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| Oraginisation  | 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 – 6pmTues 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](http://www.carersek.org.uk) Open Mon, Weds and Fri 8:30am – 6pmTues and Thurs 9am – 5pm | 0300 302 0178[www.carersek.org.uk](http://www.carersek.org.uk)  |
| Silverline Telephone Befriending Service  | 24 Hour befriending service. Free, confidential service to share worries and fears. A good sign posting service. he 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=IwAR03vIF0BJ-vrpPTpLkaF3sITBDcvPC9r7TQFjQYJS_hSenPl31zwtowhxg> |
| 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 £8.00Age UK Support at Home Service – operational as per normal contact Debby Turner via email.  | 01843 223881debby.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 | Shopping- Items required can be picked up for individuals, whether that is shopping that has been ordered online or via cash given with food being left at their home. If an individual does not have access to online technology or cash, we can source food where possible from places such as The Kitchen CT9, Foodbank etcClothing and toiletries - Through our Dignity Clothing store, packs can be made anddelivered also containing clothing and toiletry itemsPicking up GP prescriptions if an individual is unable to get it delivered from their localpharmacy/GP Conversations - Telephone calls can be provided to prevent feelings of isolation andloneliness, aiming to decrease feelings of anxiety and improve wellbeing where possible.We can signpost to different services where further help or advice can be provided. | 0759339295101843 226232 |
| Thanet Community Support Partnership | TCSP are offering their car scheme to all ESSENTIAL hospital/medical appointments only.  | Samantha Howlett01843 609337info@kcv.org.uk  |
| Salvation Army, Ramsgate | They are currently running a food bank but please ring ahead to make an appointment as it may cause unnecessary travel. The Salvation Army are also available to deliver food and supplies to elderly who are self isolating in the Ramsgate area.  | Carl Whitehead07900 497326 |
| 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 supportOver 70’s Support, Broadstairs Thanet  | 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. 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.  | 07432 585 515 Lauren Aram Rawf – cllr-aram.rawf@thanet.gov.uk  |
| 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  | Offering a personal shopping service in all areas and willing to help anyone who is self isolating and who cannot get out and about. 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.  | 01843 602030 Charlotte or Hannah  |
| Westgate Town Council  | 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.If you know someone who needs this please contact the Town Clerk on the number/email to the right.  | 01843 836182townclerk@westgateonsea.gov.uk  |
| 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!To offer free delivery of care packages for those in isolation within our local community, including food, toiletries & entertainment (Crosswords, card games, colouring books, etc).To establish a phone line for those seeking a friendly chat / video chat if possible. 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. | Colin Rouse – colin.rouse@changingmindskent.co.uk  |
| 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 |
| the Kitchen CT9 in Cliftonville  | Will deliver any surplus stock they have to peoples homes who are self isolating  | 01843 293376 |
| 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 | Day Services are still operational as per government guidelines. Hot meals are costed at £7.00Offering food delivery services and hot meal deliveries. (Both are paid for services and will be invoiced at a later date)  | 01304 372608 – Deal |
| Age UK Folkestone | 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) | 01303 279031 - Folkestone |
| Age UK Herne Bay  | Cogs social and dementia day care, dementia cafes, singing and exercise groups closed from today. We are still providing as normal.Meals deliveriesMarigolds cleaning serviceIndependent Living ServiceLaundry. 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 essentialPersonalised Independence Programme – virtual hub - still accepting referrals – still supporting via telephone and where we can. | 01227 749570 |
| Age UK Faversham | 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. | 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  |
| Deal Food Banks  | St Richards church – Tuesdays 12pm -2pm Wednesday Victoria Road 4:30pm – 6pmFridays Trinity Church Union Road 10am -12pmFoodbank centres open but no tea or coffee  | 01304 728428 |
| Sandwich Food Banks | Thursdays Phoenix Centre Jubilee Road 1pm-3pm Foodbank centres open but no tea or coffee | 01304 728428 |
| 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  | Fridays – St Fimbarr Church Market Square 12:30pm – 2:30pm Foodbank centres open but no tea or coffee | 01304 728428 |
| Ashford Vineyard Church  | Mon, Tues, Thur 9-12 noon & last Sat of every monthIf in need please contact the foodbank.  | 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 4.00pmFRIDAY 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_qaDmCw7HPysQEXd3wcI-Odhthcvllmilx7IM> |
| 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  | 07885687958Folkestone.liveathome@mha.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 timeIt 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 Christodoulou01227 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 |
| Romney Marsh Day Centre  | The day centre is closed but they are offering a telephone service, advice and information help.  | 01797 363888 |
| Senior 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 |
| Live Well Kent  | **Live Well Kent Thanet Services** **Richmond Fellowship**- **Referral** **info.thanetspace@richmondfellowship.org.uk** **or** 01843 280022**East Kent Mind** - **info@eastkentmind.org.uk****or call** 07950 608827**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 **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  **Porchlight Live Well Kent Central Referral Line** 0800 567 7699 or email info@livewellkent.org.ukLive Well Kent Website - <https://livewellkent.org.uk/> **Live Well Kent Services South Kent Coast****South Kent Mind** - provide a Wellbeing programme Referral 01303 250090  southkentmind.org.uk  **Take Off Peer Groups** – Referral -  01227 788211 **SpeakUp CIC** - Support and social groups **SpeakUpCIC** - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 **Shaw Trust Employment Service and Porchlight Work4Wellbeing** (formally JET IPS Employment) Referral 0800 567 7699 info@livewellkent.org.uk**Porchlight Community Inclusion Service** **Porchlight Community Link Service****Porchlight Community Housing Service****Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email** **info@livewellkent.org.uk** | Live Well Kent Website - <https://livewellkent.org.uk/> 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. |
| Porchlight Aspirations  | Our Aspirations team is continuing to provide support while adapting the way we work to follow the latest official advice and guidance.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. 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.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. | 0333 880 2730 |
| Peekaboo Pet Services  | We are offering to walk dogs/pets for isolated and elderly people. This is a free service and covering the Dover/Whitfield area.  | 07584 320039 |
| Folkestone and Hythe District Council  | We have set up a local dedicated COVID-19 helpline and email for residents. * 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

Open 9am – 5pm seven days a week  | COVID-19@folkestone-hythe.gov.uk 01303 761116  |
| KOOTH – Online Mental Health Service for 10-16 year olds | As it stands we are no longer able to visit schools, youth provisions or medical centres to talk about the service. We are looking to make as many young people aware of the service as possible and we are trying to do this remotely. Any support or advice you have would be greatly appreciated. Our Kooth Overview video can also be used - <https://vimeo.com/318731977/a9f32c87de>Kooth is a mental health organisation that offer free online counselling and advice to those who are aged 10-16 years old who do not want to talk face to face with someone.  | [www.kooth.com](http://www.kooth.com/) |
| Teynham Parish Council  | If you need help with * Shopping
* Posting mail
* Urgent supplies
* A friendly phone call

Contact Teynham Parish council and one of our volunteers will contact you.  | parishclerk@teynham.org 01795 48706307597 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 | **Social Media Channels**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/piefactorymusicFacebook: www.facebook.com/piefactorymusicTwitter: www.twitter.com/piefactorymusicTikTok: @Piefactorymusic**Group Video Chats**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.**Targeted work for those who need extra support**If you know a young person who needs some extra support at this time such asRegular phone calls with a youth worker, signposting to other services and / or 1:1 / small group online sessions with members of our team.**Food Bank**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.  | 07746916240info@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. |