

### Useful contacts from Connect Well East Kent

Organisation	Services	Contact
Connect Well East Kent	<p>Hub team are operational as normal and telephone services are still active.</p> <p>Open Mon, Weds and Fri 8:30am – 6pm</p> <p>Tues and Thurs 9am – 5pm</p>	0300 302 0178
Carers Support East Kent	<p>CSEK are operational as normal and the Hub team still offering emotional support.</p> <p>Open Mon, Weds and Fri 8:30am – 6pm</p> <p>Tues and Thurs 9am – 5pm</p>	0300 302 0178
Silverline Telephone Befriending Service	<p>24 Hour befriending service.</p> <p>Free, confidential service to share worries and fears. A good sign posting service. The Silver Line is a helpline and friendship service for people aged 55 and over.</p>	0800 470 80 90
Thanet Coronavirus support	<p>A list of services across Thanet who are offering support during this difficult time. Click the link to the right.</p>	<a href="http://thanetcoronavirusassistance.com/delivery/?fbclid=IwAR03vIF0BJ-vrpPTpLkaF3sITBDcvPC9r7TQFjQYJS_hSenPI31zwtowhXg">http://thanetcoronavirusassistance.com/delivery/?fbclid=IwAR03vIF0BJ-vrpPTpLkaF3sITBDcvPC9r7TQFjQYJS_hSenPI31zwtowhXg</a>
Age UK Thanet	<p>Day Services are open to existing clients and are offering I and A support over the phone only. Also available for shopping calls.</p> <p>Buddy Box Hot Meal Delivery is open for anyone that needs food and is £8.00</p> <p>Age UK Support at Home Service – operational as per normal contact Debby Turner via email.</p>	<p>01843 223881</p> <p><a href="mailto:debby.turner@ageukhernebay.org.uk">debby.turner@ageukhernebay.org.uk</a></p>
Ageless Thanet	<p>Providing a free telephone service, during office hours, for 50+ Thanet residents who are struggling with feelings of social isolation and loneliness during this time and would like to hear a friendly voice to see how you are.</p>	<p>01843 21005</p> <p><a href="mailto:info@agelessthanet.org.uk">info@agelessthanet.org.uk</a></p> <p><a href="https://www.facebook.com/AgelessThanet/">https://www.facebook.com/AgelessThanet/</a></p>

	<p>You can contact them via phone, email or on social media (Facebook and Twitter)</p> <p>Ageless Thanet will also be sharing videos on how to use the internet and social media to stay connected with friends and family during the COVID – 19.</p>	
Cliftonville Community Centre	<p>Open as usual Mon, Tues, Weds and Fri up until 1<sup>st</sup> April</p> <p>From 1<sup>st</sup> April Mon, Tues and Weds from 9:30-12:30am</p>	Elaine or Paul 01843 221913
Global Generation Church	<p>The Global Generation site is now closed.</p> <p>Offering support over the telephone. Supporting Orbit Customers with accessing food and supplies. All Services will be shared online until further notice.</p> <p>Currently the aspire homeless project is currently still operational.</p>	01843 226232
Thanet Community Support Partnership	TCSP are offering their car scheme to all ESSENTIAL hospital/medical appointments only.	Samantha Howlett 01843 609337 <a href="mailto:info@kcv.org.uk">info@kcv.org.uk</a>
Salvation Army, Ramsgate	<p>They are currently running a food bank but please ring ahead to make an appointment as it may cause unnecessary travel.</p> <p>The Salvation Army are also available to deliver food and supplies to elderly who are self isolating in the Ramsgate area.</p>	Carl Whitehead 07900 497326
The Gap Project	Still open for homeless support on Friday 20/3, 2-4pm. Café still open at the moment. Friday afternoon club planned to run.	01843 602762
The Bus Café Thanet	Offering a home delivery service from their food and drink menu between 9am and 3pm. No minimum order and no charges for delivery. They have bread and different types of milk available and all prices will be the same as in the shop.	01843 297985

St Pauls Food Bank (Margate)	Open as usual – Thursday mornings 10:30am – 12:30pm	01843 221913
Thanet Community Transport Association	Offering a personal shopping service and wiling to help anyone who is self isolating and who cannot get out and about.	01843 602030
Westgate Town Council	<p>The town council are offering a service of volunteers to visit homes within the town to help isolated people to do shopping, walk the dogs, friendly phone calls, picking up prescriptions and general needs.</p> <p>If you know someone who needs this please contact the Town Clerk on the number/email to the right.</p>	<p>01843 836182</p> <p><a href="mailto:townclerk@westgateonsea.gov.uk">townclerk@westgateonsea.gov.uk</a></p>
Changing Minds - The Lifeboat project	<p>They will provide mental health support, advice, anxiety management, food and essentials for the local community throughout the Corona virus Pandemic. This will consist of weekly podcasts, videos discussing all things wellbeing, exercise, nutrition and more!</p> <p>To offer free delivery of care packages for those in isolation within our local community, including food, toiletries &amp; entertainment (Crosswords, card games, colouring books, etc).</p> <p>To establish a phone line for those seeking a friendly chat / video chat if possible. To set up a social media hub for individuals to access for tips on combating loneliness whilst in isolation. To grow and adapt the project alongside the ever-changing situation to provide support for as many affected individuals as we can possibly reach.</p>	<p>Colin Rouse –</p> <p><a href="mailto:colin.rouse@changingmindskent.co.uk">colin.rouse@changingmindskent.co.uk</a></p>
Best One Westgate	They are offering free home delivery services for supplies such as food etc.	01843 831664
Krusty Kobb bakeries	Offering free home delivery for food to peoples home who are self isolating and are unable to get out.	01843 835447

Prentis Greengrocers	Offering free home delivery to self isolated people. (Fruit and veg etc)	01843 834934
Posillipos restaurant Broadstairs	Are offering to do peoples shopping and deliver it to their home for self isolated people.	01843 601133
the Kitchen CT9 in Cliftonville	will deliver any surplus stock they have to peoples homes who are self isolating	01843 293376
Birchington Support group	Are offering a free service which includes shopping locally, walk dog and collect prescriptions etc.	Dave Adams - 07540 813028 or Jan Adams – 07540 812564
Farley's Furniture	<p>The business wants to support anyone in need living in Ramsgate, Margate, Broadstairs, Westgate, Birchington and Sandwich. They will go and get the shopping and deliver it to their home. Delivery is free. The business said people who want to use the service can pay them for the shopping in cash on delivery or by bank transfer.</p> <p><a href="https://www.kentonline.co.uk/thanet/news/company-shopping-for-people-in-self-isolation-223974/">https://www.kentonline.co.uk/thanet/news/company-shopping-for-people-in-self-isolation-223974/</a></p>	01843 593069
Age Concern Deal	<p>Day Services are still operational as per government guidelines. Hot meals are costed at £7.00</p> <p>Offering food delivery services and hot meal deliveries. (Both are paid for services and will be invoiced at a later date)</p>	01304 372608 – Deal
Age UK Folkestone	<p>Day Services are still operational as per government guidelines</p> <p>Offering food delivery services and hot meal deliveries. Hot meals are costed at £7.00</p> <p>(Both are paid for services and will be invoiced at a later date)</p>	01303 279031 - Folkestone

Age UK Herne Bay	<p>Day Services are now closed.</p> <p>Befriending service is now a telephone befriending service between working hours. There is also A Call in Time – can sign up to this online on the national Age UK’s website. One call a week from a befriender. It may be a few weeks or so (especially now as demand may be high) before they match people up with volunteers but worth registering.</p> <p>Personalised Independence Programme – virtual hub - still accepting referrals – still supporting via telephone and where we can.</p>	<p>01227 749570</p> <p>Services can be accessed Online <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a></p>
Age UK Faversham	Age UK Faversham are providing meals on wheels and the Hands 2 Help independent living service (which can do shopping). I&A available as usual, but most of the work is being done over the telephone.	01795 532 766
Whitstable Food Bank	Whitstable Umbrella Centre Will be providing food parcels during isolation periods and are happy for neighbours/friends to collect food parcels on behalf of people who are isolating	01227 274880
Deal Food Banks	<p>St Richards church – Tuesdays 12pm - 2pm</p> <p>Wednesday Victoria Road 4:30pm – 6pm</p> <p>Fridays Trinity Church Union Road 10am -12pm</p> <p>Foodbank centres open but no tea or coffee</p>	01304 728428
Sandwich Food Banks	<p>Thursdays Phoenix Centre Jubilee Road 1pm-3pm</p> <p>Foodbank centres open but no tea or coffee</p>	01304 728428
Ashford Age UK	Meals on Wheels, Meals on Wheels Plus (3 meals delivered – to include	01233 668765

	lunch, tea and breakfast for the following day), Shopping, Prescription collection, Keeping in touch calls, Telephone befriending, Dog walking.	
Aylesham Food Banks	Fridays – St Fimbarr Church Market Square 12:30pm – 2:30pm  Foodbank centres open but no tea or coffee	01304 728428
Ashford Vineyard Church	Mon, Tues, Thur 9-12 noon & last Sat of every month  If in need please contact the foodbank.	01233 331919
Ashford Community Care	Food shopping delivery services Ashford	Martin Kemp 07732 977417 / 01233 612224
Home help choice	Food shopping delivery services Ashford	Richard Spinx 07807 177656
Faversham Food Bank	The Gospel Mission Church, Tanners Street  WEDNESDAY 1.30pm to 4.00pm FRIDAY 1.30pm to 4.00pm	<u>07938720604</u>
Folkestone Methodist Church	Sandgate Road Folkestone Tues and Fri 2pm -3:30pm  Please check the website <a href="http://www.shepway.foodbank.org.uk">www.shepway.foodbank.org.uk</a> as regular updates will be posted on here	07913573403
New Romney Christian Centre	North Street Tues 5:30pm -7pm  Please check the website <a href="http://www.shepway.foodbank.org.uk">www.shepway.foodbank.org.uk</a> as regular updates will be posted on here	07913573403
Lydd	Hardy Hall, Skinner Road Fri 6:30pm – 7:30pm  Please check the website <a href="http://www.shepway.foodbank.org.uk">www.shepway.foodbank.org.uk</a> as regular updates will be posted on here	07913573403

Savages Fruit and Veg Lydd	Offering fruit baskets and other veg within the Lydd area. Also offering a delivery service as well.	01797 363280
Kerry's kitchen Lydd	A local café which are making food deliveries within the Lydd area	01797 321052
Sport England	How to stay active during the COVID-19 period whilst self isolating.	<a href="https://www.sportengland.org/news/how-stay-active-while-youre-home?fbclid=IwAR1iAFixU3b9a3VNSPAUXT_qaDmCw7HPysQEXd3wcI-Odhthcvllmilx7IM">https://www.sportengland.org/news/how-stay-active-while-youre-home?fbclid=IwAR1iAFixU3b9a3VNSPAUXT_qaDmCw7HPysQEXd3wcI-Odhthcvllmilx7IM</a>
Elham Wellbing	A group of volunteers who are offering services such as, Food Shopping, Prescription Collection, dog walking or just companionship.	Claire – 07702268475 <a href="mailto:Claireg.elhampc@gmail.com">Claireg.elhampc@gmail.com</a>

Also

Dover Food bank - 07870361180 or [info@dover.foodbank.org.uk](mailto:info@dover.foodbank.org.uk) or [dover.foodbank.org.uk](http://dover.foodbank.org.uk)

- for directions on how to get vouchers by phone, and to then arrange home deliveries.

Shepway Foodbank [foodbank@rainbow-centre.org](mailto:foodbank@rainbow-centre.org)

Cruse Bereavement Care – they are still working and offering telephone (rather than face to face) counselling

East Kent 01227 639745

South Kent 0844 8009104