

Organisation	Services	Contact
Connect Well East Kent	<p>Hub team are operational as normal and telephone services are still active.</p> <p>Open Mon, Weds and Fri 8:30am - 6pm</p> <p>Tues and Thurs 9am - 5pm</p>	0300 302 0178
Carers Support East Kent	<p>CSEK are operational as normal and the Hub team still offering information and guidance and assessment for Carers.</p> <p>Open Mon, Weds and Fri 8:30am - 6pm</p> <p>Tues and Thurs 9am - 5pm</p>	0300 302 0178
Silverline Telephone Befriending Service	<p>24 Hour befriending service.</p> <p>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.</p>	0800 470 80 90
Thanet Coronavirus support	<p>A list of services across Thanet who are offering support during this difficult time. Click the link to the right.</p>	http:// thanetcoronavirusassis tance.com/delivery/? fbclid=IwAR03vIF0BJ- vrpPTpLkaF3sITBDcvPC 9r7TQFjQYJS_hSenPl31 zwtowhxg
Age UK Thanet	<p>Day Services are open to existing clients and are offering I and A support over the phone only. Also available for shopping calls.</p> <p>Buddy Box Hot Meal Delivery is open for anyone that needs food and is £8.00</p> <p>Age UK Support at Home Service - operational as per normal contact Debby Turner via email.</p>	<p>01843 223881</p> <p>debby.turner@ageukhe rnebay.org.uk</p>
Ageless Thanet	<p>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.</p> <p>You can contact them via phone, email or on social media (Facebook and Twitter)</p> <p>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.</p>	<p>01843 210005</p> <p>info@agelessthanet.org .uk</p> <p>https:// www.facebook.com/ AgelessThanet/</p>

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	<p>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 etc</p> <p>Clothing and toiletries - Through our Dignity Clothing store, packs can be made and delivered also containing clothing and toiletry items</p> <p>Picking up GP prescriptions if an individual is unable to get it delivered from their local pharmacy/GP</p> <p>Conversations - Telephone calls can be provided to prevent feelings of isolation and loneliness, 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.</p>	07593392951 01843 226232
Thanet Community Support Partnership	TCSP are offering their car scheme to all ESSENTIAL hospital/medical appointments only.	Samantha Howlett 01843 609337 info@kcv.org.uk
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>	Carl Whitehead 07900 497326
<p>Coronaviruses support</p> <p>Over 70's Support, Broadstairs Thanet</p>	<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>	07432 585 515 Lauren Aram Rawf - cllr-aram.rawf@thanet.gov.uk

<p>The Bus Café Thanet</p>	<p>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.</p>	<p>01843 297985</p>
<p>St Pauls Food Bank (Margate)</p>	<p>Open as usual - Monday, Tuesday Thursday mornings 10:30am - 12pm. You can visit Cliftonville Community Centre to get a foodbank voucher on the</p>	<p>01843 221913</p>
<p>Thanet Community Transport Association</p>	<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>	<p>01843 602030 Charlotte or Hannah</p>
<p>Westgate Town Council</p>	<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>
<p>Changing Minds - The Lifeboat project</p>	<p>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> <p>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).</p> <p>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.</p>	<p>Colin Rouse - colin.rouse@changingmindskent.co.uk</p>
<p>Best One Westgate</p>	<p>They are offering free home delivery services for supplies such as food etc.</p>	<p>01843 831664</p>

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	<p>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.</p> <p>https://www.kentonline.co.uk/thanet/news/company-shopping-for-people-in-self-isolation-223974/</p>	01843 593069
Age Concern Deal	<p>Day Services are still operational as per government guidelines. Hot meals are costed at £7.00</p> <p>Offering food delivery services and hot meal deliveries. (Both are paid for services and will be invoiced at a later date)</p>	01304 372608 - Deal
Age UK Folkestone	<p>Day Services are still operational as per government guidelines</p> <p>Offering food delivery services and hot meal deliveries. Hot meals are costed at £7.00</p> <p>(Both are paid for services and will be invoiced at a later date)</p>	01303 279031 - Folkestone

Age UK Herne Bay	<p>Cogs social and dementia day care, dementia cafes, singing and exercise groups closed from today. We are still providing as normal.</p> <p>Meals deliveries Marigolds cleaning service Independent Living Service 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</p> <p>Personalised Independence Programme - virtual hub - still accepting referrals - still supporting via telephone and where we can.</p>	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	<p>St Richards church - Tuesdays 12pm -2pm</p> <p>Wednesday Victoria Road 4:30pm - 6pm</p> <p>Fridays Trinity Church Union Road 10am -12pm</p> <p>Foodbank centres open but no tea or coffee</p>	01304 728428
Sandwich Food Banks	<p>Thursdays Phoenix Centre Jubilee Road 1pm-3pm</p> <p>Foodbank centres open but no tea or coffee</p>	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	<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	Mon, Tues, Thur 9-12 noon & last Sat of every month If 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 4.00pm 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-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	07885687958 Folkestone.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

<p>Furley Page Solicitors Canterbury</p>	<p>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</p>	<p>Val Prosser or Melanie Christodoulou 01227 763939</p>
<p>Twenty Four Door Step Delivery Folkestone , Dover and Hythe</p>	<p>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..</p>	<p>07410637960</p>
<p>Romney Marsh Day Centre</p>	<p>The day centre is closed but they are offering a telephone service, advice and information help.</p>	<p>01797 363888</p>
<p>Senior helping Seniors</p>	<p>Offering support to people aged over 70 shopping services, befriending, support services, emotional support. The services is costed at £24.60 per hour.</p>	<p>01227 454900</p>

<p>Live Well Kent</p>	<p>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</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>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>Live Well Kent Services South Kent Coast</p> <p>South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk</p> <p>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</p> <p>Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Housing Service</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>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>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 <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>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</p> <p>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.</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 • Urgent supplies • A friendly phone call <p>Contact Teynham Parish council and one of our volunteers will contact you.</p>	<p>parishclerk@teynham.org</p> <p>01795 487063</p> <p>07597 829578</p>