

CHILD PROTECTION POLICY ADDENDUM AND APPENDIX

IN RESPONSE TO COVID_19

Based on DfE guidance 'Coronavirus (COVID_19):

Safeguarding in schools, colleges and other provider' March 2020

<u>https://www.gov.uk/government/publications/covid-19-safeguarding-in-schools-colleges-and-other-providers/coronavirus-covid-19-safeguarding-in-schools-colleges-and-other-providers</u>

Designated Safeguarding Leads (DSL):

Anna Northrop - Deputy Headteacher (Lead DSL) James Williams – Headteacher Stephen Cope - Deputy Headteacher Alison Gillatt – Family Liaison Officer Sarah Mansfield – Safeguarding Officer

Named Safeguarding Governor: Jenny Whitehead Area Education Safeguarding Adviser: Claire Ray

Policy Author: Anna Northrop Date written/Updated: 31/03/2020 Date shared with Governors: 23/04/2020 Date shared with Staff: 07/05/2020 This addendum will be reviewed following any updates to national and local guidance and procedures and reshared as required.

1. Context

- On 20th March 2020 parents were asked to keep their children at home, wherever possible, as part of the response to coronavirus (COVID-19). Schools and childcare providers were asked to provide care for a limited number of children - children who are vulnerable, and children whose parents are critical to the COVID-19 response and cannot be safely cared for at home.
- The way Garlinge Primary School and Nursery is currently operating in response to coronavirus is fundamentally different, however, our safeguarding principles in accordance with 'Keeping Children Safe in Education' (KCSIE) 2019, remain the same:
 - the best interests of children will always come first
 - if anyone has a safeguarding concern about any child they should continue to act and act immediately
 - a DSL or deputy DSL is available
 - unsuitable people are not allowed to enter the children's workforce and/or gain access to children
 - \circ $\;$ children should continue to be protected when they are online
- This addendum of Garlinge Primary School and Nursery Child Protection policy contains details of any amendments to our existing safeguarding arrangements.

	Name	Phone Number	Email
Designated Safeguarding	Anna Northrop	07508 429105	northropa@garlinge.kent.sch.uk
Lead (DSL)			
Deputy Designated	Sarah Mansfield	07580 073069	mansfields@garlinge.kent.sch.uk
Safeguarding Leads	James Williams	07733 887186	williamsj@garlinge.kent.sch.uk
	Stephen Cope	07508 429385	copes@garlinge.kent.sch.uk
	Alison Gillatt	07939 685666	gilliatta@garlinge.kent.sch.uk
Headteacher	James Williams	07733 887186	williamsj@garlinge.kent.sch.uk
Chair of Governors	William Herbert	01843 221877	chairman@garlinge.kent.sch.uk
Safeguarding Governor	Jennifer Whitehead	01843 221877	whiteheadj@garlinge.kent.sch.uk

2. Key School Contacts

3. Designated Safeguarding Leads (DSLs)

- Garlinge Primary School and Nursery Lead Designated Safeguarding Lead is: Anna Northrop
- Garlinge Primary School and Nursery Deputy Designated Safeguarding Leads are: Sarah Mansfield, Alison Gillatt, Stephen Cope and James Williams
- A DSL (or deputy) will be present on-site however if this is not possible, a named DSL will be available to be contacted via phone or online video for example working from home.

- Where a trained DSL (or deputy) is not on site, in addition to the above, an Assistant Headteacher will assume responsibility for co-ordinating safeguarding on site.
 - This will include updating safeguarding files and liaising with the offsite DSL (or deputy) and as required liaising with social workers where they require access to children in need and/or to carry out statutory assessments at the school.
- All staff and volunteers on-site will have access to a trained DSL (or deputy) and know on any given day who that person is, and how they can speak to them.
 - Up to date details of the DSL/Deputy DSLs will be visible to staff and children.
- The DSL/Deputy DSL's will continue to engage with social workers, and attend all multi-agency meetings, which can be done remotely.

4. Vulnerable children

- Ensuring that vulnerable children remain protected is a top priority for Garlinge Primary School and Nursery.
 - Vulnerable children include those who have a social worker and those children and young people up to the age of 25 with education, health and care (EHC) plans. Please see DfE guidance for further information on <u>vulnerable children</u>.
- There is an expectation that children with a social worker will attend a provision, unless in consultation with the child's social worker and family it is agreed this is not in the best interests of the child. Where parents are concerned about the risk of the child contracting COVID19, professionals will talk through these worries with the parent/carer following the advice set out by Public Health England.
- Children with an EHC plan will be risk-assessed in consultation with the Local Authority and parents and a decision will be made about whether they should continue to attend school.
- Garlinge Primary School and Nursery has the flexibility to offer a place to other learners who may also be considered vulnerable by the school. Please contact Anna Northrop, Stephen Cope or James Williams to discuss this further.
- If vulnerable children are not attending school, we will regularly keep in contact by telephone with them.
- Garlinge Primary School and Nursery will continue to work with those professionals involved with children and share relevant information with them such as social workers, early help workers and virtual school heads (VSH). This is especially important during the COVID-19 period.
 - This will include information about attendance and any welfare concerns.
 - If there is a safeguarding concern, this will be shared with the relevant professional as soon as possible.
- Garlinge Primary School and Nursery will encourage our vulnerable children and young people to attend a school, including remotely if needed.

5. Attendance monitoring

- Local authorities and education settings do not need to complete their usual day-today attendance processes to follow up on non-attendance.
- Garlinge Primary School and Nursery and social workers will agree with families/carers whether children in need should attend and Garlinge Primary School and Nursery will follow up with family/carers where a child is supposed to be attending but do not.
- In all circumstances where a vulnerable child does not take up their place, or discontinues, Garlinge Primary School and Nursery will notify their social worker and follow up with the family/carer.

- Garlinge Primary School and Nursery will also follow up with families/carers that have arranged a place for their child/children, namely keyworkers or children that are considered vulnerable but not open to any agencies and do not attend.
 - Staff will continue to work with and support children' social workers to help protect vulnerable children.
- Garlinge Primary School and Nursery will complete both the KCC and government <u>daily online</u> <u>attendance</u> form to keep a record of children of critical workers and vulnerable children who are attending school/college.

6. Reporting concerns

- All staff will continue to look out for any signs that indicate a child may be at risk, both on and off site, including online.
 - If a member of staff/volunteer has any safeguarding concerns about a child, this will be reported to the DSL as soon as possible.
 - If the concern is urgent, the member of staff/volunteer will speak to a DSL in person or via phone/video call if they are not on site, immediately.
 - In the event a member of staff or volunteer cannot make contact with a DSL, this will not delay them taking immediate action to safeguard a child.
 - Concerns will be recorded using existing school safeguarding processes as outlined in our Child Protection Policy.
- Learners are encouraged to report concerns via existing school systems, or to a trusted adult at home.
- Parents/carers are encouraged to report concerns via existing school systems.
- Where staff are concerned about an adult working with learners, they should report the concern to the headteacher.
 - If there are concerns about any member of staff or volunteer, the LADO service will be consulted with.
 - Concerns around the headteacher should be directed to the Chair of Governors.

7. Safeguarding training and induction

- DSL training is unlikely to take place whilst there remains a threat of the COVID 19 virus. For the period COVID-19 measures are in place, a DSL (or deputy) who has been trained will continue to be classed as a DSL (or deputy) even if they miss their refresher training.
 - Formal DSL refresher training will be undertaken as soon as possible. DSLs will continue to keep their knowledge up to date through other means.
- All existing staff have read KCSIE 2019 Part 1 and accessed safeguarding training.
 - Staff will be made aware if any processes have changed with the sharing of this addendum and the DSL will communicate any changes to local processes directly. trained
- All new staff and volunteers will have an induction provided via the DSL and will be provided with a copy of the school Child Protection Policy and Covid-19 Addendum.
- Staff may move between schools on a temporary basis and consideration given will be given by the DSL as to what induction they need on a case by case basis, dependent on existing skills and knowledge.

8. Safer recruitment

- It remains essential that people who are unsuitable are not allowed to enter the children's workforce or gain access to children.
- During Covid-19 if Garlinge Primary School and Nursery recruit new staff we will continue to follow the relevant safer recruitment practices.

- If volunteers are recruited Garlinge Primary School and Nursery will continue to follow the guidance in accordance with KCSIE 2019 and volunteers who have not had the relevant checks will not be left unsupervised with a child.
- If staff from other settings volunteer or begin working at Garlinge Primary School and Nursery we will ensure they have a relevant DBS check following DfE guidance at this time. Garlinge Primary School and Nursery will risk assess staff from other settings, as we would for a volunteer.
- If staff are deployed from another education or children's workforce setting to our school, we will take into account the DfE supplementary guidance on safeguarding children during the COVID-19 pandemic and will accept portability as long as the current employer confirms in writing that:
 - \circ ~ the individual has been subject to an enhanced DBS and children's barred list check
 - \circ $\;$ there are no known concerns about the individual's suitability to work with children
 - \circ $\;$ there is no ongoing disciplinary investigation relating to that individual
- In response to COVID-19, the Disclosure and Barring Service (DBS) has made changes to its guidance on standard and enhanced DBS ID checking to minimise the need for face-to-face contact.
- Garlinge Primary School and Nursery will continue to refer to the DBS anyone who has harmed or poses a risk of harm to a child in accordance with KCSIE 2019.
- Garlinge Primary School and Nursery will continue to consider and make referrals to the Teaching Regulation Agency (TRA) where appropriate. During the period Covid-19 all referrals will be made by emailing <u>Misconduct.teacher@education.gov.uk</u>.
- Garlinge Primary School and Nursery will continue to update the single central record and will log details of any risk assessment carried out on volunteers and staff on loan from elsewhere.

9. Supporting children in school

- Garlinge Primary School and Nursery is committed to ensuring the safety and wellbeing of all its learners
- Garlinge Primary School and Nursery will be a safe space for all children to attend and flourish. A senior member of staff will ensure that there are appropriate staff on site and that staff to learner ratios have been considered to maximise the safety of children.
- Garlinge Primary School and Nursery will follow the current government guidance in relation to social distancing and all matters relating to public health from the respective websites and outlets
- <u>https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19</u>
- https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-socialdistancing-in-education-and-childcare-settings
- Garlinge Primary School and Nursery will ensure that all children who are either categorised as vulnerable or children of critical workers and are in attendance are appropriately supported.
- Garlinge Primary School and Nursery will continue to record any support provided to children in relation to safeguarding issues on their respective safeguarding recording system.

Peer on Peer Abuse

- Garlinge Primary School and Nursery continues to recognise and respond to cases of Peer on Peer abuse by considering each incident on a case by case basis and basing any intervention on usual processes outlined within KCSIE 19.
- Garlinge Primary School and Nursery recognises that the current circumstances and the changeable nature of current Government guidance may mean that the school may need to adapt elements of

the process in some cases to ensure that they are able to respond in line with Government advice when required.

• The DSL will continue to consult as appropriate with multi-agency professionals to ensure that children's safety and wellbeing is not compromised when incidents of peer on peer abuse are brought to their attention.

Online safety

- Garlinge Primary School and Nursery expectations with regards online behaviour and education when using school provided devices or internet access on site will continue to be implemented in line with existing policies. Any concerns regarding onsite online behaviour or use will be responded to in line with existing policies.
- Garlinge Primary School and Nursery will continue to provide a safe online learning environment where learners use school provided devices on site; appropriate filtering and monitoring will continue to be implemented.
 - Learners internet use will be supervised by staff according to their age and ability and learners will be directed to use appropriate online resources and tools.
- Use of staff and learner personal devices, including mobile phones, will be managed in line with our existing mobile technology policy.

10. Supporting children not in school

- Garlinge Primary School and Nursery will continue to ensure the safety and wellbeing of all children and young people that remain on the school roll.
- All DSLs will continue to identify those vulnerable children that would benefit from Early Help as identified in KCSIE 2019, provide pastoral support and consider whether they would benefit from external support also.
- There will be clear plans around how best to communicate with learners who are identified as vulnerable, as well as those about whom DSLs have concerns about who do not receive a statutory service.
 - This could include telephone contact and/or doorstep visits but is at the discretion of the DSL.
- Garlinge Primary School and Nursery and the DSL will work closely with all relevant agencies and professionals regarding safeguarding a child who is not on site.
 - Any plans will be reviewed regularly and if concerns become significant, the DSL will consider any requests for support if considered appropriate.
- Garlinge Primary School and Nursery recognises that this is a difficult time for children and young people who consider school as a safe place and the current situation may impact on learners', staff and parent/carers mental health.
- The school will utilise its website and social media presence to ensure that safeguarding messages are shared with children and their families. This will include links to appropriate services and resources that are aimed at supporting them throughout this period.

Online safety away from school

- All staff will continue to look out for any signs that indicate a child may be at risk online and will report and respond to concerns in line with the Child Protection Policy addendum.
 - Where necessary, referrals will be made to LADO, children's social care and as required, the police.

- Learners are encouraged to report concerns to a member of staff or a trusted adult at home. Where this is not possible, additional support can be accessed online via:
 - o Childline: <u>www.childline.org.uk</u>
 - o UK Safer Internet Centre's 'Report Harmful Content': https://reportharmfulcontent.com
 - National Crime Agency Child Exploitation and Online Protection Command (NCA-CEOP): <u>www.ceop.police.uk/safety-centre</u>
- Parents/carers are encouraged to ensure children are appropriately supervised online and that appropriate parent controls are implemented.
- All communication with parents/carers will take place using school provided or approved communication channels; for example, school provided email accounts and WeDuc
 - o Any pre-existing relationships or situations which mean this cannot be complied with will be discussed with the DSL.
- Garlinge Primary School and Nursery will ensure any use of online learning tools and systems is in line with privacy and data protection/GDPR requirements.
- Staff and learners will engage with remote teaching and learning in line with existing behaviour principles as set out in our school Behaviour Policy and Code of Conduct.
- When delivering remote learning, staff will:
 - o Only use online tools that have been evaluated and agreed by leadership.
 - Ensure remote learning activities are planned in accordance with our curriculum policies, taking learner needs and technology access into account.
 - o Where possible, pre-record content.
- If remote learning is taking place 'live' using webcams or chat facilities, staff and learners will ensure a professional environment is maintained. This means:
 - o Staff will record the length, time, date and attendance of any online lessons/contact held or made.
 - o Live sessions will involve at least two members of staff where possible.
 - Sessions will not be delivered in any 1:1 situation, unless pre-approval has been given by the DSL and/or Headteacher and the session is auditable.
 - Staff will record any online lessons so they can be audited or accessed later if required; learners and staff should be made aware that lessons are being recorded.
 - o Staff will agree online behaviour expectations with learners at the start of lessons.
 - Staff will revisit our acceptable use of technology policy with learners as necessary.
 - All participants will wear suitable dress, use professional language, and ensure backgrounds of videos (live or pre-recorded) are neutral and appropriate.
 - Staff and learners should ensure personal information and/or, inappropriate or unsuitable personal items are not visible.
 - Where possible, other household members should not be in the background or shot; if this unavoidable, they should follow appropriate language and behaviour expectations.
 - If Live streaming, staff will mute and/or disable learners' videos and microphones, as required.

• Additional support and links

As well as through the Home Learning Tab on Garlinge Primary School and Nursery's website, (<u>www.garlingeprimary.co.uk</u>) learners, staff and parents/carers can access age appropriate and practical support and advice via a range of national and local services:

- o Childline: <u>www.childline.org.uk</u>
- o Kent Resilience Hub: <u>https://kentresiliencehub.org.uk</u>
- o NSPCC: <u>https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-</u> <u>conversations-with-children/</u>
- o See Appendix 1 for further support networks

DfE Guidance

- Closure of educational settings: information for parents and carers: <u>www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers</u>
- Vulnerable Children Guidance: <u>www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people</u>
- COVID-19: guidance for educational settings: <u>www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19</u>
- Coronavirus (COVID-19): safeguarding in schools, colleges and other providers: <u>www.gov.uk/government/publications/covid-19-safeguarding-in-schools-colleges-and-other-providers</u>
- Coronavirus (COVID-19): attendance recording for educational settings: <u>www.gov.uk/government/publications/coronavirus-covid-19-attendance-recording-for-educational-</u> <u>settings</u>

Specific Links relating to Coronavirus for Learners and Parents/Carers

- Kent County Council: <u>www.kent.gov.uk/social-care-and-health/health/coronavirus</u>
- Childline: <u>www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</u>
- Mind: www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/
- Young Minds: <u>https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/</u>
- Kent Children's University: Home Resources Learning Packs: <u>www.theeducationpeople.org/blog/kent-childrens-university-home-learning-resources-pack-is-live/</u>
- Children's Commissioner:
 - o Children's guide to coronavirus: <u>www.childrenscommissioner.gov.uk/publication/childrens-</u> <u>guide-to-coronavirus/</u>
 - o Resources for parents during coronavirus: www.childrenscommissioner.gov.uk/coronavirus/resources/
- Sport England: <u>www.sportengland.org/stayinworkout</u>
- Place2be:
 - o <u>www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-supporting-</u> <u>children-who-may-be-especially-vulnerable/</u>
 - o <u>www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-</u> information-for-children/

Online Safety

- NCA-CEOP: <u>www.thinkuknow.co.uk/</u>
- Internet Matters: <u>www.internetmatters.org/</u>
- Childnet: www.childnet.com/blog/keeping-children-happy-and-safe-online-during-covid-19

- UK Safer Internet Centre: <u>www.saferinternet.org.uk/blog/working-remotely-advice-professionals-parents-posh-rhc</u>
- NSPCC: <u>www.nspcc.org.uk/keeping-children-safe/online-safety/</u>
- Parent Info: <u>https://parentinfo.org/</u>
- BBC Own it: <u>www.bbc.com/ownit</u>

Domestic Abuse

- Domestic Abuse Services: <u>www.domesticabuseservices.org</u>
- Victim Support: 0808 16 89 111 <u>www.victimsupport.org.uk/help-and-support/get-help/supportline</u>
- Oasis Domestic Abuse service Service provider, East Kent. (Thanet and Dover):
 <u>www.oasisdaservice.org/home</u>
- National Women's Aid Domestic Abuse 24hr helpline: 0800 2000247

See Appendix 1 for further support Networks in East Kent.

Covid19 Council and Community Support Lines

<u>Dover</u>

01304 821199

Covid-19@dover.gov.uk

Folkstone and Hythe

01303 761116

covid-19@folkestone-hythe.gov.uk

Canterbury

01227 862000

https://www.canterbury.gov.uk/xfp/form/588

Thanet COVID-19 Support

01843 577330

communitysupport@thanet.gov.uk

Romney Marsh Community Support Hub

01797 208590

Covid-19@rmdc.org.uk

Hythe Community Hub

01303 269602

covid-19@ageukhl.org.uk

Organisation	Services	Contact
Connect Well	Hub team are operational as normal and telephone	0300 302 0178
East Kent	services are still active.	
	Open Mon, Weds and Fri 8:30am – 6pm	
	Tues and Thurs 9am – 5pm	
Carers Support	CSEK are operational and the Hub team still offering	0300 302 0178
East Kent	information and guidance and assessment for Carers.	
	Information can be found on the website	www.carersek.org.uk
	www.carersek.org.uk	
	Open Mon, Weds and Fri 8:30am – 6pm	
	Tues and Thurs 9am – 5pm	
Silverline	24 Hour befriending service.	0800 470 80 90
Telephone	24 Hour bernending service.	0800 470 80 90
Befriending	Free, confidential service to share worries and fears. A	
Service	good sign posting service. The Silver Line is a helpline and	
Service	friendship service for people aged 55 and over.	
Thanet	A list of services across Thanet who are offering support	http://thanetcoronavirusassistance.co
Coronavirus	during this difficult time. Click the link to the right.	m/delivery/?fbclid=IwAR03vIF0BJ-
support		vrpPTpLkaF3sITBDcvPC9r7TQFjQYJS h
		SenPl31zwtowhxg
Age UK Thanet	Offering support over the phone only. Also available for	01843 223881
C	shopping calls.	
	Buddy Box Hot Meal Delivery is open for anyone that	
	needs food and is £8.00	
	Age UK Support at Home Service – operational as per	debby.turner@ageukhernebay.org.uk
	normal contact Debby Turner via email.	
Ageless Thanet	Providing a free telephone service, during office hours, for	01843 210005
	50+ Thanet residents who are struggling with feelings of	
	social isolation and loneliness during this time and would	info@agelessthanet.org.uk
	like to hear a friendly voice to see how you are.	
		https://www.facebook.com/AgelessTh
	You can contact them via phone, email or on social media	anet/
	(Facebook and Twitter)	
	Ageless Thanet will also be sharing videos on how to use	
	the internet and social media to stay connected with	
	friends and family during the COVID – 19.	
Cliftonville	Open Mon, Tues, Weds and Fri 9:30-12:30am. Offering	Elaine or Paul 01843 221913
Community	regular services using the social distancing policy and	
Centre	necessary contact.	
Global	Practical Support	07593392951
Generation	• Picking up online food orders and delivering to	
Church	 Picking up online food orders and delivering to individual's home 	01843 226232
	 Picking up shopping, prescriptions etc 	
	 Arrange and deliver food parcels sourced from 	
	Thanet Food Link (St Paul's Food Bank)	

Thanet Community Transport Association	Offering a personal shopping service in all areas and willing to help anyone who is self isolating and who cannot get out and about.	01843 602030 Charlotte or Hannah
St Pauls Food Bank (Margate)	Open as usual – Monday, Tuesday Thursday mornings 10:30am – 12pm. You can visit Cliftonville Community Centre to get a foodbank voucher on the	01843 221913
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
	We are desperately looking for DBS cleared volunteers that can help provide this service in the local area which could potentially involve shopping for them, dropping off medication or delivering a food package on a zero contact basis.	
Support, Broadstairs Thanet	with you. The group are working in partnership with the GAP project in Broadstairs and is a FREE service.	aramaawi@thanet.gov.uk
Coronavirus support Over 70's	For people over the age of 70, self isolating, or have no support during this difficult time. The group will collect shopping and medicines and deliver it to you. If you feel isolated you can call the group and a volunteer will chat	07432 585 515 Lauren Aram Rawf – <u>cllr-</u> <u>aram.rawf@thanet.gov.uk</u>
Salvation Army, Margate	Drop-in Light: service at the door with lunchbox and hot drinks Monday, Tuesday, Thursday, Friday from 10.30 - 12.00	01843 298 260
	The Salvation Army are also available to deliver food and supplies to elderly who are self isolating in the Ramsgate area.	
Salvation Army, Ramsgate	They are currently running a food bank but please ring ahead to make an appointment as it may cause unnecessary travel.	Carl Whitehead 07900 497326
Thanet Community Support Partnership	TCSP are offering their car scheme to all ESSENTIAL hospital/medical appointments only.	Samantha Howlett 01843 609337 <u>info@kcv.org.uk</u>
	Signpost to different services where further help or advice can be provided also	
	 Provide telephone calls to prevent feelings of isolation and loneliness, aiming to decrease feelings of anxiety and improve wellbeing where possible 	
	Pastoral/Community support	
	 Utilize our Dignity clothing store to help those needing clothing/toiletries where possible and deliver 	

	Also are running a dial a ride service to all super markets to allow elderly get out to the supermarkets. This is covering Thanet, Herne Bay and Whitstable.	
Westgate Town Council	The Tow Council offices is now Closed -But, the Town Council are still offering a service of volunteers to visit homes within the town to help isolated people to do shopping, walk the dogs, friendly phone calls, picking up prescriptions and general needs.	01843 836182 townclerk@westgateonsea.gov.uk
	If you know someone who needs this please contact the Town Clerk on the number/email to the right.	
Changing Minds - The Lifeboat project	They will provide mental health support, advice, anxiety management, food and essentials for the local community throughout the Coronavirus Pandemic. This will consist of weekly podcasts, videos discussing all things wellbeing, exercise, nutrition and more!	Colin Rouse – colin.rouse@changingmindskent.co.uk
	To offer free delivery of care packages for those in isolation within our local community, including food, toiletries & entertainment (crosswords, card games, colouring books, etc).	
	To establish a phone line for those seeking a friendly chat / video chat if possible. To set up a social media hub for individuals to access for tips on combating loneliness whilst in isolation. To grow and adapt the project alongside the ever-changing situation to provide support for as many affected individuals as we can possibly reach.	
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, dog walking and collect prescriptions etc.	Dave Adams - 07540 813028 or Jan Adams – 07540 812564
Farley's Furniture	The business wants to support anyone in need living in Ramsgate, Margate, Broadstairs, Westgate, Birchington and Sandwich. They will go and get the shopping and deliver it to their home. Delivery is free. The business said	01843 593069

Ashford Age UK	Meals on Wheels, Meals on Wheels Plus (3 meals	01233 668765
Banks	Foodbank centres open but no tea or coffee	01304 / 20420
Sandwich Food	Thursdays Phoenix Centre Jubilee Road 1pm-3pm	01304 728428
	Foodbank centres open but no tea or coffee	
	Wednesday Victoria Road 4:30pm – 6pm Fridays Trinity Church Union Road 10am -12pm	
Banks	Madnasday Mistoria Dood 4:20 mm	
Deal Food	St Richards church – Tuesdays 12pm -2pm	01304 728428
Baptist Church	companionship and providing an online church services.	01001 700100
Faversham	Shopping for self isolating people, telephone befriending,	Geoff Cook – 01795 531669
Faversham		
Together	companionship and providing an online church services.	
Churches	Shopping for self isolating people, telephone befriending,	01795 531669
	being done over the telephone.	
	shopping). I&A available as usual, but most of the work is	
Faversham	Hands 2 Help independent living service (which can do	
Age UK	Age UK Faversham are providing meals on wheels and the	01795 532 766
	and where we can.	
	still accepting referrals – still supporting via telephone	
	Personalised Independence Programme – virtual hub -	
	Dementia outreach is also phone based unless essential. PIP also phone based unless essential	
	essential.	
	Information and Advice is now telephone based unless	
	to face.	
	Laundry. Befriending is now phone based rather than face	
	Independent Living Service	
	Marigolds cleaning service	
	Meals deliveries	
	still providing as normal.	
Вау	singing and exercise groups closed from today. We are	
Age UK Herne	Cogs social and dementia day care, dementia cafes,	01227 749570
	date)	
	(Both are paid for services and will be invoiced at a later	
	Hot meals are costed at £7.00	
Dover.	Offering food delivery services and hot meal deliveries.	
also covering		
Folkestone,	guidelines	
Age UK	Day Services are still operational as per government	01303 279031 - Folkestone
	date)	
	(Both are paid for services and will be invoiced at a later	
covering Dover.	Offering food delivery services and hot meal deliveries.	
covering Dover.	guidelines. Hot means are costed at £7.00	
Age Concern Deal, also	Day Services are still operational as per government guidelines. Hot meals are costed at £7.00	01304 372608 – Deal
A	shopping-for-people-in-self-isolation-223974/	01204 272009 Deel
	https://www.kentonline.co.uk/thanet/news/company-	
	shopping in cash on delivery or by bank transfer.	
	people who want to use the service can pay them for the	

	Γ
in touch calls, Telephone befriending, Dog walking.	
Meals on Wheels, Meals on Wheels Plus (3 meals	01303 269602
delivered – to include lunch, tea and breakfast for the	
following day), Shopping, Prescription collection, Keeping	
in touch calls, Telephone befriending, Dog walking.	
	01304 728428
F	
Foodbank centres open but no tea or coffee	
Mon, Tues, Thur 9-12 noon & last Sat of every month	01233 331919
If in need please contact the foodbank.	
•	Martin Kemp 07732 977417 / 01233
	612224
Food shopping delivery services Ashford	Richard Spinx 07807 177656
The Gospel Mission Church	07938720604
•	01550120004
WEDNESDAY 1 30pm to 4 00pm	
· · · ·	07913573403
•	07913373403
Plaase check the website www.chenway.feedbank.org.uk	
as regular updates will be posted on here	
North Street	07913573403
	0/9133/3403
rues 5.50pm -/ pm	
Plaase check the website www.chenway.feedbank.org.uk	
	07913573403
· ·	0/9135/3403
Fil 6.30pm – 7.30pm	
Places check the website www.chenwey.feedbank.org.uk	
	01707 202200
	01797 363280
· · · · · · · · · · · · · · · · · · ·	04707 004050
0	01797 321052
•	
, ,	https://www.sportengland.org/news/
isolating.	how-stay-active-while-youre-
	home?fbclid=lwAR1iAFixU3b9a3VNSP
	AUXT_qaDmCw7HPysQEXd3wcl-
- · · · · · · · · · · · · · · · · · · ·	Odhthcvllmilx7IM
A group of volunteers who are offering services such as,	Claire – 07702268475
	Claire = 07702200475
Food Shopping, Prescription Collection, dog walking or just companionship.	Claireg.elhampc@gmail.com
	delivered – to include lunch, tea and breakfast for the following day), Shopping, Prescription collection, Keeping in touch calls, Telephone befriending, Dog walking. Fridays – St Fimbarr Church Market Square 12:30pm – 2:30pm Foodbank centres open but no tea or coffee Mon, Tues, Thur 9-12 noon & last Sat of every month If in need please contact the foodbank. Food shopping delivery services Ashford Food shopping delivery services Ashford The Gospel Mission Church, Tanners Street WEDNESDAY 1.30pm to 4.00pm FRIDAY 1.30pm to 4.00pm Sandgate Road Folkestone Tues and Fri 2pm -3:30pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here North Street Tues 5:30pm -7pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here Hardy Hall, Skinner Road Fri 6:30pm – 7:30pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here Hardy Hall, Skinner Road Fri 6:30pm – 7:30pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here Hardy Hall, Skinner Road Fri 6:30pm – 7:30pm Please check the website www.shepway.foodbank.org.uk as regular updates will be posted on here Offering fruit baskets and other veg within the Lydd area. Also offering a delivery service as well. A local café which are making food deliveries within the Lydd area How to stay active during the COVID-19 period whilst self isolating.

Live at Home Folkestone	Offering a telephone befriending service for people in the Folkestone district	07885687958
1 officestorie		Folkestone.liveathome@mha.org.uk
Ashford Volunteer Centre	The befriending service visits at home is still going and if it cannott be a home visit it will be a telephone befriending service. They are also still running their community transport but only have a few drivers left so they are trying to do just emergencies	01233 665535
Age UK	Hot Meal Delivery Services for a two course Lunch (£8.50)	01227 462368
Canterbury	and Supper if required (£3.50)-These are both paid for services and will be invoiced at a later date. Telephone contact service in relation to Information & Advice, Befriending and arranging support services such as Shopping and Medicines collection and others as established going forward. Foot Health Service through a triage arrangement within clinic setting and Home Visiting setting.	01227 462368
Furley Page	Furley Page have set up a telephone buddy system to	Val Prosser or Melanie Christodoulou
Solicitors Canterbury	offer companionship and support to elderly members of the community who need to self-isolate due to the coronavirus outbreak. The telephone buddy system helps to alleviate social isolation and ensure that no-one is struggling at home alone, without essential food and medication. It will provide welcome regular contact for elderly citizens who are isolated and enable our volunteers to check that they are OK and arrange any help or support they may require during this difficult time It will provide welcome regular contact for elderly citizens who are isolated and enable our volunteers to check that they are OK and arrange any help or support they may require during this difficult time. The buddy scheme is not just for current members of our group and we intend to offer our assistance to all elderly and vulnerable people in the local community who are isolated as a result of the coronavirus outbreak. Support if possible for older people in our Herne Bay or	01227 763939
Twenty Four	Canterbury groups. At this quiet time we are trying to do something for the	07410637960
Door Step	community. Thus we propose to utilise our kitchen and	
Delivery	chefs by offering a home delivery service of farm fresh	
Folkestone,	produce and professionally prepared items.	
Dover and Hythe	All sales will be cashless if you wish by BACCS, PayPal or card payments! Order by 4pm for NEXT DAY DELIVERY hopefully by 12pm depending on demand. (minimum delivery £15) We can try and get anything not on this list so please do not hesitate to ask	
Romney Marsh Day Centre	The day centre is closed but they are offering a telephone service, advice and information help.	01797 363888

Seniors services, befriending, support services, emotional support. The services is costed at £24.60 per hour. Live Well Kent Live Well Kent Thanet Services Richmond Fellowship- Referral info.thanetspace@richmondfellowship.org.uk or 01843 280002 Live Well Kent Thanet Services East Kent Mind - info@eastkentmind.org.uk or call 07950 608827 Live Well Kent Thanetspace@richmondfellowship.org.uk or call 007950 608827 SpeakUp ClC - Support and social SpeakUpClC - Night Owls is a closed on-line peer support group Call 01843 448384 SpeakUp ClC - Space Art and Craft Project SpeakUp ClC - Personality Disorder Support Group (PERDI) SpeakUp ClC Aspace Art and Craft Project SpeakUp ClC Personality Disorder Support Group (PERDI) SpeakUp ClC Aspace Art and Craft Project SpeakUp ClC Personality Disorder Service Porchlight Community Housing Service Porchlight Community Housing Service Porchlight Community Link Service Porchlight Community Housing Service Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service (PIIS) Referral to 0800 567 7699 info@livewellkent.org.uk Live Well Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Evel Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp ClC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.ou.uk or 01843 448384 Shaw Trust Employment Service and Porchlight Work4Wellbeing (formally LET IPS Employment) Referral	Senior helping	Offering support to people aged over 70 shopping	01227 454900
Live Well KentLive Well Kent Thanet ServicesLive Well KentLive Well Kent Thanet ServicesRichmond Fellowship.ergeralhttps://livewellkent.org.uk/Info.thanetspace@richmondfellowship.org.uk or 01843280022280022East Kent Mind - info@eastkentmind.org.uk or callVera estill accepting referrals so if07950 608827speakUpCIC - Support and socialSpeakUpCIC - Support and socialspeakUpCIC - Prosonality Disorder Support Group (PERDI)SpeakUpCIC - Prosonality Unksion ServicePorchlight Community Inclusion ServicePorchlight Community Housing ServicePorchlight Community Media ServicePorchlight Live Well Kent Central Referral Line 0800 5677699 on cenail info@livewellkent.org.ukLive Well Kent Services South Kent CoastSouth Kent Mind - provide a Wellbeing programmeReferral 01303 250090 southkentmind.org.ukTake Off Peer Groups – Referral - 01227 788211SpeakUpCIC - Night Owls is a closed on-line peer support groupReferral admin@speakupcic.co.uk or 01843 448384<			
Live Well Kent Live Well Kent Live Well Kent Thanet Services Richmond Fellowship. Referral https://livewellkent.org.uk/ Live Well Kent Mind - info@eastkentmind.org.uk or o1843 we are still accepting referrals so if SpeakUp CIC - Support and social speakUp CIC - Support and social SpeakUp CIC - Night Owls is a closed on-line peer support mod 0800 567 7699, email us on SpeakUp CIC - Personality Disorder Support Group (PERDI) speakUp CIC - Space Art and Craft Project SpeakUp CIC - SpeakUp CIC - Speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Inclusion Service Porchlight Live Well Kent Central Referral Line 0800 567 T699 or email info@livewellkent.org.uk/ Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups - Referral - 01227 788211 SpeakUpCIC - Night Owls is a c			
info.thanetspace@richmondfellowship.org.ukor 01843280022East Kent Mind - info@eastkentmind.org.ukor call07950 608827SpeakUp CIC - Support and socialSpeakUp CIC - Night Owls is a closed on-line peer supportSpeakUp CIC - Night Owls is a closed on-line peer supporton 0800 567 7699, email us oninfo@livewellkent.org.ukor 01843448384Rethink Thanet Way Employment - Referralon 01843thanetway@rethink.orgPorchlight Community Link ServicePorchlight Community Link ServicePorchlight Community Link Service (THIS)Referral to 0800 567 7699 info@livewellkent.org.ukLive Well Kent Central Referral Line 0800 567Porchlight Live Well Kent Central Referral Line 0800 5677699 or email info@livewellkent.org.ukLive Well Kent Website - https://livewellkent.org.ukLive Well Kent Service South Kent CoastSouth Kent Mind - provide a Wellbeing programmeReferral 01303 250090 southkentmind.org.ukTake Off Peer Groups – Referral - 01227 788211SpeakUp CIC - Night Owls is a closed on-line peer supportgroupReferral admin@speakupcic.co.uk or 01843 448384Shaw Trust Employment Service and PorchlightPorchlight Source South Kent Coast	Live Well Kent		Live Well Kent Website -
280022 East Kent Mind - info@eastkentmind.org.uk or call 07950 608827 we are still accepting referrals so if you need support or need to refer someone you can call our referral line on 0800 567 7699, email us on info@livewelikent.org.uk or contact services directly. SpeakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 motion (1843) 448384 SpeakUpCIC - Personality Disorder Support Group (PERDI) speakUp CIC - Space Art and Craft Project SpeakUp CIC - Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Housing Service Porchlight Community Housing Service Porchlight Community Housing Service Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight Porchlight Speakupcic.co.uk or 01843 448384		Richmond Fellowship- Referral	https://livewellkent.org.uk/
East Kent Mind - info@eastkentmind.org.uk or call you need support or need to refer 07950 608827 someone you can call our referral line SpeakUp CIC - Support and social speakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 speakUp CIC - Personality Disorder Support Group (PERDI) SpeakUp CIC - SpAce Art and Craft Project speakUp CIC - Space Art and Craft Project SpeakUp CIC - Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Unclusion Service Porchlight Community Inclusion Service Porchlight Community Unclusion Service Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service Porchlight Community Housing Service Porchlight Line Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		info.thanetspace@richmondfellowship.org.uk or 01843	
07950 608827 someone you can call our referral line on 0800 567 7699, email us on info@livewellkent.org.uk or contact group. Call 01843 448384 speakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 speakUpCIC - Personality Disorder Support Group (PERD) SpeakUp CIC - SpAce Art and Craft Project speakUpCIC - SpAce Art and Craft Project services directly. SpeakUp CIC - SpAce Art and Craft Project speakUpCIC - Personality Disorder Support Group (PERD) services directly. SpeakUp CIC - SpAce Art and Craft Project speakUpCIC - Night Community Inclusion Service on 01843 Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Link Service Porchlight Community Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Community Housing Service Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk/ Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight Shaw Trust Employment Service and Porchlight South Service and Porchlig		280022	
 SpeakUp CIC - Support and social SpeakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 SpeakUpCIC - Personality Disorder Support Group (PERDI) SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Link Service Porchlight Community Link Service Porchlight Community Link Service Porchlight Community Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Website - https://livewellkent.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight 		East Kent Mind - info@eastkentmind.org.uk or call	you need support or need to refer
SpeakUp CIC - Support and social info@livewellkent.org.uk or contact SpeakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 SpeakUpCIC - Personality Disorder Support Group (PERDI) SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Community Housing Service (THIS) Referral to 800 567 7699 info@livewellkent.org.uk Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUp CIC - Support and social groups Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight Site Service and Porchlight		07950 608827	someone you can call our referral line
SpeakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 services directly. SpeakUpCIC - Personality Disorder Support Group (PERDI) SpeakUp CIC Space Art and Craft Project services directly. SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org or 01843 Porchlight Community Inclusion Service Porchlight Community Inclusion Service or 01843 Porchlight Community Inclusion Service Porchlight Community Housing Service or 01843 Porchlight Community Inclusion Service Porchlight Community Housing Service or 01843 Porchlight Community Inclusion Service Porchlight Community Housing Service or 01843 Porchlight Community Inclusion Service Porchlight Community Housing Service or 01843 Porchlight Community Housing Service Porchlight Community Housing Service or 01843 Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk tive Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk take Off Peer Groups – Referral - 01227 788211 SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight <td></td> <td></td> <td>on 0800 567 7699, email us on</td>			on 0800 567 7699, email us on
group. Call 01843 448384 Services directly. SpeakUpCIC- Personality Disorder Support Group (PERDI) SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Link Service Porchlight Community Link Service Porchlight Community Holusion Service Porchlight Community Holusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUpCIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight Support Service and Porchlight			info@livewellkent.org.uk or contact
SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Link Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUp CIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight			services directly.
SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUp CIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		SpeakUpCIC- Personality Disorder Support Group (PERDI)	
448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Housing Service Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUp CIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		SpeakUp CIC - SpAce Art and Craft Project	
thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		• • •	
thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		Rethink Thanet Way Employment - Referral	
Porchlight Community Inclusion ServicePorchlight Community Link ServicePorchlight Community Housing ServicePorchlight Thanet Health Inclusion Service (THIS)Referral to 0800 567 7699 info@livewellkent.org.ukPorchlight Live Well Kent Central Referral Line 0800 5677699 or email info@livewellkent.org.ukLive Well Kent Website - https://livewellkent.org.uk/Live Well Kent Services South Kent CoastSouth Kent Mind - provide a Wellbeing programmeReferral 01303 250090 southkentmind.org.ukTake Off Peer Groups - Referral - 01227 788211SpeakUp CIC - Support and social groupsSpeakUpCIC - Night Owls is a closed on-line peer supportgroupReferral admin@speakupcic.co.uk or 01843 448384Shaw Trust Employment Service and Porchlight			
Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		Porchlight Community Inclusion Service	
Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		Porchlight Community Link Service	
Referral to 0800 567 7699 info@livewellkent.org.ukPorchlight Live Well Kent Central Referral Line 0800 5677699 or email info@livewellkent.org.ukLive Well Kent Website - https://livewellkent.org.uk/Live Well Kent Services South Kent CoastSouth Kent Mind - provide a Wellbeing programmeReferral 01303 250090 southkentmind.org.ukTake Off Peer Groups - Referral - 01227 788211SpeakUp CIC - Support and social groupsSpeakUpCIC - Night Owls is a closed on-line peer supportgroupReferral admin@speakupcic.co.uk or 01843 448384Shaw Trust Employment Service and Porchlight		Porchlight Community Housing Service	
Porchlight Live Well Kent Central Referral Line 0800 5677699 or email info@livewellkent.org.ukLive Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent CoastSouth Kent Mind - provide a Wellbeing programmeReferral 01303 250090 southkentmind.org.ukTake Off Peer Groups – Referral - 01227 788211SpeakUp CIC - Support and social groupsSpeakUpCIC - Night Owls is a closed on-line peer supportgroupReferral admin@speakupcic.co.uk or 01843 448384Shaw Trust Employment Service and Porchlight		•	
7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		Referral to 0800 567 7699 info@livewellkent.org.uk	
7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		Porchlight Live Well Kent Central Referral Line 0800 567	
Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		-	
Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight			
South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight			
Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		Live Well Kent Services South Kent Coast	
Referral 01303 250090 southkentmind.org.uk Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		South Kent Mind - provide a Wellbeing programme	
Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight			
SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk Shaw Trust Employment Service and Porchlight			
SpeakUpCIC - Night Owls is a closed on-line peer support group Referral <u>admin@speakupcic.co.uk</u> or 01843 448384 Shaw Trust Employment Service and Porchlight		Take Off Peer Groups – Referral - 01227 788211	
group Referral <u>admin@speakupcic.co.uk</u> or 01843 448384 Shaw Trust Employment Service and Porchlight		SpeakUp CIC - Support and social groups	
Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight		SpeakUpCIC - Night Owls is a closed on-line peer support	
Shaw Trust Employment Service and Porchlight		group	
		Referral admin@speakupcic.co.uk or 01843 448384	
Work4Wellbeing (formally JET IPS Employment) Referral		Shaw Trust Employment Service and Porchlight	
		Work4Wellbeing (formally JET IPS Employment) Referral	
0800 567 7699 <u>info@livewellkent.org.uk</u>		0800 567 7699 <u>info@livewellkent.org.uk</u>	
Porchlight Community Inclusion Service		Porchlight Community Inclusion Service	
Porchlight Community Link Service			
Porchlight Community Housing Service			
Porchlight Live Well Kent Central Referral Line 0800 567		-	
7699 or email <u>info@livewellkent.org.uk</u>		or email intownvewenkent.org.uk	

Porchlight	Our Aspirations team is continuing to provide support	0333 880 2730
Aspirations	while adapting the way we work to follow the latest	
	official advice and guidance.	
	If you are currently being supported by Aspirations, we	
	will be in touch with more information about how we can	
	continue to support you. If you have any questions about	
	our support or need to speak to someone about	
	Aspirations you can call us.	
	If you are unemployed, live in Kent, and feel that your	
	mental health is holding you back, we can help.	
	Aspirations is a free service for anyone over 25 who is not	
	currently in employment. We can help if you feel that	
	your mental health is standing in your way.	
	We will work with you on a one to one basis to find out	
	where you want to be, and how we can help you get	
	there. Whatever your circumstances, we won't judge you.	
	What we discuss will remain confidential.	
Peekaboo Pet	We are offering to walk dogs/pets for isolated and elderly	07584 320039
Services	people. This is a free service and covering the	
	Dover/Whitfield area.	
Folkestone and	We have set up a local dedicated COVID-19 helpline and	COVID-19@folkestone-hythe.gov.uk
Hythe District	email for residents.	
Council	 Find out about help and assistance available 	01303 761116
	locally and national support	
	 Offer to volunteer and become a champion within the community 	
	- Home Meal deliveries	
	 Food orders and deliveries 	
	- Collection of medical supplies	
	- Dog walking	
KOOTU	Open 9am – 5pm seven days a week	
KOOTH –	As it stands we are no longer able to visit schools, youth	www.kooth.com
Online Mental Health Service	provisions or medical centres to talk about the service. We are looking to make as many young people aware of	
for 10-16 year olds	the service as possible and we are trying to do this remotely. Any support or advice you have would be	
0103	greatly appreciated. Our Kooth Overview video can also	
	be used - https://vimeo.com/318731977/a9f32c87de	
	Kooth is a mental health organisation that offer free	
	online counselling and advice to those who are aged 10-	
	16 years old who do not want to talk face to face with	
	someone.	
Teynham Parish	If you need help with	parishclerk@teynham.org
•		·
Council		
•	 Shopping Posting mail 	01795 487063

	Urgent supplies	07597 829578
	A friendly phone call	
	Contact Teynham Parish council and one of our	
	volunteers will contact you.	
Channel Cars	Our drivers are collecting shopping, prescriptions, picking	01303 252252
Folkestone	up things and dropping off. Payment over the phone and	
	contactless card payment. Serving Folkestone down to the	
	Marsh all surrounding areas, Pre-book where possible.	
Pie Factory East	Social Media Channels	07746916240
Kent		
	We are adding daily content to our social media channels	info@piefactorymusic.com
	including daily creative challenges. This is a quick and easy	
	way for young people to engage with us and we have staff	
	online every day to answer questions and provide a space	
	for young people to chat. Here are the links to our social	
	media channels:	
	Instagram: www.instagram.com/piefactorymusic	
	Facebook: www.facebook.com/piefactorymusic	
	Twitter: www.twitter.com/piefactorymusic	
	TikTok: @Piefactorymusic	
	Group Video Chats	
	We are in the process of setting up group video chats for	
	young people. We're just fine tuning this to make sure	
	that the technology will work and that safeguarding has	
	been thoroughly considered. The idea is to provide a	
	weekly 'check in' with our team, ideas for activities and	
	space to talk about how people are feeling. If you have a	
	young person who would be interested in this then please email us and let us know which area you are from to help	
	us find the most relevant group.	
	Targeted work for those who need extra support If you know a young person who needs some extra	
	support at this time such as Regular phone calls with a	
	youth worker, signposting to other services and / or 1:1 /	
	small group online sessions with members of our team.	
	Food Bank	
	Also, we are continue to run a Food Bank which can be	
	accessed by calling 07746916240 or by emailing	
	info@piefactorymusic.com - we can offer a door-step	
	delivery service.	
Ashford	We are continuing to offer counselling remotely by	01227 713911.
Counselling	telephone and internet and are still taking new referrals	
Services	via info@ashfordcounselling.org.uk,	
	business.manager@ashfordcounselling.org.uk and by	
	telephone on 01227 713911.	
Sainsbury's	Residents who are vulnerable can call Sainsbury's and	0800 63 62 62
Vulnerable	order their food shopping through their vulnerable	

Shopping	service. This is getting busy and can take a while to get	
Service	through	
	Covers all Sainsbury's supermarkets in East Kent and FOR THOSE WHO ARE SELF ISOLATING AND SHIELDING.	
New Romney	Deliver to medical housebound. For older and at-risk	01797 458001
Pharmacy	persons, if you telephone and let them know you are	
	coming and what they require, park in car park behind the	
	shop they will bring delivery out to you. Are hoping to	
Lloyds	expand deliveries in future. Services as normal, including prescription delivery Now	01797 362180
Pharmacy New	opening at 10am	01797 302180
Romney		
Well Pharmacy	Can only deliver to people already registered.	01797 362997
Greatstone	Can anly deliver to people already registered	01707 220221
Pharmacy Lydd Kent Frozen	Can only deliver to people already registered. For those who are struggling in Kent to get their groceries	01797 320231 01622 612345
Foods	we are now offering free home delivery via our dedicated	01022 012343
	sales teams.	www.kff.co.uk
Involve Kent,	Safe and Well is a telephone service available for the most	03000 810005 (option 5)
Safe and Well	vulnerable and isolated members of the community who	
Service	are self isolating due to Coronavirus.	offiffice@involvekent.org.uk
	Members of our team will be offering daily or weekly	
	phone calls, which will be determined by a short	
	telephone assessment. As well as offering a friendly voice	
	on the phone, we are working closely with other organisations to link isolated people to services that can	
	help them. We are supported by Kent Fire and	
	Rescue who are offering their support in collection and	
	delivery of food and prescriptions.	
	The service is available across West Kent, including	
	Sevenoaks, Maidstone, Tunbridge Wells and Tonbridge,	
	and parts of Folkestone and Dover	
Romney Marsh	We have a dedicated email address covid-9@rmdc.org.uk	01797 208590
Day Centre	and have a dedicated number 01797 208590 which will be	
	operational from this Monday – Friday 9am to 4pm.	<u>covid-9@rmdc.org.uk</u>
	We will be carrying out urgent essential shopping for the	
	most vulnerable people. This will be essential shopping.	
	We are looking to buy food into the Day Centre from	
	Wholesalers and set up essential food and toiletry packs	
	at set prices, so we can get these deliveries out much quicker than shopping at New Romney Sainsbury's. This	

	the meantime we will be doing shopping trips to supermarkets.	
Age Concern Sandwich	Meals on wheels service charging £7.50 Sandwich area and £8 outside Sandwich for 2 courses Monday to Friday, we can include a sandwich, quiche or cake as an extra which is chargeable.	01304 614237
	We are offering a shopping service as I was in the middle of setting this up before the virus, as we had a few enquiries start to filter through about this being useful to the isolated, which would cover prescription service too although the pharmacy at Eastry is excellent and does the majority of deliveries for Sandwich too. No charge for these services.	