support for as many affected individuals as we can possibly reach.	
Best One Westgate	They are offering free home delivery services for supplies such as food etc.	01843 831664
Krusty Kobb bakeries	Offering free home delivery for food to peoples home who are self isolating and are unable to get out.	01843 835447
Prentis Greengrocers	Offering free home delivery to self isolated people. (Fruit and veg etc)	01843 834934
Posillipos restaurant Broadstairs	Are offering to do peoples shopping and deliver it to their home for self isolated people.	01843 601133
Birchington Support group	Are offering a free service which includes shopping locally, walk dog and collect prescriptions etc.	Dave Adams - 07540 813028 or Jan Adams – 07540 812564
Farley's Furniture	The business wants to support anyone in need living in Ramsgate, Margate, Broadstairs, Westgate, Birchington and Sandwich. They will go and get the shopping and deliver it to their home. Delivery is free. The business said people who want to use the service can pay them for the shopping in cash on delivery or by bank transfer. https://www.kentonline.co.uk/thanet/news/company-shopping-for-people-in-self-isolation-223974/	01843 593069
Age Concern Deal, also covering Dover.	Day Services are still operational as per government guidelines. Hot meals are costed at £7.00 Offering food delivery services and hot meal deliveries. (Both are paid for services and will be invoiced at a later date) Open 7 Days a week	01304 372608 – Deal
Age UK Folkestone, also covering Dover.	Day Services are still operational as per government guidelines Offering food delivery services and hot meal deliveries. Hot meals are costed at £7.00 (Both are paid for services and will be invoiced at a later date) Open 7 Days a week	01303 279031 - Folkestone
Age UK Herne Bay & Whitstable	Cogs social and dementia day care, dementia cafes, singing and exercise groups closed from today. We are still providing as normal. Meals deliveries Marigolds cleaning service Independent Living Service	01227 749570

	<p>Laundry. Befriending is now phone based rather than face to face. Information and Advice is now telephone based unless essential. Dementia outreach is also phone based unless essential. PIP also phone based unless essential Free Prescription collection, dog walking and shopping service</p> <p>Age UK Personalised Independence Programme (PIP) – welfare telephone calls and coordination of support for clients. Prescription collection in Ashford & Canterbury CCG areas</p>	<p>Referrals via virtual hubs, GPs, self-referrals, relevant Age UKs or email gillian.cooke2@nhs.net</p>
Age UK Faversham	<p>Age UK Faversham are providing meals on wheels and the Hands 2 Help independent living service (which can do shopping). I&A available as usual, but most of the work is being done over the telephone.</p> <p>Age uk Faversham have been given some funding to get a (free) shopping service going which is great news they just need to call 01795532766 and speak to Hands to Help Stay safe and well</p>	01795 532 766
Churches Together Faversham	Shopping for self isolating people, telephone befriending, companionship and providing an online church services.	01795 531669
Faversham Baptist Church	Shopping for self isolating people, telephone befriending, companionship and providing an online church services.	Geoff Cook – 01795 531669
Sandwich Food Banks	Thursdays Phoenix Centre Jubilee Road 1pm-3pm Foodbank centres open but no tea or coffee	01304 728428
Ashford Borough Council	<p>On Ashford Borough Councils website there is a detailed list of voluntary groups and organisations who are delivering services during this pandemic period. The link is in the box to the right and below.</p> <p>https://www.ashford.gov.uk/your-community/emergency-planning/health-and-pandemics/coronavirus-covid-19/coronavirus-help-for-the-community/list-of-voluntary-and-community-groups/</p>	https://www.ashford.gov.uk/your-community/emergency-planning/health-and-pandemics/coronavirus-covid-19/coronavirus-help-for-the-community/list-of-voluntary-and-community-groups/
Ashford Age UK	Meals on Wheels, Meals on Wheels Plus (3 meals delivered – to include lunch, tea and breakfast for the following day), Shopping, Prescription collection, Keeping in touch calls, Telephone befriending, Dog walking.	01233 668765
Age UK Hythe and Lyminge	Meals on Wheels, Meals on Wheels Plus (3 meals delivered – to include lunch, tea and breakfast for the following day), Shopping, Prescription collection, Keeping in touch calls, Telephone befriending, Dog walking.	01303 269602
Aylesham Food Banks	<p>Fridays – St Fimbarr Church Market Square 12:30pm – 2:30pm</p> <p>Foodbank centres open but no tea or coffee</p>	01304 728428
Ashford Vineyard Church	<p>Mon, Tues, Thur 9-12 noon & last Sat of every month</p> <p>If in need please contact the foodbank.</p>	01233 331919

Ashford Community Care	Food shopping delivery services Ashford	Martin Kemp 07732 977417 / 01233 612224
Home help choice	Food shopping delivery services Ashford	Richard Spinx 07807 177656
Faversham Food Bank	The Gospel Mission Church, Tanners Street WEDNESDAY 1.30pm to 4.00pm FRIDAY 1.30pm to 4.00pm	07938720604
Folkestone Methodist Church	Sandgate Road Folkestone Tues and Fri 2pm -3:30pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here	07913573403
New Romney Christian Centre	North Street Tues 5:30pm -7pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here	07913573403
Lydd	Hardy Hall, Skinner Road Fri 6:30pm – 7:30pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here	07913573403
Savages Fruit and Veg Lydd	Offering fruit baskets and other veg within the Lydd area. Also offering a delivery service as well.	01797 363280
Kerry's kitchen Lydd	A local café which are making food deliveries within the Lydd area	01797 321052
Sport England	How to stay active during the COVID-19 period whilst self isolating.	https://www.sportengland.org/news/how-stay-active-while-youre-home?fbclid=IwAR1iAFixU3b9a3VNSPAUXT_qaDmCw7HPysQEXd3wcl-Odthcvllmilx7IM
Elham Wellbeing	A group of volunteers who are offering services such as, Food Shopping, Prescription Collection, dog walking or just companionship.	Claire – 07702268475 Claireg.elhampc@gmail.com
Live at Home Folkestone	Offering a telephone befriending service for people in the Folkestone district	07885687958 Folkestone.liveathome@mh.a.org.uk

Ashford Volunteer Centre	The befriending service visits at home is still going and if it cant be a home visit it will be a telephone befriending service. They are also still running they're community transport but only have a few drivers left so they are trying to do just emergency	01233 665535
Age UK Canterbury	Hot Meal Delivery Services for a two course Lunch (£8.50) and Supper if required (£3.50)-These are both paid for services and will be invoiced at a later date. Telephone contact service in relation to Information & Advice, Befriending and arranging support services such as Shopping and Medicines collection and others as established going forward. Foot Health Service through a triage arrangement within clinic setting and Home Visiting setting.	01227 462368
Furley Page Solicitors Canterbury	Furley Page have set up a telephone buddy system to offer companionship and support to elderly members of the community who need to self-isolate due to the coronavirus outbreak. The telephone buddy system helps to alleviate social isolation and ensure that no-one is struggling at home alone, without essential food and medication. It will provide welcome regular contact for elderly citizens who are isolated and enable our volunteers to check that they are OK and arrange any help or support they may require during this difficult time It will provide welcome regular contact for elderly citizens who are isolated and enable our volunteers to check that they are OK and arrange any help or support they may require during this difficult time. The buddy scheme is not just for current members of our group and we intend to offer our assistance to all elderly and vulnerable people in the local community who are isolated as a result of the coronavirus outbreak. support as possible for older people in our Herne Bay or Canterbury groups	Val Prosser or Melanie Christodoulou 01227 763939
Twenty Four Door Step Delivery Folkestone, Dover and Hythe	At this quiet time we are trying to do something for the community. Thus we propose to utilise our kitchen and chefs by offering a home delivery service of farm fresh produce and professionally prepared items. All sales will be cashless if you wish by BACCS, PayPal or card payments! Order by 4pm for NEXT DAY DELIVERY hopefully by 12pm depending on demand. (minimum delivery £15) We can try and get anything not on this list so please do not hesitate to ask..	07410637960
Seniors helping Seniors	Offering support to people aged over 70 shopping services, befriending, support services, emotional support. The services is costed at £24.60 per hour	01227 454900 https://seniorshelpingseniors.co.uk

<p>Porchlight Aspirations</p>	<p>Our Aspirations team is continuing to provide support while adapting the way we work to follow the latest official advice and guidance.</p> <p>If you are currently being supported by Aspirations, we will be in touch with more information about how we can continue to support you. If you have any questions about our support or need to speak to someone about Aspirations you can call us.</p> <p>If you are unemployed, live in Kent, and feel that your mental health is holding you back, we can help. Aspirations is a free service for anyone over 25 who is not currently in employment. We can help if you feel that your mental health is standing in your way.</p> <p>We will work with you on a one to one basis to find out where you want to be, and how we can help you get there. Whatever your circumstances, we won't judge you. What we discuss will remain confidential.</p>	<p>0333 880 2730</p>
<p>Peekaboo Pet Services</p>	<p>We are offering to walk dogs/pets for isolated and elderly people. This is a free service and covering the Dover/Whitfield area.</p>	<p>07584 320039</p>
<p>Folkestone and Hythe District Council</p>	<p>We have set up a local dedicated COVID-19 helpline and email for residents.</p> <ul style="list-style-type: none"> - Find out about help and assistance available locally and national support - Offer to volunteer and become a champion within the community - Home Meal deliveries - Food orders and deliveries - Collection of medical supplies - Dog walking <p>Open 9am – 5pm seven days a week</p>	<p>COVID-19@folkestone-hythe.gov.uk</p> <p>01303 761116</p>
<p>KOOTH – Online Mental Health Service for 10-16 year olds</p>	<p>"Kooth is a FREE online counselling service for young people, aged 10-16, that is safe and anonymous, using only text based chats with friendly counsellors.</p> <p>Head to www.kooth.com to access a range of services including discussion boards, magazine articles, journals, goal setting and our chat & message function with our trained counsellors. Young people can access the website from any device and any internet browser.</p> <p>For professionals, please contact mcowlam@xenzone.com for more information</p>	<p>www.kooth.com</p>
<p>Teynham Parish Council</p>	<p>If you need help with</p> <ul style="list-style-type: none"> • Shopping • Posting mail 	<p>parishclerk@teynham.org</p> <p>01795 487063</p>

	<ul style="list-style-type: none"> • Urgent supplies • A friendly phone call <p>Contact Teynham Parish council and one of our volunteers will contact you.</p>	07597 829578
Channel Cars Folkestone	Our drivers are collecting shopping, prescriptions, picking up things and dropping off. Payment over the phone and contactless card payment. Serving Folkestone down to the Marsh all surrounding areas, Pre-book where possible.	01303 252252
Pie Factory East Kent	<p>Social Media Channels</p> <p>We are adding daily content to our social media channels including daily creative challenges. This is a quick and easy way for young people to engage with us and we have staff online every day to answer questions and provide a space for young people to chat. Here are the links to our social media channels: Instagram: www.instagram.com/piefactorymusic Facebook: www.facebook.com/piefactorymusic Twitter: www.twitter.com/piefactorymusic TikTok: @Piefactorymusic</p> <p>Group Video Chats</p> <p>We are in the process of setting up group video chats for young people. We're just fine tuning this to make sure that the technology will work and that safeguarding has been thoroughly considered. The idea is to provide a weekly 'check in' with our team, ideas for activities and space to talk about how people are feeling. If you have a young person who would be interested in this then please email us and let us know which area you are from to help us find the most relevant group.</p> <p>Targeted work for those who need extra support</p> <p>If you know a young person who needs some extra support at this time such as Regular phone calls with a youth worker, signposting to other services and / or 1:1 / small group online sessions with members of our team.</p> <p>Food Bank</p> <p>Also, we are continue to run a Food Bank which can be accessed by calling 07746916240 or by emailing info@piefactorymusic.com - we can offer a door-step delivery service.</p>	07746916240 info@piefactorymusic.com

Ashford Counselling Services	we are continuing to offer counselling remotely by telephone and internet and are still taking new referrals via info@ashfordcounselling.org.uk , business.manager@ashfordcounselling.org.uk and by telephone on 01227 713911.	01227 713911.
Sainsbury's Vulnerable Shopping Service	Residents who are vulnerable can call Sainsbury's and order their food shopping through their vulnerable service. This is getting busy and can take a while to get through Covers all Sainsbury's supermarkets in East Kent and FOR THOSE WHO ARE SELF ISOLATING AND SHIELDING.	0800 63 62 62
New Romney Pharmacy	Deliver to medical housebound. For older and at-risk persons, if you telephone and let them know you are coming and what they require, park in car park behind the shop they will bring delivery out to you. Are hoping to expand deliveries in future.	01797 458001
Lloyds Pharmacy New Romney	Services as normal, including prescription delivery Now opening at 10am	01797 362180
Well Pharmacy Greatstone	Can only deliver to people already registered.	01797 362997
Pharmacy Lydd	Can only deliver to people already registered.	01797 320231
Kent Frozen Foods	For those who are struggling in Kent to get their groceries we are now offering free home delivery via our dedicated sales teams.	01622 612345 www.kff.co.uk
Involve Kent, Safe and Well Service	Safe and Well is a telephone service available for the most vulnerable and isolated members of the community who are self isolating due to Coronavirus. Members of our team will be offering daily or weekly phone calls, which will be determined by a short telephone assessment. As well as offering a friendly voice on the phone, we are working closely with other organisations to link isolated people to services that can help them. We are supported by Kent Fire and Rescue who are offering their support in collection and delivery of food and prescriptions. The service is available across West Kent, including Sevenoaks, Maidstone, Tunbridge Wells and Tonbridge, and parts of Folkestone and Dover	03000 810005 (option 5) office@involvekent.org.uk
Romney Marsh Day Centre	7 day a week Call Centre from Monday – Friday 9am to 4pm and Saturday - Sunday 9am to 12pm. For individuals, families and older people across the Romney Marsh in need of help and support.	01797 208590 covid-9@rmdc.org.uk

	<p>Offering:</p> <ul style="list-style-type: none"> *Essential shopping basket delivery service *Prescription requests and deliveries. *Hot nutritious meals delivered daily *Telephone befriending support *Information, advice and signposting 	
Age Concern Sandwich	<p>Meals on wheels service charging £7.50 Sandwich area and £8 outside Sandwich for 2 courses Monday to Friday, we can include a sandwich, quiche or cake as an extra which is chargeable.</p> <p>We are offering a shopping service as I was in the middle of setting this up before the virus, as we had a few enquiries start to filter through about this being useful to the isolated, which would cover prescription service too although the pharmacy at Eastry is excellent and does the majority of deliveries for Sandwich too. No charge for these services.</p>	01304 614237
The Riverside Centre, Age Concern Dover.	<p>A 2 course hot meal delivery service Monday to Friday and a full roast on a Sunday. A tea service also delivered at lunch time consisting of a sandwich and three snack items.</p> <p>We provide a free shopping service.</p> <p>We provide a telephone befriending service.</p> <p>Centre is open Monday to Friday for telephone queries 9 am to 3 pm.</p>	<p>01304 207268</p> <p>admin@riversidedover.org.uk</p>
The Canterbury Umbrella	<p>We are running digital activity support daily through Facebook and our website.</p> <p>Hotline for mental health support and well-being guidance.</p> <p>Monday to Friday 10-3</p>	<p>07707063495</p> <p>07395376829</p>
Canterbury Salvation Army	<p>Running a food bank in Canterbury and fresh produce if available. They do have a limited stock of nappies and wipes – Please ring/email ahead as early as you can to give notice.</p> <p>Able to offer a food delivery on a Tuesday and a Friday</p>	<p>Claire Greenway</p> <p>01227 472 781</p> <p>Claire.greenway@salvationarmy.org.uk</p>
Headway East Kent	<p>While we can't be all together in our Day Centres worry not, we have introduced a new range of services to help during the COVID 19 crisis. You can choose as many of the services as you want and they are all included for FREE in line with your current payment agreements. Contact Area Manager Jenny Walsh on 07860 226682 or email jwalsh@headwayeastkent.org.uk to find out more and to book yourself on any of these great services.</p>	<p>jwalsh@headwayeastkent.org.uk</p> <p>07860 226682</p>



	<ol style="list-style-type: none"> 1. Virtual Day Centres 2. Day Centre Facebook Groups 3. Befriending 4. Day Centre WhatsApp group 5. CBT Counselling 6. Buddies 7. Keyworker Appointments 8. Telephone Check-ins 9. Activity Packs 	
Covid-19 Mutual Aid Faversham	<p>We are a strong network of volunteers across most of Faversham, Ospringe and Oare offering essential shopping, prescription collecting, social contact via telephone, to all residents who don't feel safe or are unable to come out of their homes. We work in collaboration with Faversham Age UK who have a list of our volunteers. We have our own Facebook page and can be found at COVID-19 Mutual Aid Faversham. We also have an email address- mutualaidfaversham@gmail.com</p>	mutualaidfaversham@gmail.com
Kent Association for The Blind	<p>Due to current UK Government advice to limit the spread of Coronavirus, all KAB Offices are currently closed. Our staff remain available to provide support and information. If you need help or advice, please call or email us via the following contact details between 9am and 5pm, Monday to Friday. Head office: 01622 691357 or enquiry@kab.org.uk East Kent team: 01227 763366 or rehab.canterbury@kab.org.uk Guide Communicator/1-2-1 services: 01227 379333 or deafblind@kab.org.uk You can also keep in touch with us if you use social media: If you need urgent support out of office hours, please contact your local Social Care team on: Maidstone: 03000 41 91 91</p>	<p>Head Office 01622 691357 East Kent 01227 763366 enquiry@kab.org.uk Twitter and Instagram: @kentblind Facebook: @kentassociationfortheblind Maidstone: 03000 41 91 91</p>
Thanington Resource Centre	<p>A skeleton service is available at the Centre for local Thanington residents only. This includes essential food and toiletries or urgent support with broken utilities - Partners can ring the Centre to request support. Parcels can be collected from the Centre on agreement</p>	<p>Paula Spencer, CEO/Manager, Thanington Neighbourhood Resource Centre, Thanington Road, Canterbury CT1 3XE .01227 767720. www.thaningtonnrc.co.uk</p>
Canterbury Baptist Church	<p>The Hub Cafe is closed but our Community Fridge is OPEN with food parcels available by delivery on a pay as you can afford basis. Community fridge are providing fresh food supplies to families who are vulnerable or just self-isolating and can't get out or get deliveries. They just need to apply using this link: https://forms.gle/TQEarWQZutpBnoMy5</p>	<p>office@canterburybaptistchurch.org.uk 01227 456204 https://www.facebook.com/canterburybaptist/</p>
Citizen Rights for Older People (CROP)	<p>CROP continue to provide Advocacy, Information and Advice for people aged 55 and over. Our team of Staff and Volunteers are on hand to provide help and support by telephone/email,</p>	<p>01622 851200 lenham@cropkent.org.uk</p>






	<p>this includes support completing benefit forms ; Blue Badge, Attendance Allowance and PIP. We can help with how to answer the questions and we can help compile responses and look over applications.</p> <p>Because so many of our experienced and committed teams of volunteers want to continue to help older people to reduce social isolation and loneliness CROP is now operating a FREE TELEPHONE BEFRIENDING – Friendship Service.</p> <p>We are able to provide regular telephone contact service connecting an older person to a volunteer who`s good company and wants a chat.</p> <p>For any of the above services please call us on 01622 851200 or email lenham@cropkent.org.uk. Telephone lines open 10am to 3pm.</p>	
Together4Dover Covid19 Support	a volunteer group offering support to Dover residents during Covid19 who are without a support network (such as neighbours, friends and family) and need help with shopping and collection of prescriptions. Phone line open Monday-Sunday 9am-5pm	01304 892519
Kent Coast Volunteering	KCV is, in partnership with its local councils, supporting community groups and organisations by listing their Covid-19 volunteering needs on dedicated new pages on its website www.kcv.org.uk This is enabling the public to quickly access and view ways that they might be able to help their community. Please get in touch to add a volunteering opportunity.	Samantha Howlett 01843 609337 info@kcv.org.uk
Lets Get Working	<p>Lets Get Working (LGW) is a project working across East Kent. We provide personally tailored, 1:1 ongoing practical support for disadvantaged people over the age of 18, who are not in work or training due to a disability or long-term physical health condition.</p> <p>The project can offer support with:</p> <ul style="list-style-type: none"> Job searching CV writing Job applications Cover letters Skills-based training Accessing volunteering opportunities Getting involved in the local community Meeting new people Preparing for the workplace Getting active Building self-confidence and self-esteem 	01227 469972 or 07718 975721 j.bartindale@sekgroup.org.uk
Working Together	The Working Together project aims to support residents within the Folkestone CLLD area to feel more prepared to find work by enhancing their employability skills, become more confident moving forward to achieve their job goals and	01227 200120 e.woodward@sekgroup.org.uk







	<p>overall have a positive contribution towards their wellbeing. The project is currently supporting eligible project participants with guidance on how to apply for Universal credit, after registering to the service.</p> <p>Personalised 1 to 1 informal session with an Employment Support Advisor to develop an employability action plan. Help identify employability barriers and work towards overcoming them.</p> <p>Support with identifying opportunities and training. Employability training skills such as CV writing, IT, job searching and interview techniques.</p> <p>Guidance on becoming self employed and starting up a business.</p> <p>An opportunity to try something new, explore what's available within the community of Folkestone, meet new people and become more confident and empowered.</p>	
<p>Lots More to Offer</p>	<p>Social Enterprise Kent are proud to be the lead delivery organisation for Lots More to Offer; a great project operating across Kent and East Sussex, which aims to bridge the employment, skills and confidence gap for those over the age of 45.</p> <p>Personalised 1 to 1 sessions with an Employment Support Adviser,</p> <p>Help with motivation and self-confidence,</p> <p>Support with identifying the right employment opportunities, Training in Employability skills, CV writing, I.T. help and much more.</p> <p>Self-employment guidance for those wishing to start-up by themselves,</p> <p>An opportunity to meet new people within the community!</p>	<p>01227 469972 or 07712 524568 g.bush@sekgroup.org.uk</p>
<p>Citizens advice Dover and Deal</p>	<p>Offering a full service via phone, email web chat and video link. We can help with all your employment issues, debts, housing, applying for benefits, family issues and food vouchers, immigration issues and also all our normal areas of tax, consumer issues, all financial matters, relationship and family issues.</p> <p>We can help with all your benefit appeals as normal. We have a team of people at the end of the phone and can access directly legal help when needed. We are available from 9am each day.</p> <p>For general enquiries call 01304 374333 or email us at help@doverdealcitizensadvice.org.uk For debt please also use 01304 202442 For all universal credit issues please call 01304 202030 We also man an adviceline available on 03448487978 We have webchat available from our national website on www.citizensadvice.org</p>	

	<p>We are here to help everyone with all the financial and practical issues of daily life you are experiencing right now and afterwards.</p>	
Citizens Advice Thanet	<p>Offering a full service via phone, email web chat and video link. We can help with all your employment issues, debts, housing, applying for benefits, family issues and food vouchers, immigration issues and also all our normal areas of tax, consumer issues, all financial matters, relationship and family issues.</p> <p>We can help with all your benefit appeals as normal. We have a team of people at the end of the phone and can access directly legal help when needed. We are available from 9am each day. For general enquiries call 01843 228643 For debt call 0184 597011 For universal credit call 01843 229696</p> <p>We also man an adviceline available on 03448487978 We have webchat available from our national website on www.citizensadvice.org We are here to help everyone with all the financial and practical issues of daily life you are experiencing right now and afterwards.</p>	
The Folkestone Haven	<p>For residents in Folkestone and Hythe, Folkestone Haven supports people who are experiencing difficulties with their mental health.</p> <p>Open every weekday 6pm – 11pm</p> <p>Open weekends and bank holidays 12pm – 11pm</p>	<p>0808 1963 569 (Free)</p> <p>Folkestone.haven@hestia.org</p>
Live Well Kent	<p>Live Well Kent Thanet Services East Kent Mind - info@eastkentmind.org.uk or call 07950 608827</p> <p>SpeakUp CIC - Support and social SpeakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 SpeakUpCIC- Personality Disorder Support Group (PERDI) SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384</p> <p>Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk</p>	<p>Live Well Kent Website - https://livewellkent.org.uk/</p> <p>We are still accepting referrals so if you need support or need to refer someone you can call our referral line on 0800 567 7699, email us on info@livewellkent.org.uk or contact services directly.</p>

	<p>Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk</p> <p>Live Well Kent Website - https://livewellkent.org.uk/</p>	
<p>Community Link Service</p> 	<p>Support and practical help – South Kent Coast One to one telephone support or WhatsApp video calls Support with housing, debt and benefits including online support Support with wellbeing at this difficult time Liaise with key agencies on clients’ behalf Link to community help and food parcels Provision of a mobile phone for clients if they do not have access to one</p>	<p>Live Well Kent 0800 567 7966 info@livewellkent.org.uk</p>
<p>South Kent Mind Folkestone and Hythe District and Dover</p> 	<p>Support and activities to promote good mental health and wellbeing Regular welfare checks to all clients Wellbeing programme SELF to promote wellbeing, provide support and build resilience</p> <ul style="list-style-type: none"> • Person-Centred Planning • Wellbeing Assessments • Mindfulness sessions – online or posted out • Peer Leader Programme online <p>Active SELF online in partnership with Shepway Sports Trust</p> <ul style="list-style-type: none"> • Yoga • home-based fitness <p>Creative SELF is our arts and music programme</p> <ul style="list-style-type: none"> • music group via Zoom • drumming workshop via Zoom • craft group and photography online lessons or on posted out • Fotofolkes (BAME) photography project on Instagram with support of Folkestone Museum <p>Social SELF is our peer-group programme delivered through</p> <ul style="list-style-type: none"> • Facebook groups <p>Zoom online chat groups</p>	<p>0300 12 11 102 contact@southkentmind.org.uk</p>
<p>Speak Up CIC Dover and Deal</p> 	<p>Peer support groups and activities for those with a mental health diagnosis to better manage their mental wellbeing and alleviate social isolation</p> <p>One to one support by telephone, messages, emails</p> <ul style="list-style-type: none"> • emotional support • practical support about what help is available • information of activities available <p>Online support groups</p> <ul style="list-style-type: none"> • Night Owls for those struggling at night • SpeakUpCIC Facebook pages • LGBTQ+ Peer support group • PITS photography group <p>7 day a week daily online group based on different topics and interests</p> <ul style="list-style-type: none"> • quizzes 	<p>Maggie Gallant Maggie@speakupcic.co.uk Kay Byatt Kay@speakupcic.co.uk 07543 977670</p>

	<ul style="list-style-type: none"> • discussions • activities 	
<p>Take Off CIC Folkestone and Hythe District and Dover</p> 	<p>Support to improve and sustain health and wellbeing One to one telephone/online support to improve and sustain health and wellbeing Regular text message updates Virtual Art and Craft group including photography, making positivity jars, chromatography, mosaics, painting and more Virtual Peer Support Groups</p> <ul style="list-style-type: none"> • Mood Group that offers support through discussion for complex diagnoses to prevent deterioration of symptoms and promote a healthy understanding and awareness • Depression Group that offers ongoing support in a safe space for those with Depression and Anxiety. Discussions on how to manage mental health, advising each other on coping mechanisms through the ups and downs with depression and anxiety • Cooking group - cook along with Sally, ingredient list posted on our Facebook • Fitness group held by Hourglass Gym • Walk the Dog with Wayne <p>Video game stream including chat and gaming</p>	<p>01227 788 211 office@takeoff.works</p>
<p>Employment Service Working4Wellbeing Folkestone and Hythe District</p> 	<p>Support into employment One to one telephone, video and email support Weekly welfare checks and access to wellbeing, clinical and other services One to one employability support sessions by telephone or video chat Pre-employment activities include:</p> <ul style="list-style-type: none"> • CV writing, cover letters, letters of enquiry • Interview guidance (Video) • Supported job search, applications and employment brokering • Liaising with employers about local jobs and temp roles in sectors with immediate specific need in pandemic <p>In work support includes:</p> <ul style="list-style-type: none"> • Support with reasonable adjustments, liaison with employers • Signposting to benefit information and advice • Support re Covid 19 guidelines from HMRC including about furloughs • Support to minimise client job loss • Support in getting correct information around new employer guidelines 	<p>Live Well Kent 0800 567 7699 working4wellbeing@porchlight.org.uk</p>
<p>Shaw Trust Employment</p>	<p>Support into employment Weekly contact – or more regular contact as required</p>	<p>Jane.southouse@shaw-trust.org.uk</p>

<p>Service Dover and Deal</p> 	<ul style="list-style-type: none"> • Sending out of useful service numbers and contact details • Assistance with applications for any jobs still recruiting and volunteering for NHS etc. https://www.kentcht.nhs.uk/about-us/ways-to-get-involved/volunteering/ • Sending out info on any jobs that are advertised <p>Discussions with clients as to what they would appreciate</p> <p>Online courses and training through Microsoft Teams and Facebook</p> <ul style="list-style-type: none"> • interview techniques • confidence boosting • preparing for work 	<p>07595085877</p>
<p>Community Inclusion Service</p> 	<p>Support for people who are socially isolated</p> <p>One to one telephone support around feeling socially isolated, feeling lonely and or anxious.</p> <p>WhatsApp video calls to keep connected if technology allows</p> <ul style="list-style-type: none"> • small groups and activities via Zoom • promoting wellbeing • liaising with key agencies on clients’ behalf • linking to community help and food parcels <p>Provision of a mobile phone for clients if they do not have access to one</p>	<p>Live Well Kent 0800 567 7966 info@livewellkent.org.uk</p>
<p>Community Housing Service</p> 	<p>Support for people with housing and mental health issues</p> <p>One to one telephone support around people’s housing situation and mental health</p> <p>WhatsApp video calls to keep connected if technology allows</p> <ul style="list-style-type: none"> • liaising with local authorities • liaising with housing associations and private landlords on clients’ behalf • finding appropriate legal advice if required <p>Provision of a mobile phone for clients if they do not have access to one</p>	<p>Live Well Kent 0800 567 7966 info@livewellkent.org.uk</p>
<p>Rethink Asian Mental Health Helpline</p> 	<p>A free and confidential Asian Mental Health helpline offering caring, non judgemental and empathetic support covering mental health and domestic abuse issues.</p> <p>You can speak to us in Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or in English.</p> <ul style="list-style-type: none"> • Mondays and Wednesdays 4pm to 7pm <p>Tuesdays and Thursdays 12pm to 3pm.</p>	<p>0808 800 2073</p>
<p>SpeakUp CIC Night Owls</p> 	<p>Night Owls – Support for people who are finding it difficult to sleep</p> <p>It is a closed moderated Facebook group for people who are awake at night and want to</p> <ul style="list-style-type: none"> • post in a safe place • see if anyone else is awake and up for a chat 	<p>Maggie Gallant Maggie@speakupcic.co.uk Kay Byatt Kay@speakupcic.co.uk 07543 977670</p>

	Night Owls site is especially valued during this difficult period	
Tesco's Telephone Shopping	Tesco's have now launched a very efficient service. A telephone shopping number which is 0800 917 7359, it is for people who are on the shielding and vulnerable lists.	0800 917 7359
Life Planning Service    	Support for people over 50 in Thanet Life Planners Nicola and Angela are here to support you through those life changes that are proving challenging. Working with Citizens Advice, they are both highly qualified advisers with a wealth of experience offering a bespoke one 2 one service. <ul style="list-style-type: none"> - Telephone/video Consultations and support - Advice on a variety of issues, including benefit queries and appeals, financial matters, problems at work, housing and family issues and goal setting to name a few. You will be supported over a 3 month period	Life Planning Service Contact:  : 01843 808685  : ageless@thanetcitizensadvice.co.uk
Canterbury Muslim Cultural Centre	<u>Practical Support</u> <ul style="list-style-type: none"> • Regular financial donations to local causes including the Council-led Canterbury Community Hub, Care for Humanity, Catching Lives & Canterbury Food Bank. • Provide food parcels, volunteers and the use of the Mosque's facilities for the NHS GP-led Covid-19 Hub at University of Kent • Signpost students and their family to different services as appropriate <u>Pastoral Support</u> <ul style="list-style-type: none"> • Offer spiritual and emotional support via regular programmes on the Mosque's YouTube & Facebook channels • Liaise with local Hospital Chaplaincy services to support NHS frontline staff 	info@canterburymosque.co.uk 07484 647452