

Useful Contacts

Childline 0800 1111

Crimestoppers

Give information and stay anonymous:
0800 555 111

Domestic Abuse

24-hour National Domestic Violence
Helpline: 0808 2000 247

Funding for All (Consortium member of Stronger Kent Communities)

Provides free mentoring support to Kent's voluntary/community sector.
Info@fundingforall.org.uk
www.fundingforall.org.uk

Kent Dementia Helpline

0800 500 3014 (24-hour)

Kent Community Warden Service

07773 396677

Kent Fire & Rescue

In case of emergency please dial 999
General Enquiries: 01622 692121/
0800 923 7000

'Free Safe and Well Visit' - If you are over 70 or have mobility problems it could mean you are at greater risk if a fire breaks out in your home. Kent Fire and Rescue Service can help to keep you safe with a free 'Safe and Well Visit'.

'Smoke alarms save lives' - Kent Fire and Rescue want to make sure that all homes in Kent and Medway have working smoke alarms - it is the best protection you can have against fire. Free safety advice and services are offered to everyone.
0800 923 7000

Kent Police - urgent medical

help/immediate life threatening danger
999

Kent Police – non-urgent enquiries

101

Mental Health Crisis Resolution Team

0300 222 0123 (24hr helpline)

Mind (Mental Health Charity)

0300 123 3393 or text 86463

Non-emergency medical advice

111

Register Births, Deaths and Marriages

03000 41 51 51

Report abuse (children or vulnerable adult)

Children's Central Duty Team:

03000 41 1111

Out of hours: 0300 41 91 91

Adult Central Duty Team:

03000 41 6161

Out of hours: 03000 41 91 91

Sevenoaks District Community Safety Unit

(Police, Council and partners
working together for a safe district).

To report or receive advice on: Anti-social behaviour, fly-tipping, graffiti, issues about licensed premises, abandoned vehicles, environmental and noise nuisance, crime reduction advice, neighbourhood watch and other community safety issues.

Monday to Thursday 8.45am to 5pm and Friday 8.45am to 4.45pm

01732 227000

community.safety@sevenoaks.gov.uk

Twitter: SDC_CSP

Sevenoaks District Council

01732 227000

www.sevenoaks.gov.uk

communities@sevenoaks.gov.uk

Adult Health

Adult Weight Management – Why Weight

01732 227000

healthyliving@sevenoaks.gov.uk

Area – Across Sevenoaks District

Why Weight is a 12 week adult weight management course run by qualified professionals. The programme is designed for people who are over 18 years old who have at least two stone to lose. It focuses on helping people to understand the relationship between food, exercise and weight control

Alzheimer's Society

0300 222 11 22

Area – Across England, Wales & Northern Ireland

A leading dementia support and research charity for anyone affected by any form of dementia.

Arthritis Research Campaign

01732 454862

Area – Sevenoaks Town & beyond

Arthritis Research Campaign is committed to prevent the onset of arthritis, develop a cure for arthritis and transform the lives of those with arthritis.

Cancer Research Campaign (Sevenoaks)

0300 123 1865

Area – Sevenoaks Town

Cancer Research are focusing their efforts in four key areas – working to help prevent cancer, diagnose it earlier, develop new treatments and optimise current treatments by personalising them and making them even more effective. They will continue to support research into all types of cancer and access all age groups. They are keeping their focus on understanding the biology of cancer so they can use this knowledge to save more lives.

Diabetes UK Tunbridge Wells, Tonbridge and Sevenoaks Group

01732 447055

diabetesuktunbridgewellsarea@gmail.com

Area – Sevenoaks District & Tunbridge Wells Borough

They aim to provide help and support to people living with diabetes in the UK.

They do this primarily through group meetings, designed with the express purpose of providing individuals with a safe, social forum to discuss diabetes and its effects. They raise money to promote awareness of diabetes and generally contribute in any way they can.

Leukaemia Research Fund (Sevenoaks Branch)

01732 457594

Area – Sevenoaks Town

Funds clinical trials and research. Also publishes booklets on leukaemia, lymphoma, myeloma and other blood cancers.

Live Well Kent

0800 567 7699

www.livewellkent.org.uk

www.kent.gov.uk/social-care-andhealth/health

Area – across Kent

The Live Well Kent service can help you improve your mental, physical health and wellbeing. It is a free service for anyone over the age of 17. The service can help you to improve your lifestyle, meeting people through social activities and support to improve your relationship and managing money. Live Well Kent can also help you to gain new skills and qualifications, or support to try and find a work placement or job.

One You Kent (West Kent)

0300 020 0636

(In hours 8.45am to Thursday 5pm Monday to Thursday and 8.45am to 4.45pm Fridays

Out-of-hours include Saturday and Sunday and calls are transferred to Customer Services

Voicemail)

sdh.healthylivingteam@nhs.net

www.oneyoukent.org.uk

The One You Service in West Kent is an adult service for anyone wanting to make positive lifestyle and behaviour changes. One-to-one, groups and activities offer advice on weight management, exercise, stop smoking, alcohol intake and mental wellbeing. Trained advisors can also support you with other associated issues including reducing debt, benefits, training, employment and housing to help you to improve your quality of life.

Sevenoaks Blind Social

www.kab.org.uk

Area – Sevenoaks Town

Provides help and support for people of all ages whose sight loss affects their daily lives.

Sexual Health Clinics

0300 790 0245

www.kentsexualhealth.nhs.uk

Area – Across Kent

For contraceptive services clinics, young people clinics and emergency contraception.

Carers

Carers Direct

0808 802 0202

<http://www.nhs.uk/conditions/socialcare-and-support-guide/Pages/what-issocial-care.aspx>

Area - Nationwide

Free, confidential advice for carers, who need help because of their illness, frailty or disability. Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines and mobiles or you can request a free call back.

Carers FIRST

0300 303 1555 and 01732 357555

info@carersfirst.org.uk

www.carersfirst.org.uk

Area – Kent, Medway, London Boroughs of Waltham Forest and Haringey, Essex, Lincolnshire

An independent, charitable organisation supporting people who look after a relative or friend who could not manage without their support. Carers FIRST provides information and advice, short breaks, brokerage, carers assessments, training and more.

Crossroads

0845 900 3735

01622 817114

enquiries@crossroadskent.org

www.carerskm.org

Area –Across Kent

Services include offering regular short breaks from caring responsibilities with fully trained Care Support Workers providing 24/7 support. In an emergency situation, short-term crisis support can be provided, as well as palliative care and end-of-life support.

ellenor

01474 320007

info@ellenor.org

www.ellenor.org

Area –Bexley, Dartford, Gravesham, Swanley and surrounding villages, Tonbridge, Tunbridge Wells, Maidstone.

Hospice care is holistic support for the whole family. ellenor cares for all ages and their service include: Hospice at Home for children and adults (including respite), Inpatient Ward, Wellbeing and Spiritual Care, Carer Support, Therapeutic Day Services and Support Groups and Classes. ellenor accepts self-referrals. Call 01474 320007 and ellenor will assess to see what services they can offer. If they cannot help, they can assist with signposting.

Grandparents Plus

0300 123 7015 (Advice Line Number)

info@grandparentsplus.org.uk

www.grandparentsplus.org.uk

Area – Nationwide

Grandparents Plus is a national charity which advises and supports grandparents and wider family members by ensuring that they have access to professional advice and information.

Kent Young Carers

0300 111 1110

info@kentyoungcarers.org.uk

www.imago.community/Children-and-Young-People/Kent-Young-Carers

Area – Across Kent

Kent Young Carers is the countywide service for Young Carers aged 5-18 who are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue. Following assessment, KYC offer a range of short-term interventions including signposting, one-to-one support, in school support and workshops,

Kinship Carers

kinshipfostercarers@gmail.com

www.kinshipcarers.co.uk

Area – Nationwide

Offers knowledge, experience and friendship.

Debt, Finance and Legal Advice

Citizens Advice

Sevenoaks (North & West Kent)

0300 330 9001 (Advice)

01732 454443 (Office)

info@sevenoaks.cab.org.uk

Citizens Advice provide a free, confidential, independent advice service. You may have money, housing, employment problems, facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward whatever problem they face.

Crosslight Advice (formally West Kent Debt Advice)

01732 300425

www.crosslightadvice.org

Area – The Districts of Sevenoaks, Tonbridge and Tunbridge Wells

Crosslight Advice is a registered charity providing entirely free, face-to-face debt advice to anyone who is burdened by personal debt or needs money advice. Crosslight works from offices in Sevenoaks, Tonbridge and Tunbridge Wells and offer both daytime and evening appointments.

To book an appointment please telephone or visit their website.

HERO Advice Service

01732 227000

hero@sevenoaks.gov.uk

www.sevenoaks.gov.uk/hero

Area – Sevenoaks District

The Council's HERO (Housing and Benefits, Energy and Debt, Retraining and Work, Options for Life) Service offers complete and personalised advice, giving information and guidance on a range of issues including, housing problems, saving money on fuel bills, debt or mortgage advice, welfare benefits, retraining and further education options.

Money Advice Service

0800 138 7777

www.moneyadviceservice.org.uk

Area – Nationwide

Helps people to manage their money through free and impartial advice. Advice is provided on areas including, debt and borrowing, homes and mortgages, budgeting and saving, work and benefits, retirement, family, cars and travel and insurance.

West Kent

01732 749000

help@wkha.org.uk

www.westkent.org

Area – Across Kent To help West Kent Housing Association tenants to manage debts, budgeting and household finances.

Dementia Cafés

Alzheimer's & Dementia Support Services

Memory Cafés

01474 533990

Area – Sevenoaks District (Hartley, Swanley, West Kingsdown) Outside of Sevenoaks District (Dartford, Gravesend & Meopham)

Free Memory Cafés for those living with Alzheimer's or Dementia and their carers. A chance to relax in safe environments with refreshments and access guidance on how to live well with dementia and practical information.

Alzheimer's Society Dementia Café

01892 835498

kentandmedway@alzheimers.org.uk

Area – Sevenoaks

Twice monthly café for people with dementia, their carers and family and friends.

Down Memory Lane

01732 743056

Area – Otford

Club for people with dementia – activities include reminiscence and singing, art activities and refreshments.

Forget-me-Not Café – Sevenoaks (Knole)

Symone Salwan 01732 759854

hello@forgetmenotcafe.org.uk

www.forgetmenotcafe.org.uk

Area –Sevenoaks

Companionship over a cuppa! Providing support and companionship to those recognising issues with their memory or cognition as well as their carers, family and friends. Run in partnership by Home Instead Senior Care, The Good Care Group, Sevenoaks Area Dementia Friendly Community Forum, Westerham Town Council, Knole National Trust, Rivermere Care Home (Chipstead) and St John's Centre (Hildenborough). Chipstead: fourth Wednesday of every month Edenbridge: last Friday of the month Hildenborough: second Wednesday of every month Sevenoaks: first Friday of every Month.

Forget-me-Not 'Sing-a-long with a cuppa'

☎ 01732 447055

☎ kieron.brennan@allabouthomecare.co.uk

☎ elaine.murray@thegoodcaregroup.co.uk

☎ www.forgetmenotcafe.org.uk

Area –Sevenoaks

An informal group meeting at Christ Church URC Church Hall every third Thursday of each month, 2pm to 4pm offering singing for wellbeing for those who may live with cognitive impairments, memory loss, who are lonely or feel isolated. Managed in partnership with The Good Care Group, All About Home Care and Sevenoaks Area Dementia Friendly Community.

Dementia Friendly Cinema

☎ Weald Heights Care Home 01732 747700/ Rivermere Care Home 01732 748400

☎ www.forgetmenotcafe.org.uk

Area –Sevenoaks & Chipstead

Dementia friendly cinema mornings with different films each session, in a small, comfortable environment at two Sevenoaks locations.

DEMENTIA SUPPORT

Alzheimer's Society

01892 835498

National helpline 0300 222 1122

Area – Sevenoaks Town

A leading dementia support and research charity for anyone affected by any form of dementia.

Alzheimer's Society

Otford Peer Support Group at Otford Library.

01892 559410

Dementia Friendly Kent

07730 750906

tracey.schneider@kent.gov.uk

Dementia Friendly Kent website aims to provide advice and signpost individuals with dementia or those who are caring for people with dementia to local organisations who can help to find appropriate services and support.

www.dementiafriendlykent.org.uk

Area – Across Kent

Dementia Friends Awareness Sessions

01732 227000

healthy.living@sevenoaks.gov.uk

Area – Sevenoaks District

In helping towards creating a dementia friendly community, Sevenoaks District Council has teamed up with Kent County Council to offer residents free Dementia Friends Awareness Sessions to help you to understand what it is like to live with dementia and any actions you can take.

Sevenoaks Area Dementia Friendly Community

01732 759854

Symone.salwan@homeinstead.co.uk

elaine.ferris@thegoodcaregroup.com

Area – Sevenoaks Town, Edenbridge, Westerham and surrounding villages

Sevenoaks Area Dementia Friendly Community is a multi-agency local forum, working together to make Sevenoaks District more dementia friendly. The aim of the forum is for local professional, carers, people with dementia and anyone with an interest in dementia to meet quarterly and discuss issues, share good practice and to work towards agreed actions plans to make the area dementia friendly.

Domestic Abuse

Choices

0800 917 9948

info@choicesdaservice.org.uk

www.choicesdaservice.org.uk

Area – Sevenoaks, Medway, Maidstone, Gravesham, Dartford & Tonbridge and Malling

A charity supporting those who are experiencing domestic abuse – men, women and children.

DeafHope

07970 350366

info@signhealth.org.uk

www.signhealth.org.uk/ourprojects/deafhope-projects

Area – Nationwide

The DeafHope service is run by women for women. It provides practical and emotional support to deaf women who are experiencing domestic abuse and to those who have survived it. DeafHope is the UK's only sign-language based service to help deaf women and children who suffer from domestic abuse.

Domestic Abuse Support Services in Kent & Medway

☎ 0808 168 9276

🌐 www.domesticabuseservices.org.uk

Area – Kent & Medway

Safe refuge accommodation, Specialist IDVA support, Community Outreach Services, Therapeutic and group programmes (e.g. Freedom Programme) 'Sanctuary' provision (adaptations to make the home safer), Support with court Proceedings, and Emergency welfare assistance for clients in crisis (food, energy, travel).

Domestic Abuse Volunteer Support Services (DAVSS)

01892 570538

office@davss.org.uk

www.davss.org.uk

Area – across West Kent

DAVSS supports residents of Sevenoaks District, Tonbridge and Malling and Tunbridge Wells Borough Council areas. DAVSS supports male and female victims aged 16+ who are experiencing DA and using their volunteer based delivery model are able to provide bespoke support package to meet the victim's needs. Victims are able to self-refer via the Helpline without the necessity of involving statutory partner agencies.

Dove Project

01702 300006

Area – Kent, Sussex & Essex

For refuge spaces in the South East

The Domestic Violence Intervention Project (DVIP)

0207 928 4620

info@dvip.org

www.dvip.org

Area – London

Domestic Violence Intervention Project (DVIP) provides a range of specialist services for perpetrators, survivors, young people and children.

Elder Abuse Response Helpline

0808 808 8141

enquiries@elderabuse.org.uk

www.elderabuse.org.uk

Area – Nationwide

This confidential helpline gives information about elder abuse and emotional support to anyone concerned about the abuse of an older person. The helpline is confidential and Freephone and the number will not appear on your telephone bill.

Family Matters (victims of sexual violence)

Helpline: 01474 537392 Main office: 01474 536661

admin@familymattersuk.org

www.familymattersuk.org

Area – Kent and London Borough of Bexley

Counselling service for people who are survivors of sexual abuse and rape, whether recent or historic. Can advise on accessing criminal justice system. The service is also available for children aged 16 and under in the London Borough of Bromley and Greenwich.

Freedom Programme

01892 570538

(Referrals for the Freedom Programme go through DAVSS)

The group offers women an insight into abusive and controlling relationships and its effect on families. Sessions last 1.5 / 2 hour, run over 12 weeks.

Men's Advice Line

☎ 0808 801 0327

☎☎ www.mensadviceline.org.uk

Area – Nationwide

Offers advice and support for men in abusive relationships, both those experiencing violence and abuse from partners, and those concerned about their own violence.

National Domestic Violence Helpline

0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

Area - Nationwide

Freephone 24 hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge. A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

National LGBT Domestic Abuse Helpline

0800 999 5428/0300 999 5428

help@galop.org.uk

www.galop.org.uk/domesticabuse

Area – Nationwide

Advice and support for LGBT+ people who have experienced domestic violence or abuse.

This helpline is run by Galop who are a completely independent community group.

Rape Crisis England and Wales

0808 802 9999 (12 noon to 2.30pm and 7 – 9.39pm every day of the year)

hrcewinfo@rapecrisis.org.uk

www.rapecrisis.org.uk

Area – England and Wales

Rape Crisis England and Wales is an organisation that exists to promote the needs and rights of women and girls who have experienced sexual violence, to improve services to them and to work towards the elimination of sexual violence. Rape Crisis Centres are located across England and Wales providing frontline specialist, independent and confidential services for women and girls of all ages who have experienced any form of sexual violence at any time in their lives.

Refuge

0808 2000 247

www.refuge.org.uk

Area – Nationwide

Refuge opened the world's first safe house for women and children escaping domestic violence. Refuge is a provider of specialist domestic violence services.

Victim Support

01273 480130/0845 3030 900

www.victimsupport.org.uk

Area – Nationwide

Is a national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected.

Women's Aid

0808 2000 247

helpline@womensaid.org.uk

www.womensaid.org.uk

Area – Nationwide

A charity supporting anyone experiencing domestic abuse.

Extreme Weather and Emergencies

Age UK Sevenoaks & Tonbridge

01732 454108

office@ageuksevenoaksandtonbridge.org.uk

www.ageuksevenoaksandtonbridge.org.uk

Area – Sevenoaks District and Tonbridge

If you are worried about yourself or another elderly person in the winter period, please contact Age UK who will be able to assess what support they may be able to provide.

Emergency Contacts

01732 227000

www.sevenoaks.gov.uk

Area – Sevenoaks District

To report: Dangerous structures, Dangerous trees, and Flooding and other major emergencies, Noise, Licensing issues, Fumes and other emergency environmental health complaints.

Flooding Emergency

01732 227000

emergency.planning@sevenoaks.gov.uk

www.sevenoaks.gov.uk

Area – Sevenoaks District

If the Sevenoaks District Council Emergency Planning Officer has declared a flooding emergency, a limited number of sandbags will be supplied and delivered free of charge to homes in the affected area. For details contact the Emergency Planning team.

Floodline

0345 988 1188 (24 hour service)

www.gov.uk/help-during-flood

Area – Nationwide

Speak to a Floodline adviser to find out how to stay safe during a flood.

National Gas Emergency Number

0800 111 999 (Available 24 hours, 7 days per week)

www.nationalgrid.com

Area – Nationwide

To report a gas or carbon monoxide emergency, or if a pipeline is struck (even if no gas leak has occurred)

National Grid Electricity Emergency Number

0800 40 40 90 (Available 24 hours, 7 days per week)

www.nationalgrid.com

Area – Nationwide

If you spot a potential hazard on or near an overhead electricity line, please call the number provided urgently.

National Power Cut Emergency Line

105

www.nationalgrid.com

Area – Nationwide

To report a power cut, call 105. On the website you can find out what to do during a power cut, how to prepare for loss of electricity and detailed help and advice.

Report flooding – road and public drain

flooding

03000 41 81 81 (Monday – Friday 9am

to 5pm) 03000 41 91 91 (outside of office hours)

www.kent.gov.uk

Area – Across Kent

Kent County Council is responsible for dealing with road flooding and flooding from public drains. If the flood may cause immediate injury or death, or is putting homes at risk, please call the number provided.

Snow Clearing and Gritting

0845 247 800

Area – Across Kent

Contact Kent County Council on the number provided about snow clearing and gritting.

South East 4X4 Response

07040 900456 (General enquiries)

01622 962636 (Emergency callout)

Area – Across South East England

South East 4X4 Response assists the emergency services, Kent County Council and other agencies, particularly in time of adverse weather. They are on call and available 24 hours a day for 365 days of the Year

Family Support

Family Lives

0203 727 3571

katied@familylives.org.uk

www.familylives.org.uk

Area – London and the South East Family support service is offered through the helpline, as well as offering tailored support around issues such as bullying, special educational needs, and support for specific communities.

Gingerbread

0207 428 5400

www.gingerbread.org.uk

Area – London and the South East A charity working with single parent families providing advice, practical support and campaigns for single mum and dads.

Internet Matters

www.internetmatters.org

Area – Nationwide

Helping to keep children safe in the digital world.

Sevenoaks Child Contact Centre

07951 862313

www.ctsd.org.uk/sevenoaks-childcontact-centre

Area – Sevenoaks and surrounding villages

Sevenoaks Child Contact Centre is a safe, friendly, neutral place where children of separated families can spend with one or both parents and other family members. It is a child centred environment that puts the needs of the children first. The centre is run by fully trained, impartial volunteers.

Sevenoaks Churches Group - Befrienders

01883 712576

Area – Sevenoaks and surrounding villages

The scheme aims to match volunteers who are able to give time and friendship on a one-to-one basis to others in the community. Befrienders can be accessed by referral from a social or health care professional to the coordinators.

Sevenoaks For Families (S4F)

07909 905975

marionjgilchrest@gmail.com

Area – Sevenoaks and surrounding villages

S4F is a group attached to Sevenoaks District Churches Together. They are trained volunteer Family Mentors, who can provide emotional support to families struggling with health issues, behavioural problems, addictions, debt, housing, neighbour issues and more.

Spring House Children's Centre

03000 42 11 37

springhousechildrenscentre@kent.gov.uk

Area – Sevenoaks

Lots of fun activities for parents and children to play, learn and have fun together. The Children's Centre is part of a nationwide programme of services for 0-5 year olds and their families, aiming to offer information, advice and support to parents, health services, family support and parental outreach.

Services at Children's Centres – Regular Health Visitor Clinics

☎ 03001 23 31 68

Area – Edenbridge, Sevenoaks & Swanley

Parents can attend to monitor their child's health. Children will be weighed and monitored and parents can access advice on many subjects including sleep, feeding and weaning.

Early Help Childcare Advice Line

03000 41 23 23 (Monday – Friday 9am – 5pm)

kentcfis@kent.gov.uk

Area – Across Kent

For more help with childcare options, finding a childcare provider, child and family benefits and tax credits, paying for childcare, Kent Children's Clubs & activities, Health and social care information (including parenting, drugs education and healthy living), becoming a childcare provider and running a childcare business.

Early Help District Team (North Kent – Sevenoaks)

03000 41 79 39 (Monday to Wednesday) and 03000 41 42 39 (Wednesday to Friday)

Area – Sevenoaks District

Works with children, young people and their families, with a primary focus on families with children and young people aged from pre-birth to 18.

Educational home visits for pre-school children

Additional needs or disabilities. For further information and to find out if we can support you and your child call: 03000 417704

kentportage@kent.gov.uk

Deaf, blind or deafblind. To arrange a visit if your child has a hearing impairment contact: 07824 306233 Ann Vickers

anne.vickers2@kent.gov.uk

To arrange a visit if your child has a visual impairment or is deafblind, contact:

07834 764288

jcottle@valence.kent.sch.uk

Educational home visits for preschool children: Additional needs or disabilities - our home visiting service, known as Portage, is suitable for children who are aged 0-5 years old and have complex needs or are delayed in at least two areas of development

Free Early Education for two year olds

National Scheme.

www.kent.gov.uk/education-andchildren/childcare-and-pre-school/freechildcare/free-childcare-for-2-yearolds#tab-2

Some two year olds can get up to 15 hours of free childcare each week for 38 weeks a year. The scheme is currently available to two year olds: Who are looked after by the Local Authority; Who are no longer looked after by the Local Authority as a result of an adoption order, a special guardianship order or a residence order; Who have a current statement of special educational needs (SEN) or an educational, health and care plan; Whose parents receive specific benefits.

Home Start SW Kent

Home visitors to support parenting.

01892 524916

Kent West Dyslexia Association

0845 601 2553

Meetings and advice.

Registering a Birth

03000 41 51 51 (for Kent)

www.kent.gov.uk/births-ceremoniesand-deaths/Births/register-a-birth#tab-1

Area – Sevenoaks District – Edenbridge, Sevenoaks & Swanley Libraries Births need to be registered within 42 days. If living in Kent you can book an appointment via the online booking service.

Other Family Support services

Coeliac UK

National Helpline 0845 305 2060

Sevenoaks area support group. Coffee and other meetings in Otford and Tonbridge.
07599 833092

Cruse Bereavement Care

westkent@cruse.org.uk

Free helpline 0808 808 1677

01732 353575

Free counselling in homes in West Kent area.

Diabetes UK

01892 837185

Tunbridge Wells, including the Sevenoaks area. TN12 6XL.

ellenor

01474 320007

info@ellenor.org

www.ellenor.org

Area – Bexley, Dartford, Gravesham, Swanley and surrounding villages, Tonbridge, Tunbridge Wells, Maidstone Hospice care is holistic support for the whole family. ellenor cares for all ages and their service include: Hospice at Home for children and adults (including respite), Inpatient Ward, Wellbeing and Spiritual Care, Carer Support, Therapeutic Day Services, Support Groups and Classes. For self-referrals call 01474 320007 and ellenor will assess to see what services they can offer. If they cannot help, they can assist with signposting.

Healthy Club

www.healthyclub.nhs.uk

Improve your health lifestyle with the help of local health improvement teams.

Holding on Letting Go

03445 611 511 – info@holg.org.uk

Holding On Letting Go is a Kent-based charity that helps children to cope with the death of someone close to them. Often the children we see have lost their mum, dad, grandparents, a sibling or a friend.

Kent Children and Young People's Mental Health Services (CYMHS)

0300 123 4496

www.nelft.nhs.uk/services-kentchildren-young-peoples-mental-health

Area – Across Kent

CYMHS is provided by North East London NHS Foundation Trust (NELFT). The service provides emotional wellbeing and mental health advice and support for young people and their families across Kent and is available to young people from the age of 0 – 18 (or up to 25 if they have special educational needs). They offer advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD. The types of support will vary on the type of concern and the severity, including online self-help, signposting to other organisations, crisis support, specialist assessments, face-to-face therapy either individually or in groups. If you have been discharged, you can refer yourself back in the service at any time.

Kent Friendz

01732 838183

sharon.higgins@kentfriendz.org.uk

www.kentfriendz.org.uk Area – Sevenoaks District, Tonbridge & Malling, Tunbridge Wells, Dartford &

Gravesham and Maidstone

Kent Friendz is a charitable organisation that provides both adult and children's services.

Kent Friendz' objective are: to provide help and support to those with learning/physical disabilities, their families and carers, to provide clubs, home support, leisure activities and

.

Kent Family Mediation Service

01795 410457

contact@kentfms.co.uk

www.kentfms.org.uk

Area – Across Kent including a Family Mediation Centre in Sevenoaks

Offering a family mediation service to families and individuals who are on low incomes, those with minimal capital assets and to private fee paying clients. Kent Family Mediation Service also offers Legal Aid.

Making Miracles

07921 333003

becci@makingmiracles.org.uk

www.makingmiracles.org.uk

Area – Kent and Medway

Making Miracles, Baby Trauma and Bereavement Care. Making Miracles provides a professional counselling service for trauma and loss to improve emotional wellbeing and reduce mental health issues. This service is provided locally and usually lasts for around 6 sessions / weeks. Referrals from medical staff, other charities and self-referrals can be made too. The first contact is usually made within a week of being referred to Making Miracles. Baby trauma and bereavement care is provided to the whole family through their own journey, this includes parents, siblings & grandparents.

Making Miracles provides ongoing emotional support on an informal level via their experienced support team for high risk pregnancy (this could be where a baby's life is at risk), if a baby is premature or where any family has suffered trauma or loss.

Parkinson's UK.

01732 360512

Meetings in Riverhead.

Sevenoaks Blind Club

01732 461623

Red Cross Centre, Sevenoaks.

We are Beams

01322 668501

admin@wearebeams.org.uk

www.wearebeams.org.uk

Area – Dartford, Gravesham and Sevenoaks

We are Beams is a local charity which provides support services to disabled children and their families in Kent. We are Beams services are divided up into four key areas:

1. Short Break Service for Disabled Children
2. Family Advice Service
3. Direct Payments Service
4. Dragon's Retreat Short Break Unit (respite care)

The children and young people who access We are Beams services will typically have one or multiple learning difficulties, complex health needs, physical or sensory impairment, challenging behaviour, autism or severe ADHD.

Winstons Wish

For information 01242 515 157 or email info@winstonswish.org

For support 08088 020 021 or email ask@winstonswish.org

First Charity to establish child bereavement support service in the UK, including in-depth therapeutic help in individual, group and residential settings.

Food Banks

Apetito Meal Delivery

01622 717155

www.apetito.co.uk

Area – Nationwide

Delivers daily hot meals direct to people's homes. Residents should contact Kent social services or home support services department in the first instance to see if they are eligible for a subsidised service.

Healthy Start Vouchers

0845 607 6823

www.healthystart.nhs/healthy-startvouchers/do-i-qualify

Area – Nationwide

Healthy Start provides vouchers every week to spend on milk, plain fresh, frozen fruit and vegetables and infant formula milk. Free vitamins are also available. Residents can qualify if they are at least 10 weeks pregnant or have a child under four, if you are on benefits or if they are pregnant and under 18 years old. More information of the website.

Kent Support & Assistance Service (KSAS)

ksas@kent.gov.uk

www.kent.gov.uk/social-care-andhealth/care-and-support/benefits/homeessentials-in-a-crisis

Area – Across Kent

(KSAS) is available to support residents if they are facing exceptional pressures because of an emergency or crisis. They may be able to offer short term help, with essential groceries, items of clothing, goods for young people (such as nappies and formula) and household appliances to households who have no other means of support.

Loaves & Fishes Food Bank

www.saintjohnthebaptist.org.uk

Area - Sevenoaks

An independent foodbank, supporting up to 40 families on a weekly basis. The foodbank operates from St John the Baptist Church with a team of volunteers in the Sevenoaks area.

Gambling Support

GamCare

0808 8020 133

info@gamcare.org.uk

www.gamcare.org.uk

Area - Nationwide

GamCare is a provider of information, advice, support and free counselling for the prevention and treatment of problem gambling.

Gamblers Anonymous UK

www.gamblersanonymous.org.uk

National Gambling Helpline

0808 8020 133

Area - Nationwide

If you are concerned about the amount of time or money that you or someone who know is spending gambling, you can talk to an adviser free of charge over the phone or online.

Available 8am to midnight, seven days a week.

Housing & Homelessness

Citizens Advice

Sevenoaks (North & West Kent)

0300 330 9001 (Advice)

01732 454443 (Office)

info@sevenoaks.cab.org.uk

www.citizensadvice.org.uk/local/northwest-kent

Facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward, whatever problem.

Council Tax support

01732 227000

www.sevenoaks.gov.uk/counciltax

Area – Sevenoaks District

Local scheme, based on similar criteria to Housing Benefit, to help people on a low income, in or out of work, or in receipt of state benefits. The amount you can receive depends on your income and circumstances and is shown as a discount on your Council Tax rather than being paid as a benefit. The local scheme adopted by Sevenoaks District Council will calculate your support and then, if you are working age, reduce your entitlement by a percentage. Currently the percentage reduction is 20%. Universal Credit will not replace Council Tax Support. If you would like to apply for help with your Council Tax, please complete the online claim form.

Help to Buy Scheme

03333 214 044

helptobuyeastandsoutheast@bpha.org.uk

www.helptobuyese.org.uk

Government Scheme to make home ownership option. New-build and re-sale homes may be available for shared ownership, Rent to Buy, Part Buy and other scheme options.

HERO Advice Service

01732 227000

hero@sevenoaks.gov.uk

www.sevenoaks.gov.uk/services/housing

Area – Sevenoaks District

The Council's HERO (Housing, Energy, Retraining & Options for Life) service offers complete and personalised advice. It gives information and guidance on a range of issues including, housing problems, saving money on fuel bills, debt or mortgage advice, welfare benefits, retraining and further education options, getting back to work and starting a new business.

Homeless Link (search for hostels)

0207 8404430

info@homelesslink.org.uk

www.homeless.org.uk

Area – Nationwide and Sevenoaks District

Search for hostels and homelessness services in England.

Housing Advice Team

01732 227000

housing@sevenoaks.gov.uk

lettings@sevenoaks.gov.uk

empty.homes@sevenoaks.gov.uk

www.sevenoaks.gov.uk/services/housing

Area – Sevenoaks District

The Council's Housing Service offers advice for people losing their homes, facing eviction, rough sleepers and general advice for people over 55. Guidance will be provided on how to join the Sevenoaks District Housing Register for social rented housing, how to apply for a housing association home, rural housing schemes, housing need/affordable housing development opportunities and self-build/custom build homes.

Housing Benefit support

01732 227000

benefits@sevenoaks.gov.uk

www.sevenoaks.gov.uk/benefits

Area – Sevenoaks District

Can help pay rent if you are on a low income and can pay for all or part of your rent. How much you get depends on income and circumstances. Housing Benefit can be applied for whether you are unemployed or working. It cannot be paid for heating, hot water, energy or food. You may need to apply for Universal Credit instead of Housing Benefit. You can complete an application for Housing Benefit online.

Housing Care

www.housingcare.org

Area – Nationwide

For guidance on accommodation services for older people, including the option to search for retirement housing and care homes.

Kent Homechoice (Social Housing Register)

West Kent Housing Association: 01732 749433/01732 749400

housing.options@wkha.org.uk

www.kenthomechoice.org.uk

Area – Sevenoaks District

A partnership of Local Authorities and Housing Associations that provide housing in Kent, providing information on housing choices, social housing registers and help to find a home.

Lookahead

0207 368 4600

getintouch@lookahead.org.uk

www.lookahead.org.uk

Area – South East

Offer specialist homelessness advice and support for people with multiple and complex needs (mental health, learning disability and/or autism). Services include supported housing, outreach, training schemes and lifelong learning services.

Moat

0845 600 1006

customer@moat.co.uk

www.moat.co.uk

Area – South East including Sevenoaks District Housing association providing affordable homes and services for people in housing need.

Orbit

0800 678 1221

info@orbit.org.uk

www.orbit.org.uk

Area – Nationwide

Build and provide a range of homes including rented and low-cost home ownership options.

Porchlight (Homelessness)

0800 567 7699

headoffice@porchlight.org.uk

www.porchlight.org.uk

Area – Across Kent

Helps people who have nowhere to go and no-one to turn to. Some people are homeless and others struggling to cope with the pressures in their lives.

Residential Care and Nursing Homes

www.carehome.co.uk

Area – Sevenoaks District

Directory of care, nursing and residential homes throughout and near Sevenoaks District area.

Shelter

0808 800 4444 (regular helpline)

0808 1644 660 (emergency advice)

www.england.shelter.org.uk

Helps people struggling with bad housing or homelessness through advice, support and legal services.

The Bridge Trust (Homelessness)

01732 368363

info@thebridgetrust.org.uk

www.thebridgetrust.org.uk

Area – Across Kent including Sevenoaks District

The Bridge Trust provides lifechanging services to homeless people to help prevent them from falling back into homelessness. The Bridge Trust supports both males and females, from 18 years old up to retirement age.

Rethink (Mental Health Supported Housing)

01215 227007/01732 742351

info@rethink.org

www.rethink.org

Area – Sevenoaks

Has supported accommodation services providing people with a high quality home and a therapeutic and recovery focused environment with the support to live independently. In Sevenoaks District there is the Vine Court Housing Project for people enduring mental health problems.

West Kent Housing Association

Payment line: 01732 749442

For any other urgent enquiries: 01732 749000 between 8.45am and 5:15pm Monday to Thursday and 8.45am and 4.45pm on Fridays

help@wkha.org.uk

www.westkent.org

Area - Kent including Sevenoaks District

To provide homes in Kent for those who struggle to afford them in the open market. To nurture the communities around those homes.

Learning Disabilities

Adult Social Services (Kent)

03000 41 61 61

social.services@kent.gov.uk

www.kent.gov.uk/social-care-andhealth

Area – Kent

For those who have care and support needs, they can contact for a free assessment. The assessment is a discussion between the client (or the person you look after) and a trained person either from the council or another organisation that the council works with. They talk about the situation and what changes could be made to find out how needs could be met. If you or the person you want help for are over 18 years old, please contact Adult Social Services.

Avenues Groups

☎ 0300 323 0405

☎ info@avenuesgroup.org.uk

☎ www.avenuesgroup.org.uk

Area – London, South East, East of England & West Midlands

Supports people who have learning disability, autism, acquired brain injury and challenging behaviour. Typically, Avenues Groups supports people with multiple or complex needs and/or challenging behaviour. Core services are: supported living and housing, outreach, and support at home.

Hft (learning disabilities support)

☎ 01732 782700

☎ hftkentnorth@hft.org.uk

☎ www.hft.org.uk

Area – Kent including Sevenoaks District

Providing free support and information of all people with learning disabilities (individuals, families and carers) such as living independently, day services, working, volunteering, hobbies and technology.

IASK (Information, Advice and Support Kent)

03000 41 3000

iask@kent.gov.uk

www.kent.gov.uk

Area – Kent

Support families of children and young people (0-25 years) with special educational needs or disabilities. The service aims to empower children/young people and their parents to make informed choices about their children's education, other outcomes and communicate confidently.

Kent Autistic Trust

01634 405168

www.kentautistictrust.org

Area – Kent

Specialist provider of services for young people and adults with autism.

Kent Pathways Service

03000 41 61 61

kentpathwaysservice@kent.gov.uk

Supports adults with a learning disability to become more independent. They aim to help improve independence by developing life skills. Support is provided between 1 and 12 weeks and Support from a Kent Pathways Service worker is free.

www.kent.gov.uk/social-care-andhealth/care-and-support/disability/learningdisability/kent-pathway-service

Area – Kent

Kent West Dyslexia Association

Helpline 0845 601 2553

Meetings and advice.

Mencap

0808 808 111 (8am – 6pm Mon – Fri)

helpline@mencap.org.uk

www.mencap.org.uk

01732 470700 – Sevenoaks Leisure Centre.

Area – Nationwide

Mencap values and supports people with a learning disability and their families and carers. A range of services are provided, including round-the-clock care, helping someone join in with local leisure activities and providing advice and information on employment and education.

Mind

08458 247200

Read Well Group at Sevenoaks Library.

SNAAP (Special Needs Advisory & Activities Project)

01227 367555

info@snaap.org.uk

www.snaap.org.uk

Area – Kent

Providing an extensive range of services to children with every kind of disability, aged from 0-25, in partnership with parents. The focus of the services is upon all of the child's needs including educational, social, developmental and emotional.

We are Beams

01322 668501

admin@wearebeams.org.uk

www.wearebeams.org.uk

Area – Dartford, Gravesham and Sevenoaks

Local charity which provides support services to disabled children and their families in Kent. Divided up into four key areas: Short Break Service for Disabled Children, Family Advice Service, Direct Payments Service and

4. Dragon's Retreat Short Break Unit (respite care)

The children and young people who access this services will typically have one or multiple learning difficulties, complex health needs, physical or sensory impairment, challenging behaviour, autism or severe ADHD.

Mental Health

Anxiety UK

03444 775 774 (infoline) Monday to Friday 9.30am to 5.30pm 07537 416 905 (text service)

support@anxietyuk.org.uk

www.anxietyuk.org.uk

Area – Nationwide

Charity working to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

Bipolar Self Help Group

01892 539422

Meetings at The Hub in Tunbridge Wells.

CALM (Campaign Against Living Miserably)

0800 58 58 58

www.thecalmzone.net

Area – Nationwide

CALM is a movement against male suicide, the single biggest killer of men under 45 in the UK. CALM offers support to men in the UK of any age, who are down or in crisis via the helpline, web chat or website.

Care Confidential

0800 028 2228

www.careconfidential.com

Area – Nationwide

A pregnancy Crisis Counselling service for pregnancy and post abortion support.

Crisis Resolution Home Treatment Team

(NHS)

0300 222 0123

www.kmpt.nhs.uk/where-do-i-go-in-a-crisis/

Area – Kent & Medway

Mental Health crisis help for those living in Kent and Medway. The single telephone number is available 24/7 if residents need mental health support.

Kent & Medway (Mental Health Services)

0300 222 0123

www.kmpt.nhs.uk

Area – Across Kent & Medway

Provides mental health, learning disability and substance misuse services, as well as other specialist services.

Live it Well Kent

0800 567 7699

info@liveitwellkent.org.uk

www.liveitwell.org.uk

Area – Kent and Medway

Promotes a range of support and information on mental health and wellbeing services to connect people with support within their local communities. Support available locally includes links with statutory services, wellbeing, active lifestyle, community based activities, social support and life skills.

Live Well Kent

0800 567 7699

www.livewellkent.org.uk

www.kent.gov.uk/social-care-andhealth/health

Area – across Kent

The service can help you improve your mental, physical health and wellbeing. It is a free service for anyone over the age of 17. The service can help you to improve your lifestyle, meeting people through social activities and support to improve your relationship and managing money. Live Well Kent can also help you to gain new skills and qualifications, or support to try and find a work placement or job.

Live Well: Youth Mental Health Information Hub (NHS)

🌐 www.nhs.uk/livewell/youth-mentalhealth/pages/Youth-mental-healthhelp.aspx

Area – Across Kent and Medway

An information hub offering young people advice and help on mental health problems, including depression, anxiety and stress. The Hub also includes a 'Check Your Mood' selfassessment tool.

Mental Health – Helpline 0800 107 0160

Mental Health Matters

0800 107 0160 (24/7 service)

www.mentalhealthmatters.com/ourservices/helpline-services/

Area – Kent and Medway

The Telephone Helpline consists of a team of highly trained and experienced support workers who use counselling skills to providing residents with emotional guidance and information. Residents may choose to call 'Mental Health Matters' if: They are feeling low, anxious or stressed and feel talking to another person might help them cope, They may be in extreme emotional distress and feel that there is nowhere else to turn and They may be caring for another person and finding it hard to cope.

Personality Disorder Self Help Group

01892 539422

Meetings at The Hub in Tunbridge Wells. TN1 2BD.

Psychological Therapies (IAPT)

0300 012 0012

www.thinkaction.org.uk

Area – Across West Kent

This is aimed at providing help for people with anxiety and depression and related problems, such as trauma, anger, phobias, obsessions, compulsions, relationship difficulties, unresolved issues from the past and feeling of not coping with life events, including illness and childbirth. The service provides Cognitive Behavioural Therapy (CBT), Psychological Interventions and Counselling. Self-referral through online referral form, post a form (collected from your GP surgery), directly through the number provided or a GP can refer you direct. This service is delivered by a consortium lead by ThinkAction.

Reachout Adults

07989 219185

jillg@twmhr.org.uk

www.twmhr.org.uk

Adult Wellbeing & Mental Health Support Group delivered in community venues and open to anyone with a mental health issue or wellbeing need.

Area – West Kent including Sevenoaks District

Reachout Youth

01892 676285

reachout@twmhr.org.uk

www.twmhr.org.uk

Area - West Kent including Sevenoaks District

The Youth Wellbeing & Mental Health Support Group is for young people who are experiencing mental illness who often feel lonely and isolated.

Release the Pressure

0800 107 0160

www.kent.gov.uk/social-care-andhealth/health/release-the-pressure

Area – Kent

Highly experienced and trained team to provide confidential support. Suicide is the biggest killer of men under 45 in Kent. (Funded by KCC).

Rethink

0300 5000 927

info@rethink.org

www.rethink.org

Area – Nationwide

Provide support to help people affected by mental illness by changing attitudes.

Rethink (National Schizophrenia Fellowship)

01732 452143

SW Kent Voluntary Group for carers and people with mental illness. TN13 3UP.

Samaritans

08457 909090

www.samaritans.org

Area – Nationwide

Provides emotional and confidential 24/7 support to those experiencing despair, distress or suicidal feelings.

SANE

0300 304 7000 (4.30pm to 10.30pm daily)

020 3805 1790

info@sane.org.uk

www.sane.org.uk

Area – Nationwide

SANE is a mental health charity working to improve quality of life for anyone affected by mental illness.

Sevenoaks Area Mind

01732 744950

Support Groups for Autistic Spectrum Disorder and struggling mums. TN13 3LW.

Sevenoaks Community Mental Health Team

01892 709211

Tunbridge Wells

Sevenoaks Counselling

01732 450118

sevenoakscounselling@btconnect.com

www.sevenoakscounselling.org.uk

Area – within travelling distance to Sevenoaks

Provides a professional service offered by Christians to the whole community. Counselling for individuals, couples and young people. Sevenoaks Counselling also has a Family Therapist and Play Therapist. Clients are asked to pay what they can afford and counselling is available to all on equal opportunities basis.

The Lewis Project

thelewisproject@outlook.com

www.thelewisproject.org.uk

Area – Sevenoaks

Is a small group that meet together at The House in the Basement at the Stag Theatre in Sevenoaks every Monday 3pm to 10pm. The group is for over 18 year olds who are suffering mental health issues, including anxiety/depression and could do with some community support, friendship, purpose or structure.

Thinkaction Ashford (part of Addaction)

www.addaction.org.uk

01233 639383

Area – Kent

Primary Care Improving Access to Psychological Therapies (IAPT) services offering one-to-one either counselling & CBT NICE recommended interventions for common mental health conditions. Support is offered through face-to-face or telephone. The service provides 'Feel Well Live Well Parenting' support, 'Stress Management' and 'Older Adults Groups'.

Tunbridge Wells Mental Health Resource (MHR)

0300 5000 927

reachout@twmhr.org.uk

www.twmhr.org.uk

Area – West Kent

Provides counselling which is affordable and accessible to everyone, of all faith and non and offered by qualified and experienced therapists.

Up and Running Group

07710 279497 or 07855 893863 or 01732 227000

By Sevenoaks District Council for women with mild depression. Walking and running in Knole Park.

West Kent Mind

01732 744950

hello@westkentmind.org.uk

www.westkentmind.org.uk

Area – West Kent including Sevenoaks District

WKM is one of over 140 local Mind associations (LMAs) which are affiliated to the national charity, Mind. Mind is the leading mental health charity in England and Wales. The goals of WKM are: staying well, empowering choice, improving services and support, enabling social participation, removing inequality of opportunity and organised excellence.

Older People

AgeCare Support Group

01732 741488

Residential home at Gloucester House, Sevenoaks. TN13 3XU.

Age UK Sevenoaks & Tonbridge

01732 454108

office@ageuksevenoaksandtonbridge.org.uk

www.ageuksevenoaksandtonbridge.org.uk

Area – Sevenoaks and Tonbridge (not Swanley or Malling)

Provide day care and support services, lunch clubs, information and advice, advocacy, independent living support, chiropody, foot care services and has a computer learning centre. Age UK also holds information

Age UK Sevenoaks & Tonbridge Lunch Clubs

01732 454108

office@ageuksevenoaksandtonbridge.org.uk

www.ageuksevenoaksandtonbridge.org.uk

Area – Sevenoaks District and Tonbridge

Lunch clubs are great places for friends to regularly meet up for people looking to meet new friends. A cooked two course lunch followed by tea and coffee is provided. Current Age UK Lunch Clubs are currently located in Westerham, Tonbridge, Kemsing, Sevenoaks, Otford, Woodlands, Dunton Green and Fordcombe. Age UK also holds information about an independent Lunch Club in Bessels Green.

Befriending Kent

0300 365 8120

admin@befriendingkent.org.uk

www.befriendingkent.org.uk

Area – Kent

Befriending Kent is a consortium of charitable organisations across Kent who delivers befriending services to older people with the help of volunteers to help to reduce social isolation in older people.

British Red Cross

0800 028 0831

kentandsussex@redcross.org.uk

www.redcross.org.uk/nearyou

Area – Nationwide

Offers help with travel to and from social activities. The befriending scheme is a telephone service and consists of a weekly call of approximately 30 minutes and is available for people who are suffering bereavement, loneliness, living alone and living away from family and friends.

Care Navigators

0800 197 0097

carenavigator@wkha.org.uk

www.westkent.org

Area – Kent

Free information & advice on local services & social activities. Sevenoaks is covered by Emerald Care Navigators who work for West Kent Housing Association.

Falls Prevention Classes

01732 227000

healthyliving@sevenoaks.gov.uk

www.sevenoaks.gov.uk/services/healthand-social-care/services-for-olderpeople/activities-for-older-people

Area – Sevenoaks District

Falls Prevention is a safe and effective exercise class aiming to keep residents active and helping them to maintain independence. The class begins mainly in a chair and gradually progresses to standing activities. The aim is to improve balance, strength and stability.

Health Walks

01732 227000

healthyliving@sevenoaks.gov.uk

Area – Across Sevenoaks District

Free group activity for people who want to do more exercise. They take up to an hour and are between one and two miles long. Each health walk is led by at least two trained health walk leaders who have completed a Walking for Health training course, and they encourage the group to walk at their own pace.

Housing Care

www.housingcare.org

Area – Nationwide

For self-help information and advice tools, including Housing Options for Older People (HOOP) and Home from Hospital tools. They can help identify what potential difficulties an individual is facing and provide information and advice on what support might be available for older people.

Independent Age

0800 319 6789

advice@independentage.org

www.independentage.org

Area – Nationwide

Free helpline providing advice for older people, their families and carers, including friendship services for people in need of companionship through a regular telephone call or visit. Lines are open 8.30am to 6.30pm Monday to Friday and 9am to 1pm Saturday.

Kent Home Library Service

030000 413131

sevenoakslibrary@kent.gov.uk

www.kent.gov.uk/volunteering

Area – Sevenoaks Town, Riverhead, Seal, Otford and Kemsing.

Volunteers for Kent Home Library Service deliver a selection of books and audio and spend time chatting with customers in their homes who are unable to visit the library in person. This could be due to ill health, caring responsibilities or transport difficulties.

Older Lifestyle Group

01732 227000

By Sevenoaks District Council providing information, activities and advice for the over 65's at Eden Centre, Edenbridge.

Pop Up Pop In Coffee Mornings

01732 454108

suelarken@ageuksevenoaksandtonbridge.org.uk

www.ageuk.org/sevenoaksandtonbridge/activities-and-events/pop-in-teacoffeemornings/

Area – Surrounding areas of Sevenoaks and Tonbridge

A coffee morning with a difference providing the opportunity to socialise over refreshments and learn exercises to help improve balance, stability and strength. For further details of times and venues, please phone or visit the website provided.

Remap

0845 1300 456

Sevenoaks

Technical aids for disabled people.

Sevenoaks District Seniors Action Forum

www.sdsaf.org (contact page on website)

Area: Sevenoaks District

The 1000 plus member Forum gathers information on the concerns of older people themselves, then works to ensure that decision makers at all levels bear in mind the needs of older people when making decisions. SDSAF influences developments that affects the lives of people over 50, from central to local government, from bus operators and housing to the NHS, and everything in between.

Sevenoaks Kent Shed Project

01732 227121

community.development@sevenoaks.gov.uk

Area – Sevenoaks

Provides the opportunities for men to participate in practical group activities such as woodworking. A place where men can share and learn new skills and work together 'shoulder to shoulder' to support one another.

The Silver Line

0800 470 8090

info@thesilverline.org.uk

www.thesilverline.org.uk

Area – Nationwide

A national confidential and free helpline for older people open every day and night of the year. The Silver Line provides a sign-posting service to link them into many, varied services that exist around the country, a befriending service to combat loneliness and a means of empowering those who may be suffering abuse and neglect.

University of the Third Age (U3A) Sevenoaks

www.sevenoaksu3a.org.uk

Area - Westerham

The U3A movement is an organisation which provides opportunities for retired and semi-retired people to learn together. There are many opportunities to learn new things, including languages, photography and practical arts.

West Kent Care Navigators

01732 749451

Supporting older people with housing advice, benefits, physical and mental health issues, work and leisure activities.

Yoga

01732 227000

healthyliving@sevenoaks.gov.uk

Area – Across Sevenoaks District

Yoga sessions provide a friendly environment for anyone over the age of 50 living in the Sevenoaks District. The sessions run for an hour with gentle yoga and relaxation techniques, with some sessions offering informal chats on lifestyle led by guest speakers. Beginners and newcomers are always welcome.

Relationships

Citizens Advice

Sevenoaks (North & West Kent)

0300 330 9001 (Advice)

01732 454443 (Office)

✉ info@sevenoaks.cab.org.uk

🌐 www.citizensadvice.org.uk/local/northwest-kent

Provide a free, confidential, independent advice service. You may have money, housing, employment problems, facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward, whatever problem they face.

Kent Family Mediation Service

01795 410457

contact@kentfms.co.uk

www.kentfms.org.uk

Area – Across Kent including a Family Mediation Centre in Sevenoaks

Offering a family mediation service to families and individuals who are on low incomes, those with minimal capital assets and to private fee paying clients. Kent Family Mediation Service also offers Legal Aid.

Relate (Sevenoaks)

01892 529927

appointments@westmidkent.eclipse.co.uk

www.relate.org.uk/find-my-nearestrelate/outpost/sevenoaks-relate

Area –Sevenoaks Town

The service includes relationship counselling for individuals and couples, family counselling, counselling for children and young people and sex therapy. Please note that not all services may be offered at this location.

West Kent Mediation

01732 469696

theoffice@wkm.org.uk

www.wkm.org.uk

Area – Across West Kent including Sevenoaks District

Offers free, professional, confidential and impartial mediation to support individuals in resolving conflict and the breakdown of relationships between individuals, families, organisations and groups in the West Kent area.

Smoking

Kent Health & Wellbeing – Stop Smoking

0300 123 1220

www.kenthealthandwellbeing.nhs.uk/services/stop-smoking

Area – Across Kent including Sevenoaks District

The Health & Wellbeing team is part of Kent Community Health NHS Foundation Trust. ‘Stop Smoking’ is one of the services provided to help individuals stop smoking. The team offers local Quit Clubs, one-to-one sessions, specialist support to patients in hospital and free advice to businesses.

Smoking Support for under 18s

0300 123 1120 (choose option 1 – the Stop Smoking Service) Text QUIT to 87023

www.kent.gov.uk/social-care-andhealth/health/quitcoach

If you are under 18 years of age and want to stop smoking, Quit Coaches can help. A local coach will be found for you depending on where you live and they will talk about how best to help you, either face-to-face or over the phone.

Substance Misuse

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

Meetings in Sevenoaks 01622 751842

Area – Edenbridge & Sevenoaks

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The Fellowship has adopted a policy of “cooperation but not affiliation” with other organisations concerned with the problem of alcoholism.

A1-Anon

Confidential helpline 020 743 0888

Meetings in Tonbridge 020 7407 02115

Al-Anon Family Groups are for the families & friends of alcoholics who share their experience, strength, & hope in order to solve their common problems.

Alcohol and Drug Misuse

01732 367380

CR1 (West Kent Recovery Service) Tonbridge, TN9 1DH.

CGL (West Kent Drug & Alcohol Wellbeing Service)

08442 250 652

www.westkentrecovery.org.uk

Area – Kent, including Gravesend, Maidstone & Tonbridge

CGL is a national non-for-profit charity in England and Wales that offers a pathway to recovery for adults challenged by the use of drugs or alcohol. They provide a range of intensive based support, treatment and rehabilitation services that are designed to meet individual needs and support the family and friends of the service user.

Kenward Trust

enquiry@kenwardtrust.org.uk

www.kenwardtrust.org.uk

Area – Across Kent including Sevenoaks District

Provides personalised therapeutic interventions and one-to-one support across a number of projects addressing drug and alcohol dependence and related issues.

Kent County Council Alcohol & Drug Support

www.kent.gov.uk/social-care-andhealth/health/healthy-living/drugmisuse/alcohol-and-drug-support

Area – Kent

KCC Alcohol and Drug Support service helps to provide effective and accessible preventative information, treatment, support and recovery services.

Narcotics Anonymous

National Helpline 0300 999 1212

Sevenoaks Community Centre.

Transport (Community)

Age UK Sevenoaks & Tonbridge

01732 454108

Age UK Sevenoaks, Tonbridge & District operates a minibus service to 59

office@ageuksevenoaksandtonbridge.org.uk

Area – Sevenoaks District & Tonbridge Borough

take older residents in Brasted, Chevening, Chiddingstone, Cowden, Dunton Green, Edenbridge, Halstead, Hever, Kemsing, Knockholt, Leigh, Otford, Penshurst, Riverhead, Seal, Sevenoaks, Sevenoaks Weald, Shoreham, Sundridge and Westerham to their Day Centres and some lunch clubs.

Compaid

01892 832447

transport@compaid.org.uk

Area – Sevenoaks District

Offers support to disabled people and groups, from hospital and other medical appointments, to outings to local attractions and attendance at community centres. Covers all of the Sevenoaks District. No membership fee – journeys charged per mile.

Dial 2 Drive (Imago)

0300 777 1200

driving@imago.community

Area – Sevenoaks, Tonbridge, Tunbridge Wells & surrounding areas

Volunteer drivers use their own cars to take members to medical and social appointments.

The service is for those unable to access public transport due to older age, illness or isability.

Drivers can be booked for days, evenings or weekends. Annual membership applies and mileage is charged.

Kent Karrier

03000 413567

public.transport@kent.gov.uk

Area – Sevenoaks District

A flexible Dial-a-Ride service that takes members directly from their door anywhere in the Sevenoaks District. All services are operated with a wheelchair accessible vehicle and have experienced drivers.

Rural Age Concern Darent Valley

01322 666448

admin@racdv.org.uk

Area – Northern parishes of Sevenoaks District

Operates a minibus service to older residents of the Northern Parishes of Sevenoaks District covering Ash-cum-Ridley, Crockenhill, Eynsford, Farningham, Fawkham, Hartley & Hodsoll Street, Hextable, Horton Kirby, New Ash Green, South Darent, Swanley and West Kingsdown areas. Provides regular minibus services including door-to-door assisted shopping trips to supermarkets and town centres and lunch clubs.

Sevenoaks Buses 4U

01883 732791

rtp@tandridge.gov.uk

www.buses4u.org.uk

Area – Sevenoaks District

Buses 4U service 422 operates on Thursdays from East Hill Farm to Bluewater and Gravesend via West Kingsdown and Farningham. The service may be used by paid-up members of Sevenoaks Buses 4U and membership is only available to those living in the Sevenoaks District.

Sevenoaks Volunteer Transport Group

01732 458931

Area – Sevenoaks District

Provides transport, using volunteer drivers for elderly, infirm or disabled residents who do not have their own transport to access medical appointments at clinics and hospitals.

Transport - Wheels 2 Work

01883 732791

W2W@tandridge.gov.uk

www.w2wkent.co.uk

Area – Kent and Surrey

The Kent Wheels 2 Work scheme is run by East Surrey Rural Transport Partnership (ESRTP). It is a charity that works with support from Kent County Council and Surrey County Council to provide additional local transport. Provides an affordable moped loan scheme to over 16 year olds who live in Kent as a transport solution for getting to work, training or education.

Volunteering

Children's Centres (volunteering)

www.kent.gov.uk/leisure-andcommunity/volunteering/children-andyoung-people-volunteering

Area – Sevenoaks District

Offers volunteering placements with under 8's and information and applications can be made through Kent County Council website.

Citizens Advice North & West Kent (volunteers)

www.citizensadvice.org.uk/local/northwest-kent/volunteer

Area – Sevenoaks District

For up-to-date volunteering opportunities in Swanley and Sevenoaks, please visit the website.

Home-Start NW Kent

01322 225100 (local Home-Start)

0800 068 6368 (information line)

homestartnwkent@connect.com

www.homestartnwkent.org.uk

Area – Nationwide (Home-Start NW Kent covers Dartford, Gravesham and Swanley).

Home-Start volunteers visit families at home each week, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle. Volunteers provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope. If you are interested in becoming a Home-Start volunteer, please get in touch.

Imago

volunteering@imago.community

www.imago.community

Area – Sevenoaks, Tonbridge, Tunbridge Wells, Edenbridge & surrounding areas

Imago's Volunteer Centres promote and encourage volunteering, community activity and social action. They help to recruit, place and support people who want to volunteer in the community.

Kent Home Library Service

030000 413131

sevenoakslibrary@kent.gov.uk

www.kent.gov.uk/volunteering

Area – Sevenoaks Town, Riverhead, Seal, Otford and Kemsing

Volunteers for Kent Home Library Service deliver a selection of books and audio and spend time chatting with customers in their homes who are unable to visit the library in person.

This could be due to ill health, caring responsibilities or transport difficulties.

National Trust - Chartwell, Emmetts Garden & Quebec House (Volunteers)

01732 868381

Area – Sevenoaks District

For information about volunteering at the National Trust in Sevenoaks District, please contact via telephone.

Stronger Kent Communities

vcse-support@strongerkentcommunities.org.uk

volunteering@strongerkentcommunities.org.uk

strategy@strongerkentcommunities.org.uk

www.strongerkentcommunities.org.uk

Area – across Kent

11 organisations infrastructure support, volunteering advice and support. Delivering events, training/conferences for Kent's voluntary/community sector. Funded by Kent County Council.

Vulnerable People

Protection Against Stalking (PAS)

support@protectionagainststalking.org

www.protectionagainststalking.org

Area – West Kent (Sevenoaks area, Tonbridge & Malling area, Tunbridge Wells area)

Protection Against Stalking (PAS) is a National Charity providing a service in West Kent supporting victims and their families at risk of stalking and harassment. The Charity provides: Information, support and advice to victims of stalking and harassment, Support to victims through the Civil and Criminal Justice System, Training to professionals and work with organisations to improve knowledge and understanding of stalking and harassment.

Wellbeing Community Projects

D’Vine Singers (singing for fun and wellbeing)

07967 442935

nicolawhydenbach@yahoo.co.uk

Was set up in 2015 as part of a West Kent research study, which confirmed the benefits of singing on mental wellbeing. The group continues to offer singing sessions for Sevenoaks residents with mental health problems and others who enjoy singing in a supportive group. They meet weekly in term-time for a session of community singing – open to all without the need to read music.

Pop Up Pop In Coffee Mornings

01732 454108

suelarken@ageuksevenoaksandtonbridge.org.uk

www.ageuk.org/sevenoaksandtonbridge/activities-and-events/pop-in-teacoffeemornings/

Area – Surrounding areas of Sevenoaks and Tonbridge

A coffee morning with a difference providing the opportunity to socialise over refreshments and learn exercises to help improve balance, stability and strength. For further details of times and venues, please phone or visit the website provided.

Rural Kent Coffee and Information Project

coffeeproject@ruralkent.org.uk

www.ruralkent.org.uk/coffeeproject

Area – Across Kent and Medway

A mobile pop-up café and information hub helping to tackle isolation and loneliness in Kent’s rural communities, by providing an informal venue for residents to get together for free tea, coffee, cake and chat. The hub displays a wealth of information about the services available to residents.

Youth Centres, Services & Projects

Community Activity Teams (CATS)

07983 603716

Area – Hartley, New Ash Green, South Darenth & Horton Kirby and West Kingsdown

CATS is a mobile youth service operating across Kent. They are working with KCC to bring a broad range of activities and youth work sessions that also provide support and advice on any issues. Through youth work sessions, CATs can support youth to communicate effectively, develop self-confidence and determination, learn to manage feelings and relationships and develop creativity and problem solving skills.

Dunton Green Youth Projects

01732 462966

Dunton Green Parish Council Facebook:

www.duntongreenpc.org.uk

There is a wide range of youth activities that young people can get involved in, including movie nights, free football training and street dance.

HOUSE in the Basement

01732 466593

Area – Stag Community Arts Centre, Sevenoaks & surrounding areas

Is a café for young people aged 11-18. Facilities include free Wi-Fi, the use of computers, iPads, Wii, X-Box 360 and a PS3. Offering a warm and safe environment for young people to hang out with friends or chat to Youth Workers. Members have access to a free bus pass for the Number 8 bus. There are cooking facilities, Open Mic Nights and HOUSE in the Basement is registered with the “get it” condom scheme.

Imago Short Breaks

0300 111 1110

www.imago.community/Childrenand-Young-People/Short-Breaks-Service

Supporting children and young people with disabilities to take part in centre or community based activities across Kent. 8-15 years- youth café- fun games and activities- practical learning opportunities to develop confidence and participation. Held fortnightly during term time for 2 hours and with sessions during the school holidays. 15-19 years- Saturday club- activities based around life skills, transition and local community. The monthly Saturday club includes holiday sessions.

Kent County Council Sexual Health

www.kent.gov.uk/social-care-andhealth/health/sexual-health

Area – Across Kent

For guidance on relationships, sexual and emotional health, list of your local sexual health services, order a home chlamydia or HIV test kit and more, please visit the website provided.

Kent Young Carers

0300 111 1110

info@kentyoungcarers.org.uk

www.imago.community/Childrenand-Young-People/Short-Breaks-Service

Area – Across Kent

Support all young carers aged 5 – 18 across Kent with information, advice, social activities and individual support. Kent Young Carers gives young carers the opportunities to socialise with other young carers.

Kent Youth County Council

kycc@kent.gov.uk

www.kent.gov.uk/kycc

Area – across Kent, including Sevenoaks District

Kent Youth County Council members represent young people in their area. They help to voice their opinions and bring about change. To stand for election as a member of KYCC you have to: Be 11-18 years' old, Live, go to school or work in Kent, Tell us what you want to campaign on and why people should vote for you. Elections are held every November. More details are available on the website at www.kent.gov.uk/kycc

SAYT – Sevenoaks Area Youth Trust

07763 364185

info@sayt.org.uk

www.sayt.org.uk

Area – Sevenoaks Town and surrounding villages

A Christian youth work charity meeting young people in Sevenoaks Town and surrounding villages – working on the streets, in school and in House in the Basement.

Sevenoaks Youth Council

01732 459953

council@sevenoakstown.gov.uk

www.sevenoakstown.gov.uk

Area – Sevenoaks Town and surrounding villages

Sevenoaks Youth Council represents young people locally and helps them voice their opinions. Youth Councillors discuss any issues youth have from Sevenoaks and ideas how to make Sevenoaks better for their peers. All local young people may attend meetings to raise/bring forward change. For further information about free music lessons and Open Mic Nights in February, March, May and June at The House in the Basement Youth Café, please do get in touch.

The Mix0808 808 4994

www.themix.org.uk

Area – Nationwide

Support service for young people aged 25 and under. Support is provided if you are facing any challenge – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Support is provided online and the confidential hotline.

West Kent 8-12s Clubs

01732 749420

youthservices@wkha.org.uk

www.westkent.org/yourcommunity/our-communityservices/young-people

Area – Dunton Green, Sevenoaks, Swanley, West Kingsdown, New Ash Green

The project aims to support local children who benefit from additional support with social and/or emotional needs. Children are referred to the project by their school or parents. The projects provide weekly, low-cost, locally based activities in a safe environment and the activities provide a mixture of physical, creative and educational workshops for the children to enjoy and learn new skills. (8-12s Dunton Green Project is funded by Sevenoaks District Council)

West Kent Youth Services

01732 749420

youthservices@wkha.org.uk

www.sevenoaks.gov.uk

Area – Dunton Green, Sevenoaks, Swanley, West Kingsdown, New Ash Green

West Kent has been commissioned by Kent County Council to deliver youth services across the district for the next five years. Please contact Charlotte Ede on charlotte.ede@wkha.org.uk for information about what is happening in Sevenoaks District.

Youth Forums & Meetings

03000 418155

www.kent.gov.uk/kycc

Area – Across Kent

Local youth forums and meetings provide the opportunity for young people to get their voice heard.