**Kent Together Helpline**

A new 24-hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication. The helpline – called Kent Together – provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak. It is a collaboration between KCC, central Government, District, Borough and local councils, the voluntary and community sector, the NHS, emergency services and other partners to ensure help is at hand for vulnerable people.

If you or someone you know are vulnerable and have an urgent need that cannot be met through existing support networks, you can contact the Kent Together helpline at: [www.kent.gov.uk/KentTogether](http://www.kent.gov.uk/KentTogether) or by calling on 03000 41 92 92.

**Coronavirus scams prevention**

<https://www.friendsagainstscams.org.uk/training/friends-elearning>

<https://www.nationaltradingstandards.uk/news/beware-of-covid19-scams/>

<https://www.friendsagainstscams.org.uk/article/505/beware_of_covid_19_scams>

If you become aware of any scams relating to Covid-19 please contact Kent Police or Action Fraud at www.actionfraud.police.uk Tel :03001232040

**Find a foodbank tool using a postcode**

Link to the find a foodbank tool for families

<https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis/find-a-foodbank>

**Childline – Dealing with Anxiety**

Considering recent events there are numerous resources available from a variety of sources including the NSPCC and the BBC Bitesize in relation to the emotional wellbeing of children and their families. The Childline website has lots of valuable information, but an especially useful tool is their Calm Zone, <https://www.childline.org.uk/toolbox/calm-zone/>. The activities aim to help children feel better when they're feeling anxious, scared or sad. Although children could be encouraged to visit the website themselves, these are good techniques for adults to use with children. Ideas include breathing exercises, a 'let it go' box and creating a 'sense drawer'.

**Education Resources**

**Salus**

The Salus Youth Team are offering virtual youth sessions to young people aged between 8-19 years. The sessions include language lessons, make up tutorials, quizzes and fun games with new topics and suggestions being added each week.

<https://salusgroup.org.uk/virtual-youth-sessions-6th-10th-april-2020/>

**Other Useful Online Safety Links and Resources**

<https://www.bbc.co.uk/news/technology-51561050>

<https://www.childnet.com/blog/explore-online-safety-with-under-5s-with-our-new-learning-to-read-book>

<https://www.childnet.com/parents-and-carers/hot-topics/supporting-young-people-with-send-online/>

<https://parentzone.org.uk/gaming-or-gambling>

<https://www.internetmatters.org/resources/wellbeing-and-safety-on-instagram-advice-for-parents-and-carers/>

<https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#social-media>