

# Your local services

February 2022

# Contents

Useful contacts.....	3
Adult health.....	6
Carers .....	10
Debt Finance & Legal Advice .....	12
Dementia cafés.....	14
Domestic abuse.....	15
Extreme weather & emergencies .....	18
Family support.....	20
Early help.....	23
Other family support services .....	25
Food banks.....	28
Gambling support .....	30
Housing & homelessness.....	31
Learning disabilities .....	36
Mental health.....	39
Older people .....	45
Relationships.....	50
Smoking .....	52
Stalking support .....	53
Substance misuse.....	54
Transport (Community).....	55
Volunteering .....	57
Wellbeing community projects .....	59
Youth centres, services & projects.....	62

## Useful contacts

### Childline

0800 1111

Childline is here to help anyone under 19 in the UK with any issue they are going through. You can talk about anything. Whether it is something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. You can talk to us.

### Crimestoppers

0800 555 111

Give information and stay anonymous.

### Domestic Abuse

0808 2000 247

24-hour National Domestic Violence helpline.

### Funding for All (Consortium member of Stronger Kent Communities)

Provides free mentoring support to Kent's voluntary/community sector.

[info@fundingforall.org.uk](mailto:info@fundingforall.org.uk)

[www.fundingforall.org.uk](http://www.fundingforall.org.uk)

### Kent Dementia Helpline

0800 500 3014

Kent Dementia Helpline is a confidential freephone service for people with dementia, their carers, families and friends. They can send out literature, source information, make calls on their behalf and call back with the information requested. Outside of these hours they are there to listen and offer emotional support.

### Kent Community Warden Service

07773 396677

This service supports the elderly and vulnerable, and works with communities to foster a sense of cohesion and wellbeing.

## Kent Fire & Rescue

Emergency: 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.

[home@kent.fire-uk.org](mailto:home@kent.fire-uk.org)

[www.kent.fire-uk.org](http://www.kent.fire-uk.org)

## Kent Police

Urgent: 999

Non-Urgent: 101

Protecting the public from harm and working with the public and partners to keep Kent safe.

## Mental Health Crisis Resolution Team

0300 222 0123

## Mind (Mental Health Charity)

0300 222 0123

This service provides advice and support to empower anyone experiencing a mental health problem. Its campaign to improve services, raise awareness and promote understanding.

## Non-Emergency Medical Advice

111

111 can tell you:

Where to get help for your symptoms, if you're not sure what to do, how to find general health information and advice, where to get an emergency supply of your prescribed medicine, how to get a repeat prescription.

## Register Births, Deaths and Marriages

Currently not all locations that were previously open are currently available for registrations. Please note that the legal requirement to register your baby within 42 days has been relaxed.

Due to the current situation with coronavirus, it is not possible to book an appointment to register a death in person. Instead, death registrations will be carried out by telephone.

## Report Abuse (Children or Vulnerable Adult)

Children's Duty Team: 03000 41 1111

Out of Hours: 0300 41 91 91

Adult's Duty Team: 03000 41 6161

Out of Hours: 03000 41 91 91

Staff available 24 hours a day, 7 days a week to talk to you about your worries.

## Samaritans

116 123

Samaritans is not only for the moment of crisis, it is taking action to prevent the crisis. It gives people ways to cope and the skills to be there for others. In addition, it encourages, promote and celebrate those moments of connection between people that can save lives. It offer listening and support to people and communities in times of need.

## Sevenoaks District Community Safety Unit

01732 227000

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

## Sevenoaks District Council

01732 227000

Local authority provide a wide range of services.

## Adult health

### Adult Weight Management – Why Weight

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 but you can leave a message.

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

Due to coronavirus, the service has changed face-to-face support to online groups through video call.

### Alzheimer's Society

0300 222 11 22

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

### Arthritis Research Campaign

01732 454862

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 UK (Sevenoaks)

0300 123 1865

Cancer Research is 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 across all age groups. They are keeping their focus on understanding the biology of cancer so they can use this knowledge to save more lives.

### Community Navigation Social Prescribing

0300 011 1965

Social Prescribing is a new Department of Health funded service delivered by Imago in partnership with the NHS DGSS Clinical Commissioning Group. The service offers short-term intervention and support to adults with complex health and social care needs, including those being discharged from hospital, linking with local services and organisations to provide ongoing help such as housing, finance, form filling, home safety, aids and adaptations,

Telecare, befriending, social activities, transport, domestic support, respite and domiciliary care.

## Diabetes UK Tunbridge Wells, Tonbridge and Sevenoaks Group

01732 447055

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.

## Easy Netball for adults

01732 227000

[www.sevenoaks.gov.uk/netball](http://www.sevenoaks.gov.uk/netball)

[communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk)

Community netball sessions are for females over 14 years old that are ideal for a complete beginners, those who haven't played in a while or anyone wanting to get together with like-minded friends or family, mums daughters and aunties are all invited. Our sessions are quite informal and very friendly, great way to get fit and try a new sport.

## Every Step Counts

07899 985196

Every Step Counts is a gentle, supportive walking group based in the Sevenoaks area. These free, well-being walks are for people who would like to get outside, chat and meet new people at the same time as improving or maintaining their fitness. The group walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. As these walks are specifically for those who are less active the length and the speed of the walk will vary to accommodate our walkers' differing abilities and needs

## Health Walks

01732 227000

Health Walks are a 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.

## **Involve Kent – Community Navigation and Community Navigation for Carers**

03000 810005

For those over 55 or under 55 and frail and/or have complex health conditions. The Community Navigators can help residents to access and understand the services available to them. Community Navigators can support those who are caring for a family member or friend unpaid and offer Carers assessments.

## **Leukaemia Research Fund (Sevenoaks Branch)**

01732 457594

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.

## **Live Well Kent**

0800 567 7699

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

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.

## **One You Your Home Service**

07864 959141/07743 450164

Sevenoaks One You Your Home Service can offer support with Social Isolation and loneliness, Equipment or adaptations for your home, Emotional Well-being, Poor health linked to housing or housing conditions.

We can contact you to make a holistic assessment to explore what is important to you and your well-being and to enable you to access activities and/or local support that could improve your health and well-being.



## **Sevenoaks Blind Social**

01622 691357

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

## **Sexual Health Clinic**

0300 790 0245

For contraceptive services clinics, young people clinics and emergency contraception

## **Swanley Community Day Service**

03000 421 252

The day service is for people with learning disabilities. There is a large choice of activities to suit people of all abilities. This could be: making friends and socialising, learning new skills, arts and crafts, sport and leisure classes and visiting local places of interest.

## **Swanley Therapy Centre**

01322 663042

The Centre established to provide Oxygen Therapy to adults with Multiple Sclerosis in Southeast London and Kent and provide a focal point for developing a number of complimentary wellbeing services. The centre offers socialisation for members, provides mutual support, and 'expert by experience' advice to adults.

## Carers

### Carers Direct

0808 802 0202

Free, confidential advice for carers, who need help because of their illness, frailty or disability. Calls are free from UK landlines and mobiles or you can request a free call back.

### Crossroads

0845 900 3735

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

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

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

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

### Imago – Wellbeing Matters Community Navigations & Adult Carer Support

0300 111 1965

Community Navigators provide tailored support to Adult carers and Adults over 55 or those over 18 with complex needs. This includes individuals being discharged from hospital. Community Navigators carry out holistic assessments and statutory Carers Assessments, provide information, advice and guidance and link people with local opportunities, activities

and services to improve welfare and wellbeing. There are opportunities for Carers to get together at social groups, activities and training.

## **Kent Young Carers**

0300 111 1110

Kent Young Carers is the countywide service for young carers aged 5 to 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; as well as a range of social respite activities

## **Kinship Carers**

Offers knowledge, experience and friendship.

# Debt Finance & Legal Advice

## Citizens Advice

Edenbridge & Westerham

0808 278 7962

[enquiries@edenbridgecab.cabnet.org.uk](mailto:enquiries@edenbridgecab.cabnet.org.uk)

<https://www.citizensadvice.org.uk/local/edenbridge-and-westerham/>

North & West Kent (Sevenoaks & Swanley)

0808 278 7810

[advice@nwkent.cab.org.uk](mailto:advice@nwkent.cab.org.uk)

<https://www.citizensadvice.org.uk/local/north-west-kent/>

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

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.

[www.crosslightadvice.org](http://www.crosslightadvice.org)

## HERO Advice Service

0732 227000

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

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.

## **National Career Service**

0800 100 900

The National Careers Service provides free, professional impartial advice and guidance to anyone aged 13+ and living in England. Services include:

- Skills assessments
- Identifying online training opportunities
- Exploring new qualifications
- Reviewing and updating CVs

## **West Kent Financial Wellbeing Services**

01732 749400

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

## **West Kent Works**

Its training and employment team can help with creating a CV, job applications, finding work placements, apprenticeships and volunteer roles, training courses, interview skills etc.

# Dementia cafés

## Alzheimer's Dementia Support Services Memory Cafes

01474 533990

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. For information on time and venue in each location, please contact via telephone.

## Alzheimer's Society Dementia Cafe

01892 835498

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

## Down Memory Lane

01732 743056

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

## Forget-Me-Not-Cafés – Edenbridge, Hildenborough and Knole

07805 367268

## Forget-Me-Not-Café – Westerham

01959 562147

## Forget-Me-Notes Sing-a-long with a cuppa

01732 447055

The Forget-me-not Café - 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, The Good Care Group, All about Home Care, Weald Heights, Home Instead Senior Care Sevenoaks Area Dementia Friendly Community Forum, Westerham Town Council, Knole National Trust, and St John's Centre (Hildenborough).

Each café will have a variety of activities with existing local groups, such as music, arts, crafts and social groups.

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.

# Domestic abuse

## Choices

0800 917 9948

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

## DeafHope

07970 350366

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 Service in Kent & Medway

0808 168 9276

- 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 proceeding
- Emergency welfare assistance for clients in crisis (food, energy, travel)

## Domestic Abuse Volunteer Support Service (DAVSS)

01892 570538

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

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

## The Domestic Violence Intervention Project (DVIP)

0207 928 4620

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

This confidential helpline run by Hourglass (working name of Action on Elder Abuse) 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

Family Matters is a registered Charity that provides free specialist support services for all survivors of rape and sexual abuse in Kent. It provides face to face therapy at various venues across Kent. The therapy service is also available for adults and children in the London Borough of Bexley. Family Matters offers an Independent Sexual Violence Advisors service to residents of Kent providing emotional and practical support tailored to the needs of the survivor. Family Matters also has a national helpline offering information and support to professionals or anyone affected by rape or sexual abuse.

## Freedom Programme

01892 502073/4

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

## London LGBT Anti Violence Helpline

0207 704 2040

Advice and support for LGBT+ people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. Also support lesbian, gay, bi and trans people who have had problems with the police or have questions about the criminal justice system. This helpline is run by Galop who are a completely independent community led group

## Men's Advice Line

0808 801 0327

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

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

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)

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

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

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

A charity supporting anyone experiencing domestic abuse.

# Extreme weather and emergencies

## Age UK Sevenoaks & Tonbridge

01732 454108 / 0800 678 1602

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.

## Sevenoaks District Council

01732 227000

- Dangerous structures
- Dangerous trees
- Flooding and other major emergencies
- Noise
- Licensing issues
- Fumes
- Other emergency environmental health issue

## Floodline

0345 988 1188 (24 hour service)

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)

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

## National Grid

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

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

Visit the website to find out more about what is safe and not safe to do near overhead power lines and underground cables.

[National Grid emergency webpage](#)

## Report Flooding – Road and Public drain flooding

03000 41 81 81 (Monday – Friday 9am to 5pm) 03000 41 91 91 (outside of office hours)

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

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)

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

### Edenbridge Children's Centre

03000 42 09 95

Many fun activities for parents and children to 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.

### Evolve

0300 111 110

This new Imago service is funded by BBC Children in Need and supports Young Carers and their siblings with disabilities. Evolve enables Young Carers to get the right help at the right time through a variety of support and activities for the Young Carer, disabled brother or sister and the family. The programme includes family support meetings, one-to-one support for Young Carers, signposting to activities for disabled children, and support in schools.

### Family Lives

0203 727 3571

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.

### Friends for Families

Provide direct, practical assistance to people who have been identified by Children's Services as needing help which can't be provided by central or local government.

### Gingerbread

0207 428 5400

A charity working with single parent families providing advice, practical support and campaigns for single mum and dads.

### Internet Matters

An organisation helping to keep children safe in the digital world.

## **New Ash Green Children's Centre**

01474 872411

Lots of fun activities for parents and children to 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.

## **Sevenoaks Child Contact Centre**

07951 862313

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**

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

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

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.

## **Swanley Children's Centre**

03000 42 09 95

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 Centre – Regular Health Visitor Clinics

03001 23 31 68

Regular Health Visitor Clinics where parents can attend to monitor their child's health. Children will be weighed and monitored and parents can ask advice on many subjects including sleep, feeding and weaning.

## West Kingsdown's Children Centre

01474 854624

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.

Open Tuesday, Wednesday and Thursday.

## Early help

### Childcare Advice Line

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

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)

3000 41 04 15 (Monday to Wednesday) and 3000 41 04 15 (Wednesday to Friday)

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

03000 417704 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](mailto:anne.vickers2@kent.gov.uk)

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

07834 764288

Offers educational home visits for pre-school children: Additional needs or disabilities. 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

[KCC early years webpage](#)

Some two year olds can get up to 15 hours of free childcare each week for 38 weeks a year. This is a national scheme.

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

## Registering a Birth

03000 41 51 51 (for Kent)

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

### ellenor

01474 320007

[info@ellenor.org](mailto:info@ellenor.org)

[www.ellenor.org](http://www.ellenor.org)

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

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.

### Family and Childcare Trust

020 7940 7510

[info@familyandchildcaretrust.org](mailto:info@familyandchildcaretrust.org)

[www.familyandchildcaretrust.org](http://www.familyandchildcaretrust.org)

Family and Childcare Trust aims to make the UK a better place for families, through research, campaigning and information provision, working with government, employers and parents to reduce pressures on family life.

### Kent Children and young people's Mental Health

0300 123 4496

[www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health](http://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health)

The Kent Children and Young People's Mental Health Services (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). CYPMHS offers 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, sign-posting 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

01622 863 291

[info@kentfriendz.org.uk](mailto:info@kentfriendz.org.uk)

<https://symbolconnect.co.uk>

Kent Friendz a service of The Symbol Trust - provides opportunities for recreation and education through activities, with the aim of improving lifestyle for people with disabilities. 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 trips out in the community for those with learning and complex disabilities

## Kent Family Mediation Service

01795 410457

[contact@kentfms.co.uk](mailto:contact@kentfms.co.uk)

[www.kentfms.org.uk](http://www.kentfms.org.uk)

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

## Kent Safeguarding Children Board

03000 41 11 11 (to report child abuse)

[social.services@kent.gov.uk](mailto:social.services@kent.gov.uk)

[www.kscb.org.uk/home](http://www.kscb.org.uk/home)

Provides information and advice for professional people who work with children in Kent. Has multiple groups that monitor, legislate and advice on all aspects of safeguarding for children.

If you are worried about a child, please do report it

## Making Miracles

07921 333003

[kelly@makingmiracles.org.uk](mailto:kelly@makingmiracles.org.uk)

[www.makingmiracles.org.uk](http://www.makingmiracles.org.uk)

Making Miracles, Baby Trauma and Bereavement Care

Professional Counselling

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 are received 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.

#### Trauma & Bereavement Care

Baby trauma and bereavement care is provided to the whole family through their own journey, this includes parents, siblings and grandparents.

Please find out more about the Baby Memorial Garden, Keepsake Collection and published children's book "The Baby"

#### In-House Support Team

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.

## We are Beams

01322 668501

[admin@wearebeams.org.uk](mailto:admin@wearebeams.org.uk)

[www.wearebeams.org.uk](http://www.wearebeams.org.uk)

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.

## Food banks

### Apetito Meal Delivery

01622 717155

[www.apetito.co.uk](http://www.apetito.co.uk)

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

### Edenbridge Food Bank

01732 865368

[townclerk@edenbridgetowncouncil.gov.uk](mailto:townclerk@edenbridgetowncouncil.gov.uk)

For information about this service, please contact Edenbridge Town Council.

### Healthy Start Vouchers

0845 607 6823

[Healthy Start website](#)

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. To find out more please visit the website.

### Kent Support & Assistance Service (KSAS)

[ksas@kent.gov.uk](mailto:ksas@kent.gov.uk)

[Kent Support & Assistance Service webpage](#)

Kent Support & Assistance Service (KSAS) is available to support residents if they are facing exceptional pressures because of an emergency, crisis or if your household has been affected financially as a direct result of the COVID-19 pandemic. KSAS may be able to offer short term help, with supermarket vouchers for groceries and goods for young people (such as nappies and formula), clothing and energy vouchers and household appliances to households who have no other means of support

### Loaves & Fishes Food Bank

[sevenoaksfoodbank@gmail.com](mailto:sevenoaksfoodbank@gmail.com)

[Loaves & Fishes website](#)

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

## Swanley Food Bank

07798 872573

[info@swanleydistrict.foodbank.org.uk](mailto:info@swanleydistrict.foodbank.org.uk)

<https://swanleydistrict.foodbank.org.uk>

For more information about this service, please contact Swanley Food Bank directly

## The Hygiene Bank

[thbsevenoaks@gmail.com](mailto:thbsevenoaks@gmail.com)

[www.thehygienebank.com](http://www.thehygienebank.com)

Grassroots charity, supporting people in crisis and those struggling on a low income to tackle hygiene poverty. For more information about this service, please contact The Hygiene Bank directly.

## Westerham Food Bank

01959 562058 or 01959 562147

[westerhamfoodbank@gmail.com](mailto:westerhamfoodbank@gmail.com)

Description:

For more information about this service, please contact Westerham Food Bank directly.

# Gambling support

## Gamcare

0808 8020 133

[info@gamcare.org.uk](mailto:info@gamcare.org.uk)

[www.gamcare.org.uk](http://www.gamcare.org.uk)

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

## National Gambling Helpline

0808 8020 133

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

**Edenbridge & Westerham**

03000 422888

[edenbridge@cabnet.org.uk](mailto:edenbridge@cabnet.org.uk)

[Citizens Advice Edenbridge and Westerham website](#)

## Sevenoaks and Swanley (North & West Kent)

0808 278 7810

[advice@nwkent.cab.org.uk](mailto:advice@nwkent.cab.org.uk)

[Citizens Advice Sevenoaks and Swanley website](#)

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.

## Council Tax Support

01732 227000

[www.sevenoaks.gov.uk/counciltax](http://www.sevenoaks.gov.uk/counciltax)

Council Tax support is a 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.

## HERO Advice Service

01732 227000

[hero@sevenoaks.gov.uk](mailto:hero@sevenoaks.gov.uk)

[www.sevenoaks.gov.uk/hero](http://www.sevenoaks.gov.uk/hero)

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](mailto:info@homelesslink.org.uk)

[www.homeless.org.uk](http://www.homeless.org.uk)

Search for hostels and homelessness services in England

## Housing Advice Team

01732 227000

[housing@sevenoaks.gov.uk](mailto:housing@sevenoaks.gov.uk)

[www.sevenoaks.gov.uk/housing](http://www.sevenoaks.gov.uk/housing)

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, and housing need/affordable housing development opportunities and self-build/custom build homes.

## Housing Benefit Team

01732 227000

[benefits@sevenoaks.gov.uk](mailto:benefits@sevenoaks.gov.uk)

[www.sevenoaks.gov.uk/benefits](http://www.sevenoaks.gov.uk/benefits)

Housing benefit 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](http://www.housingcare.org)

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

## Lookahead

0207 368 4600

[getintouch@lookahead.org.uk](mailto:getintouch@lookahead.org.uk)

[www.lookahead.org.uk](http://www.lookahead.org.uk)



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.

## **MacIntyre (Learning Disability Supported Housing)**

01908 230100

[hello@macintyrecharity.org](mailto:hello@macintyrecharity.org)

[MacIntyre website](#)

Provide supported living services to promote independence for young people and adults who have a learning disability and/or autism

## **Moat**

0845 600 1006

[customer@moat.co.uk](mailto:customer@moat.co.uk)

[www.moat.co.uk](http://www.moat.co.uk)

Housing association providing affordable homes and services for people in housing need

## **Orbit**

0800 678 1221

[info@orbit.org.uk](mailto:info@orbit.org.uk)

[www.orbit.org.uk](http://www.orbit.org.uk)

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

## **Porchlight (Homelessness)**

0800 567 7699

[headoffice@porchlight.org.uk](mailto:headoffice@porchlight.org.uk)

[www.porchlight.org.uk](http://www.porchlight.org.uk)

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 Home**

[www.carehome.co.uk](http://www.carehome.co.uk)

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](http://www.england.shelter.org.uk)

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

## Supported Housing (Kent County Council)

03000 416161 (Monday to Friday 9am to 5pm) 03000 419191 (out of office hours – for emergencies only)

[social.services@kent.gov.uk](mailto:social.services@kent.gov.uk)

[Kent County Council supported housing webpage](#)

For help to find a new home which gives you the support you need to live a more independent life. Speak to your caseworker or contact for an assessment if you feel you have a need for supported housing.

## The BeYou Project

07734595307

[Beyou@porchlight.org.uk](mailto:Beyou@porchlight.org.uk)

<https://thebeyouproject.co.uk>

The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. It offers a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other. It also provide some 1-2-1 support and support for the families and carers of LGBT+ / Gender diverse young people.

## The Bridge Trust (Homelessness)

01732 368363

[info@thebridgetrust.org.uk](mailto:info@thebridgetrust.org.uk)

[www.thebridgetrust.org.uk](http://www.thebridgetrust.org.uk)

The Bridge Trust provides life-changing services to homeless people to help prevent them from falling back into homelessness. The Bridge Trust supports adults of any gender from 18 years old up to retirement age. Application to their service is via Kent Homeless Connect: [www.porchlight.org.uk/kent-homeless-connect](http://www.porchlight.org.uk/kent-homeless-connect)

## **Rethink (Mental Health Supported Housing)**

01215 227007/01732 742351

[info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)

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

## **The Hygiene Bank**

[thbsevenoaks@gmail.com](mailto:thbsevenoaks@gmail.com)

[www.thehygienebank.com](http://www.thehygienebank.com)

Grassroots charity, supporting people in crisis and those struggling on a low income to tackle hygiene poverty. For more information about this service, please contact The Hygiene Bank directly.

## **West Kent Housing Association**

Payment line: 01732 749442

For any other urgent enquiries:

01732 749400 between 8.45am and 5:15pm Monday to Thursday and 8.45am and 4.45pm on Fridays

[help@wkha.org.uk](mailto:help@wkha.org.uk)

[www.westkent.org](http://www.westkent.org)

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](mailto:social.services@kent.gov.uk)

[www.kent.gov.uk/social-care-and-health](http://www.kent.gov.uk/social-care-and-health)

Those with care and support needs 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](mailto:info@avenuesgroup.org.uk)

[www.avenuesgroup.org.uk](http://www.avenuesgroup.org.uk)

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)

HFT (learning disabilities support)

01732 782700

[hftkentnorth@hft.org.uk](mailto:hftkentnorth@hft.org.uk)

[www.hft.org.uk](http://www.hft.org.uk)

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](mailto:iask@kent.gov.uk)

[www.kent.gov.uk](http://www.kent.gov.uk)

Service to 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](http://www.kentautistictrust.org)

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

## **Kent Pathways Service**

03000 41 61 61

[kentpathwaysservice@kent.gov.uk](mailto:kentpathwaysservice@kent.gov.uk)

[Kent Pathways Service webpage](#)

The Kent Pathways Service 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 it is free of charge to have support from a Kent

Pathways Service worker

## **Mencap**

0808 808 111 (8am – 6pm Mon – Fri)

[helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

[www.mencap.org.uk](http://www.mencap.org.uk)

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

## **SNAAP (Special Needs Advisory & Activities Project)**

01227 367555

[info@snaap.org.uk](mailto:info@snaap.org.uk)

[www.snaap.org.uk](http://www.snaap.org.uk)

An organisation 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](mailto:admin@wearebeams.org.uk)

[www.wearebeams.org.uk](http://www.wearebeams.org.uk)

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.

# Mental health

## Anxiety UK

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

[support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Anxiety UK is a 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

## CALM (Campaign Against Living Miserably)

0800 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net)

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 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net)

A pregnancy crisis counselling service for pregnancy and post abortion support.

## Crisis Resolution Home Treatment Team (NHS)

0300 222 0123

[Crisis Resolution Home Treatment webpage](#)

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.

## D'Vine Singers

07708 237415

[jacky.hintze@outlook.com](mailto:jacky.hintze@outlook.com)

The group offers singing sessions for residents with mental health problems and others who enjoy singing in a supportive group. The D'Vine Singers meet weekly in term-time for a session of community singing – open to all without the need to read music

## Kent & Medway (Mental Health Services)

0300 222 0123

[www.kmpt.nhs.uk](http://www.kmpt.nhs.uk)

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](mailto:info@liveitwellkent.org.uk)

[www.liveitwell.org.uk](http://www.liveitwell.org.uk)

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 Youth Mental Health Information Hub (NHS)

[Live Well Youth Mental Health webpage](#)

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' self-assessment tool.

## Mental Health Matters

0800 107 0160 (24/7 service)

[Mental Health Matters](#)

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
- They may be caring for another person and finding it hard to cope.

## Psychological Therapies (IAPT)

0300 012 0012

[www.thinkaction.org.uk](http://www.thinkaction.org.uk)

Psychological therapies are 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 the website's 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 led by ThinkAction.

## Reachout Adults

07989 219185

[jillg@mentalhealthresource.org.uk](mailto:jillg@mentalhealthresource.org.uk)

[www.twmhr.org.uk](http://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

## Reachout Youth

07545 208899

[annas@mentalhealthresource.org.uk](mailto:annas@mentalhealthresource.org.uk)

[www.mentalhealthresource.org.uk/reach-out-youth](http://www.mentalhealthresource.org.uk/reach-out-youth)

Youth groups bring young people together to reduce stigma, share stories, develop coping strategies and make friends. These groups are facilitated by trained staff and volunteers and provide a venue to share what is troubling you.

## Release the Pressure

0800 107 0160

[Release the Pressure webpage](#)

Highly experienced and trained team to provide confidential support.

## Rethink

0300 5000 927

[info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)

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

## Samaritans

08457 909090

[www.samaritans.org](http://www.samaritans.org)

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](mailto:info@sane.org.uk)

[www.sane.org.uk](http://www.sane.org.uk)

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

## Sevenoaks Counselling

01732 450118

[info@sevenoakscounselling.org.uk](mailto:info@sevenoakscounselling.org.uk)

[www.sevenoakscounselling.org.uk](http://www.sevenoakscounselling.org.uk)

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. 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](mailto:thelewisproject@outlook.com)

[www.thelewisproject.org.uk](http://www.thelewisproject.org.uk)

The Lewis Project 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](http://www.addaction.org.uk)

01233 639383

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'

## Reachout Project Mental Health Resources

07989 219185

[jillg@mentalhealthresource.org.uk](mailto:jillg@mentalhealthresource.org.uk)

[www.mentalhealthresource.org.uk](http://www.mentalhealthresource.org.uk)

Mental health resources.

## The Hub Tunbridge Wells

07526 203899

[hub@mentalhealthresource.org.uk](mailto:hub@mentalhealthresource.org.uk)

[www.mentalhealthresource.org.uk](http://www.mentalhealthresource.org.uk)

The Hub is our friendly vibrant wellbeing centre, located in Tunbridge Wells and is open to all adults with emotional or mental health needs.

The Hub offers a safe space to talk and plenty of wellbeing activities, which are all completely free to access and are all designed to boost confidence & self-esteem.

The Hub is working in partnership with Crossways Community to deliver socially distanced face to face support for existing Hub clients only.

## West Kent Mind

01732 744950/ 0300 123 3393 for national mind or text 86463

[hello@westkentmind.org.uk](mailto:hello@westkentmind.org.uk)

[www.westkentmind.org.uk](http://www.westkentmind.org.uk)

West Kent Mind (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.

## North Kent Mind

01322 291380

[admin@northkentmind.co.uk](mailto:admin@northkentmind.co.uk)

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)

North Kent Mind (NKM) is an independent mental health charity operating in North Kent providing a wide range of services for people who experience mental health problems. NKMind works with people individually or in small or large groups.

## #Stay Alive

Download the app on Google Play or the App Store

[#Stay Alive webpage](#)

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

# Older people

## Age UK Sevenoaks & Tonbridge

01732 454108

[office@ageuksevenoaksandtonbridge.org.uk](mailto:office@ageuksevenoaksandtonbridge.org.uk)

[www.ageuksevenoaksandtonbridge.org.uk](http://www.ageuksevenoaksandtonbridge.org.uk)

Age UK Sevenoaks and Tonbridge 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](mailto:office@ageuksevenoaksandtonbridge.org.uk)

[www.ageuksevenoaksandtonbridge.org.uk](http://www.ageuksevenoaksandtonbridge.org.uk)

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](mailto:admin@befriendingkent.org.uk)

[www.befriendingkent.org.uk](http://www.befriendingkent.org.uk)

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](mailto:kentandsussex@redcross.org.uk)

[www.redcross.org.uk/nearyou](http://www.redcross.org.uk/nearyou)

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.

## Community Navigation Social Prescribing

0300 011 1965

[navigation@imago.community](mailto:navigation@imago.community)

[Community Navigation Social Prescribing website](#)

Social Prescribers support Adults, living in Dartford, Gravesham and Swanley who have complex health and social care needs or who are being discharged from hospital. Social Prescribers will provide information, advice and guidance and connect people with community resources and support services to meet their health and social care needs. Support is provided for up to 12 weeks through community or home visits, telephone and email. Peer volunteers will work alongside Social Prescribers to mentor and support individuals to make changes, access services, and connect with others; supporting the development of confidence, self-esteem and resilience.

## Housing Care

[www.housingcare.org](http://www.housingcare.org)

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.

## Imago – CAMEO (Come and Meet Each Other)

0300 011 1965

[navigation@imago.community](mailto:navigation@imago.community)

[www.imago.community](http://www.imago.community)

CAMEO (Come and Meet Each Other) project is working with people over 50, living in Dartford, Gravesham and Swanley, who are socially isolated or experiencing loneliness due to changing life circumstances. CAMEO offers a 12-week programme of activities with sessions on topics such as healthy living, personal finances, and volunteering and community services. Cameo is a great opportunity for people to make new friends, meet others who have experienced similar circumstances and to feel better connected to their community

## Independent Age

0800 319 6789

[advice@independentage.org](mailto:advice@independentage.org)

[www.independentage.org](http://www.independentage.org)

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](mailto:sevenoakslibrary@kent.gov.uk)

[www.kent.gov.uk/volunteering](http://www.kent.gov.uk/volunteering)

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

## Involve Kent – Community Navigation and Community Navigation for Carers

03000 810005

[communitynavigation@involvekent.org.uk](mailto:communitynavigation@involvekent.org.uk)

[www.involvekent.org.uk](http://www.involvekent.org.uk)

For those over 55 or under 55 and frail and/or have complex health conditions. The Community Navigators can help residents to access and understand the services available to them. Community Navigators can support those who are caring for a family member or friend unpaid and offer Carers assessments.

## North West Kent Age UK

General enquiries: 01474 564898 (Gravesend) and 01322 226496 (Dartford)

[community.services@ageuknorthwestkent.org.uk](mailto:community.services@ageuknorthwestkent.org.uk)

[www.ageuk.org.uk/northwestkent](http://www.ageuk.org.uk/northwestkent)

North West Kent Age UK provides a range of Community Services to support older people. The services includes, a toe and fingernail cutting services, assisted bathing, fresh meals delivery, transport to and from home to Age UK Day Centres and social, health and wellbeing activities. Please contact North West Kent Age UK for further information.

## One You Your Home Service

07864 959141/07743 450164

[healthyliving@sevenoaks.gov.uk](mailto:healthyliving@sevenoaks.gov.uk)

[www.sevenoaks.gov.uk/oneyou](http://www.sevenoaks.gov.uk/oneyou)

Sevenoaks One You Your Home Service can offer support with Social Isolation and Loneliness Equipment or adaptations for your home, Emotional Well-being, Poor health linked to housing or housing conditions.

We can contact you to arrange a home visit and carry out a holistic assessment to explore what is important to you and your well-being and to enable you to access activities and/or local support that could improve your health and well-being

## Pop Up, Pop In Coffee Mornings

01732 454108

[suelarken@ageuksevenoaksandtonbridge.org.uk](mailto:suelarken@ageuksevenoaksandtonbridge.org.uk)

[Pop Up, Pop In Coffee Mornings webpage](#)

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.

## The Cottage Community

01322 668106

[admin@thecottagecommunity.org.uk](mailto:admin@thecottagecommunity.org.uk)

[www.racdv.org.uk/cottage-day-centre](http://www.racdv.org.uk/cottage-day-centre)

If you're an older person and want to remain active, both physically and mentally, and enjoy yourself by sharing meals, activities, companionship and stimulation.

Its day centre provides hot meals, activities, transport and shopping trips for clients over the state retirement age.

## Sevenoaks District Seniors Action Forum

[www.sdsaf.org.uk](http://www.sdsaf.org.uk)

The 1,000 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

07783 022112

[sheds@activmob.org](mailto:sheds@activmob.org)

[www.kentsheds.org](http://www.kentsheds.org)

Sevenoaks Kent Shed project 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](mailto:info@thesilverline.org.uk)

[www.thesilverline.org.uk](http://www.thesilverline.org.uk)



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](http://www.sevenoaksu3a.org.uk)

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

## **University of the Third Age (U3A) Westerham**

[www.westerhamu3a.org](http://www.westerhamu3a.org)

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 gardening, opera and painting. U3A Westerham offers the choice of 40 different study groups, plus social events for a small annual membership fee.

# Relationships

## Citizens Advice

Edenbridge & Westerham

03000 422888

[edenbridge@cabnet.org.uk](mailto:edenbridge@cabnet.org.uk)

[www.citizensadvice.org.uk/edenbridge-and-westerham](http://www.citizensadvice.org.uk/edenbridge-and-westerham)

Sevenoaks and Swanley (North & West Kent)

0808 278 7810

[advice@nwkent.cab.org.uk](mailto:advice@nwkent.cab.org.uk)

[www.citizensadvice.org.uk/local/noth-west-kent](http://www.citizensadvice.org.uk/local/noth-west-kent)

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.

## Kent Family Mediation Service

01795 410457

[contact@kentfms.co.uk](mailto:contact@kentfms.co.uk)

[www.kentfms.org.uk](http://www.kentfms.org.uk)

An organisation renowned for 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.kent@relate.org.uk](mailto:appointments.kent@relate.org.uk)

[Relate Sevenoaks webpage](#)

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 maybe offered at this location.

## West Kent Mediation

01732 469696

[theoffice@wkm.org.uk](mailto:theoffice@wkm.org.uk)

[www.wkm.org.uk](http://www.wkm.org.uk)

West Kent Mediation 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

## The Beyou Project

07734595307

[Beyou@porchlight.org.uk](mailto:Beyou@porchlight.org.uk)

<https://thebeyouproject.co.uk>

The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. It offers a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other. We also provide some 1-2-1 support and support for the families and carers of LGBT+ / Gender diverse Young people.

# Smoking

## Kent Health & Wellbeing – Stop Smoking

0300 123 1220

[Kent Health & Wellbeing Stop Smoking webpage](#)

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

[Quit smoking website](#)

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.

# Stalking support

## Protection Against Stalking (PAS)

[support@protectionagainststalking.org](mailto:support@protectionagainststalking.org)

[www.protectionagainststalking.org](http://www.protectionagainststalking.org)

PAS is a national charity with a Kent base raising awareness of stalking and providing a local specialist stalking support service. The charity has professionally train volunteers to support victims of stalking who are referred to or contact the charity by telephone or email. The Charity provides:

- listens to clients to properly understand the context in which the stalking behaviour takes place
- assesses the risks being faced, provides on-going safety advice and seamless support through any judicial processes
- works with professionals and organisations to improve knowledge and understanding of stalking to identify and differentiate between stalking and harassment
- provides access to credible and reliable information on stalking and safety planning
- enables clients with complex trauma needs to receive appropriate support
- in partnership with The Cyber Helpline and supported by Look Ahead provide a monthly cyberstalking clinic where victims of stalking meet cyber and stalking experts face to face
- assists businesses to develop workplace policies that support victims of stalking at work.

# Substance misuse

## Alcoholics Anonymous

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

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.

## CGL (West Kent Drug & Alcohol Wellbeing Service)

0330 128 1113

[WestKent.FirstStep@cgl.org.uk](mailto:WestKent.FirstStep@cgl.org.uk)

[www.westkentrecovery.org.uk](http://www.westkentrecovery.org.uk)

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](mailto:enquiry@kenwardtrust.org.uk)

[www.kenwardtrust.org.uk](http://www.kenwardtrust.org.uk)

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

[Alcohol & Drug Support webpage](#)

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

## Transport (Community)

### Age UK Sevenoaks & Tonbridge

01732 454108

[office@ageuksevenoaksandtonbridge.org.uk](mailto:office@ageuksevenoaksandtonbridge.org.uk)

Age UK Sevenoaks, Tonbridge & District operates a minibus service to 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](mailto:transport@compaid.org.uk)

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](mailto:driving@imago.community)

Dial 2 Drive 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 disability. Drivers can be booked for days, evenings or weekends. Annual membership applies and mileage is charged

### Edenbridge Voluntary Transport Service

01732 865353

[admin@evts.org.uk](mailto:admin@evts.org.uk)

Volunteer drivers provide transport to medical appointments for residents of Edenbridge and neighbouring villages who do not have transport of their own and cannot use public transport

### Kent Karrier

03000 413567

[public.transport@kent.gov.uk](mailto:public.transport@kent.gov.uk)

Kent Karrier is 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.

## North West Kent Volunteer Centre

01322 294600

A voluntary driving service for elderly or disabled residents using volunteer drivers, for Swanley and the outlying villages.

## The Cottage Community

01322 668106

[admin@thecottagecommunity.org.uk](mailto:admin@thecottagecommunity.org.uk)

[www.racdv.org.uk/cottage-day-centre](http://www.racdv.org.uk/cottage-day-centre)

If you're an older person and want to remain active, both physically and mentally, and enjoy yourself by sharing meals, activities, companionship and stimulation.

Its day centre provides hot meals, activities, transport and shopping trips for clients over the state retirement age.

## Sevenoaks Buses 4U

01883 732791

[rtp@tandridge.gov.uk](mailto:rtp@tandridge.gov.uk)

[www.buses4u.org.uk](http://www.buses4u.org.uk)

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

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](mailto:W2W@tandridge.gov.uk)

[www.w2wkent.co.uk](http://www.w2wkent.co.uk)

The Kent Wheels 2 Work is a charity run by East Surrey Rural Transport Partnership (ESRTP) Wheels 2 Work 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)

[Children's Centre website](#)

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)

[CAB volunteering webpage](#)

<https://www.citizensadvice.org.uk/local/north-west-kent/volunteer/>

<https://www.citizensadvice.org.uk/local/edenbridge-and-westerham/volunteer/>

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](mailto:homestartnwkent@connect.com)

[www.homestartnwkent.org.uk](http://www.homestartnwkent.org.uk)

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](mailto:volunteering@imago.community)

[www.imago.community](http://www.imago.community)

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](mailto:sevenoakslibrary@kent.gov.uk)

[www.kent.gov.uk/volunteering](http://www.kent.gov.uk/volunteering)

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

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

## **Stronger Kent Communities**

[vcse-support@strongerkentcommunities.org.uk](mailto:vcse-support@strongerkentcommunities.org.uk)

[volunteering@strongerkentcommunities.org.uk](mailto:volunteering@strongerkentcommunities.org.uk)

[www.strongerkentcommunities.org.uk](http://www.strongerkentcommunities.org.uk)

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

## Wellbeing community projects

### D'Vine Singers (singing for fun and wellbeing)

07708 237415

[jacky.hintze@outlook.com](mailto:jacky.hintze@outlook.com)

The group offers singing sessions for residents with mental health problems and others who enjoy singing in a supportive group. The D'Vine Singers 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](mailto:suelarken@ageuksevenoaksandtonbridge.org.uk)

[Pop Up, Pop In Coffee Mornings webpage](#)

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](mailto:coffeeproject@ruralkent.org.uk)

[www.ruralkent.org.uk/coffeeproject](http://www.ruralkent.org.uk/coffeeproject)

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.

### The BeYou Project

07734595307

[Beyou@porchlight.org.uk](mailto:Beyou@porchlight.org.uk)

<https://thebeyouproject.co.uk>

The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. It offers a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other. It also provide some 1-2-1 support and support for the families and carers of LGBT+ / Gender diverse Young people.

## The BRIDGES Centre Community Projects

01732 868186

[hello@bridgescentre.org](mailto:hello@bridgescentre.org)

[www.bridgescentre.org](http://www.bridgescentre.org)

The BRIDGES Centre is a voluntary community charity that aims to provide restful surroundings for everybody in Edenbridge and surrounding areas. As well as serving high quality, locally sourced and homemade food, the BRIDGES Centre provides activities and services that support the local community. BRIDGES is a charity that is supported by over 60 volunteers. Any profit made goes to supporting local community projects and other charitable projects. The BRIDGES Centre is a great centre for hire for events such as birthdays and christenings.

## The Howard Venue, Hextable

01322 618618

[office@thehowardvenue.co.uk](mailto:office@thehowardvenue.co.uk)

[www.thehowardvenue.co.uk](http://www.thehowardvenue.co.uk)

The Howard Venue has facilities for all community uses as well as business use and social events. A variety of community classes take place here, ranging from music, dance, fitness and art for all ages. There are also classes for residents with dementia and mobility problems. For further details on the classes held at the Howard Venue, please visit the website.

## West Kent Together

0800 1691122

This is a new service for West Kent Housing Association Tenants, which was set up during Covid-19 to help tackle isolation. The purpose of this service is to make contact with those tenants wanting to hear a friendly voice and then to assist in identifying what local community support is available to them.

## Friends of Holcot

01732 863330

[friendsofholcot@btconnect.com](mailto:friendsofholcot@btconnect.com)

Community Project – aims to improve the lives of disadvantaged families (with school aged children) through provision of completely free (organised) coach days out.

Bradbourne Riding for the Disabled Group

07914 273610

[contact@bradbourn-rda.org.uk](mailto:contact@bradbourn-rda.org.uk)

Bradbourne Riding for the Disabled Group is a volunteer run charity in Sevenoaks, providing horse riding and carriage driving opportunities to any disabled person from the local area who

might benefit in their general health and wellbeing. Benefitting from access to fields, woodland and an indoor school, sessions are run throughout the year by volunteers trained by the Group who help each individual derive a direct therapeutic benefit and achieve their own personal goal.

# Youth centres, services and projects

## Commonwork Trust

01732 463255

[florence.clark@boreplace.org](mailto:florence.clark@boreplace.org)

[www.boreplace.org/what-we-offer](http://www.boreplace.org/what-we-offer)

Bore Place is set in 500 acres of countryside and encompasses an organic dairy farm, organic market gardens, venue, environmental education centre, as well as programmes to provide opportunities for vulnerable and disadvantaged young people.

- Bore Place caters for curriculum-linked activity day and overnight residentials for schools.
- Learn about organise family and see a working organic dairy farm.
- Stay at Bore Place and utilise outdoor spaces for meetings, team building, weddings, social functions and holidays.
- Events, courses and activities for all ages and abilities.

## Edenbridge Youth Forum

01732 749487

[www.westkent.org](http://www.westkent.org)

Edenbridge Youth Forum aims to empower young people to raise and tackle local issues and plan their own activities.

## House at the Eden Centre

01732 749420

[youthservices@wkha.org.uk](mailto:youthservices@wkha.org.uk)

[www.westkent.org](http://www.westkent.org)

HOUSE at the Eden Centre provides an array of services for young people aged 11- 19 (up to 25 with additional needs) in a fun and relaxed environment.

## House in the Basement

01732 466593

HOUSE in the Basement 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. The HOUSE offers 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 Young Adult Carer Support

0300 111 1110

[navigation@imago.community](mailto:navigation@imago.community)

[www.imago.community](http://www.imago.community)

Young Adult Carers aged 16-25, living in Dartford, Gravesham, Swanley and Swale are supported through transition assessment, information, advice and guidance, emotional and practical support at a time when they are making decisions about their future.

## Imago short breaks

0300 111 1110

[shortbreaks@imago.community](mailto:shortbreaks@imago.community)

[Imago short breaks webpage](#)

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

[Kent County Council sexual health webpage](#)

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](mailto:info@kentyoungcarers.org.uk)

[Kent Young Carers webpage](#)

Kent Young Carers is the countywide service for Young Carers aged 5 to 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; as well as a range of social respite activities.

## Kent Youth County Council

[kycc@kent.gov.uk](mailto:kycc@kent.gov.uk)

[www.kent.gov.uk/kycc](http://www.kent.gov.uk/kycc)

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 to 18 years old
- Live, go to school or work in Kent
- Say what you want to campaign on and why people should vote for you.

Elections are held every November and more details are available at [www.kent.gov.uk/kycc](http://www.kent.gov.uk/kycc)

## SAYT – Sevenoaks Area Youth Trust

07763 364185

[info@sayt.org.uk](mailto:info@sayt.org.uk)

[www.sayt.org.uk](http://www.sayt.org.uk)

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](mailto:council@sevenoakstown.gov.uk)

[www.sevenoakstown.gov.uk](http://www.sevenoakstown.gov.uk)

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.

## Swanley Youth Hub

03000 421545

The Swanley Youth & Community Centre has a wide range of facilities and activities, including art, music, singing, D of E, pool, table tennis and much more. Regular exciting day trips and residential trips are also on offer.



## The BeYou Project

07734595307

[Beyou@porchlight.org.uk](mailto:Beyou@porchlight.org.uk)

<https://thebeyouproject.co.uk>

The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. The service offers a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other. It also provide some 1-2-1 support and support for the families and carers of LGBT+ / Gender diverse young people.

## The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

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 via the confidential hotline.

## West Kent 8-12s Clubs

01732 749420

[youthservices@wkha.org.uk](mailto:youthservices@wkha.org.uk)

[West Kent 8-12s webpage](#)

The 8-12s 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.

## West Kent Youth Services

01732 749420

[youthservices@wkha.org.uk](mailto:youthservices@wkha.org.uk)

[www.westkent.org](http://www.westkent.org)

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](mailto:charlotte.ede@wkha.org.uk) for information about what is happening in the Sevenoaks District.

## Youth Forums & Meetings

03000 418155

[www.kent.gov.uk/kycc](http://www.kent.gov.uk/kycc)

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