

# Your Local Services

## Sevenoaks District



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## Useful Contacts

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**Crimestoppers** Give information and stay anonymous:  
0800 555 111

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**Domestic Abuse** 24-hour National Domestic Violence  
Helpline: 0808 2000 247

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**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)

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**Kent Dementia Helpline** 0800 500 3014 (24-hour)

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**Kent Community Warden Service** 07773 396677

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**Kent Fire & Rescue** In case of emergency please dial 999  
General Enquiries: 01622 692121

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**Kent Police - urgent medical  
help/immediate life threatening danger** 999

**Kent Police - non-urgent enquiries** 101

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**Mental Health Crisis Resolution Team** 0300 222 0123 (24hr helpline)

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**Non-emergency medical advice** 111

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**Register Births, Deaths and Marriages**

03000 41 51 51

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**Report abuse (children or vulnerable adult)**

Children's Central Duty Team:  
03000 41 1111  
Out of hours: 0300 41 91 91  
Adult Central Duty Team:  
03000 41 6161  
Out of hours: 03000 41 91 91

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**Samaritans**

116 123 (Free 24hr helpline)

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**Sevenoaks District Community Safety Unit** (Police, Council and partners working together for a safe district).

To report or receive advice on:  
Anti-social behaviour, fly-tipping, graffiti, issues about licensed premises, abandoned vehicles, environmental and noise nuisance, crime reduction advice, neighbourhood watch and other community safety issues.  
Monday to Thursday 8.45am to 5pm and Friday 8.45am to 4.45pm  
☎ 01732 227000  
✉ [community.safety@sevenoaks.gov.uk](mailto:community.safety@sevenoaks.gov.uk)  
Twitter: SDC\_CSP

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**Sevenoaks District Council**

01732 227000

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## Adult Health

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### **Adult Weight Management - Why Weight**

☎ 01732 227000

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

Area - Across Sevenoaks District



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

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### **Alzheimer's Society**

☎ 0300 222 11 22

Area - Across England, Wales & Northern Ireland

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

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### **Arthritis Research Campaign**

☎ 01732 454862

Area - Sevenoaks Town & beyond

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

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### **Cancer Research Campaign (Sevenoaks)**

☎ 0300 123 1865

Area - Sevenoaks Town

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

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**Diabetes UK Tunbridge Wells, Tonbridge and Sevenoaks Group**

☎ 01732 447055



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

Area – Sevenoaks District & Tunbridge Wells Borough

They aim to provide help and support to people living with diabetes in the UK. They do this primarily through group meetings, designed with the express purpose of providing individuals with a safe, social forum to discuss diabetes and its effects.

They raise money to promote awareness of diabetes and generally contribute in any way they can.

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**Dunton Green Projects - Adult**

☎ 01732 227000

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

Area – Dunton Green



Projects include coach-led netball sessions that are ideal for complete beginners, those who haven't played in a while or anyone wanting to get together with like-minded friends or family. Sessions are open to everyone over the age of 14. Dunton Green also has a Lunch Club and an over 55's Social Club.

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**Leukaemia Research Fund (Sevenoaks Branch)**

☎ 01732 457594

Area – Sevenoaks Town

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

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**Live Well Kent**

☎ 0800 567 7699

✉ [www.livewellkent.org.uk](http://www.livewellkent.org.uk)

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

Area – across Kent

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

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### **One You Kent (West Kent)**

☎ 0300 020 0636

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

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

✉ [sdh.healthylivingteam@nhs.net](mailto:sdh.healthylivingteam@nhs.net)

🌐 [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)



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

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### **Sevenoaks Blind Social**

🌐 [www.kab.org.uk](http://www.kab.org.uk)

Area – Sevenoaks Town

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

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### **Sexual Health Clinics**

☎ 0300 790 0245

🌐 [www.kentsexualhealth.nhs.uk](http://www.kentsexualhealth.nhs.uk)

Area – Across Kent

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

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### **Swanley Community Day Service**

☎ 03000 421 252

Area - Swanley

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.

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### **Westerham Macular Disease Support Group**

☎ 01959 563110

Area – Westerham

Support groups, specifically to help and provide a wide range of support for people with macular disease.

## Carers

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### **Carers Direct**

☎ 0808 802 0202

🌐 <http://www.nhs.uk/conditions/social-care-and-support-guide/Pages/what-is-social-care.aspx>

Area - Nationwide

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

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### **Carers FIRST**

☎ 0300 303 1555

✉ [info@carersfirst.org.uk](mailto:info@carersfirst.org.uk)

🌐 [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

Area – North West Kent, South West Kent and Medway

An independent, charitable organisation supporting people who look after a relative or friend who could not manage without their support. Carer FIRST provides information and advice, groups and activities, short break respite, carers assessments, training and more.

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### **Crossroads**

☎ 0845 900 3735

☎ 01622 817114

✉ [enquiries@crossroadskent.org](mailto:enquiries@crossroadskent.org)

🌐 [www.carerskm.org](http://www.carerskm.org)

Area – Across Kent

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

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### **ellenor**

☎ 01474 320007

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

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

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

Hospice care is holistic support for the whole family. ellenor cares for all ages and their service include:

- Hospice at Home for children and adults (including respite)
- Inpatient Ward
- Wellbeing and Spiritual Care
- Carer Support
- Therapeutic Day Services

- 
- Support Groups and Classes  
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.
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### **Grandparents Plus**

☎ 0300 123 7015 (Advice Line Number)

✉ [info@grandparentsplus.org.uk](mailto:info@grandparentsplus.org.uk)

🌐 [www.grandparentsplus.org.uk](http://www.grandparentsplus.org.uk)

Area – Nationwide

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

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### **Kent Young Carers**

☎ 0300 111 1110

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

🌐 [www.imago.community/Children-and-Young-People/Kent-Young-Carers](http://www.imago.community/Children-and-Young-People/Kent-Young-Carers)

Area – Across Kent

Kent Young Carers support all young carers aged 5 to 18 across Kent with information, advice, social activities and individual support. Kent Young Carers gives young carers the opportunities to socialise with other young carers because it is important to know they are not alone in this situation.

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### **Kinship Carers**

✉ [kinshipfostercarers@gmail.com](mailto:kinshipfostercarers@gmail.com)

🌐 [www.kinshipcarers.co.uk](http://www.kinshipcarers.co.uk)

Area – Nationwide

Offers knowledge, experience and friendship.

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## Debt, Finance & Legal Advice

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### **Citizens Advice**

Edenbridge & Westerham

☎ 03000 422888

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



[www.citizensadvice.org.uk/local/eden-bridge-westerham](http://www.citizensadvice.org.uk/local/eden-bridge-westerham)

Sevenoaks (North & West Kent)

☎ 0300 330 9001 (Advice)

☎ 01732 454443 (Office)

✉ [info@sevenoaks.cab.org.uk](mailto:info@sevenoaks.cab.org.uk)



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

Swanley (North & West Kent)

☎ 0300 330 9001 (Advice)

☎ 01322 875888 (Admin Number)

✉ [info@swanley.cab.org.uk](mailto:info@swanley.cab.org.uk)



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

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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.

### **HERO Advice Service**

☎ 01732 227000

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



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

Area – Sevenoaks District



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



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### **Money Advice Service**

☎ 0800 138 7777

🌐 [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

Area - Nationwide

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

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### **West Kent Communities**

☎ 01732 749451

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

Area - Across West Kent

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

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## **Dementia Cafés**

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### **Alzheimer's & Dementia Support Services Memory Cafés**

☎ 01474 533990

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

Free Memory Cafés for those living with Alzheimer's or Dementia and their carers. A chance to relax in safe environments with refreshments and access guidance on how to live well with dementia and practical information. For information on time and venue in each location, please contact via telephone.

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### **Alzheimer's Society Dementia Café**

☎ 01892 835498

✉ [kentandmedway@alzheimers.org.uk](mailto:kentandmedway@alzheimers.org.uk)

Area - Sevenoaks

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

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### **Down Memory Lane**

☎ 01732 743056

Area - Otford

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

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**Forget-me-Not Café – Edenbridge**  
☎ Edenbridge: 01732 759854/07919  
096372  
✉ [hello@forgetmenotcafe.org.uk](mailto:hello@forgetmenotcafe.org.uk)  
🌐 [www.forgetmenotcafe.org.uk](http://www.forgetmenotcafe.org.uk)  
Area – Edenbridge

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 Home Instead  
Senior Care, The Good Care Group,  
Westerham Town Council, Knole  
National Trust and The Footworks.

**Forget-me-Not Café – Sevenoaks  
(Knole)**  
☎ Elaine Ferris: 07805 367268  
✉ [elaine.ferris@thegoodcaregroup.com](mailto:elaine.ferris@thegoodcaregroup.com)  
🌐 [www.forgetmenotcafe.org.uk](http://www.forgetmenotcafe.org.uk)  
Area – Sevenoaks

Edenbridge: last Friday of the month.

**Forget-me-Not Café – Westerham**  
☎ Westerham Town Council: 01959  
562147  
✉ [office@westerhamtowncouncil.gov.uk](mailto:office@westerhamtowncouncil.gov.uk)  
🌐 [www.forgetmenotcafe.org.uk](http://www.forgetmenotcafe.org.uk)  
Area – Westerham

Sevenoaks: first Friday of every month

Westerham: third Friday of every month

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

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## Dementia Support

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**Alzheimer's Society**  
☎ 01892 835498  
Area – Sevenoaks Town

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

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**Dementia Friendly Kent**  
☎ 07730 750906  
✉ [tracey.schneider@kent.gov.uk](mailto:tracey.schneider@kent.gov.uk)  
🌐 [www.dementiafriendlykent.org.uk](http://www.dementiafriendlykent.org.uk)  
Area – Across Kent

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

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### **Dementia Friends Awareness Sessions**

☎ 01732 227000

✉ [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk)

Area – Sevenoaks District



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

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### **Sevenoaks Area Dementia Friendly Community**

☎ 01732 759854

✉ [symone.salwan@homeinstead.co.uk](mailto:symone.salwan@homeinstead.co.uk)

✉ [elaine.ferris@thegoodcaregroup.com](mailto:elaine.ferris@thegoodcaregroup.com)

Area – Sevenoaks Town, Edenbridge, Westerham and surrounding villages

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

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### **Swanley Dementia Friendly Community Forum**

✉ [geoff.parsons3@btinternet.com](mailto:geoff.parsons3@btinternet.com)

Area – Swanley

The Swanley Dementia Friendly Community Forum covers the Northern Parishes of Sevenoaks District. The aim of the forum is for local professionals, carers, people with dementia and anyone with an interest in dementia to meet and discuss issues, share good practice and encourage the area to become more dementia friendly.

Membership of the Forum includes: Swanley Town Council, Alzheimer's and Dementia Support Services, Sevenoaks District Council, Crossroads, Orchard Academy and Kent County Council services.

## Domestic Abuse

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### **Choices**

☎ 0800 917 9948

✉ [info@choicesdaservice.org.uk](mailto:info@choicesdaservice.org.uk)

🌐 [www.choicesdaservice.org.uk](http://www.choicesdaservice.org.uk)

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

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

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### **DeafHope**

☎ 07970 350366

✉ [info@signhealth.org.uk](mailto:info@signhealth.org.uk)

🌐 [www.signhealth.org.uk/our-projects/deafhope-projects](http://www.signhealth.org.uk/our-projects/deafhope-projects)

Area – Nationwide

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

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### **Domestic Abuse Support Services in Kent & Medway**

☎ 0808 168 9276

🌐 [www.domesticabuseservices.org.uk](http://www.domesticabuseservices.org.uk)

Area – Kent & Medway

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

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**Domestic Abuse Volunteer Support Services (DAVSS)**

☎ 01892 570538

✉ [office@davss.org.uk](mailto:office@davss.org.uk)

🌐 [www.davss.org.uk](http://www.davss.org.uk)

Area – across West Kent

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

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**Dove Project**

☎ 01702 300006

Area – Kent, Sussex & Essex

For refuge spaces in the South East

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**The Domestic Violence Intervention Project (DVIP)**

☎ 0207 928 4620

✉ [info@dvip.org](mailto:info@dvip.org)

🌐 [www.dvip.org](http://www.dvip.org)

Area – London

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

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**Elder Abuse Response Helpline**

☎ 0808 808 8141

✉ [enquiries@elderabuse.org.uk](mailto:enquiries@elderabuse.org.uk)

🌐 [www.elderabuse.org.uk](http://www.elderabuse.org.uk)

Area – Nationwide

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

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**Family Matters (victims of sexual violence)**

☎ Helpline: 01474 537392 Main office:  
01474 536661

✉ [admin@familymattersuk.org](mailto:admin@familymattersuk.org)

🌐 [www.familymattersuk.org](http://www.familymattersuk.org)

Area – Kent and London Borough of Bexley

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

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**Freedom Programme**

☎ 01892 570538

(Referrals for the Freedom Programme go through DAVSS)

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

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**London LGBT Anti Violence Helpline**

☎ 0207 704 2040

🌐 [www.galop.org.uk/report-hate](http://www.galop.org.uk/report-hate)

Area – London

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.

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**Men's Advice Line**

☎ 0808 801 0327

🌐 [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

Area – Nationwide

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

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**National Domestic Violence Helpline**

☎ 0808 2000 247




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

Area - Nationwide

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

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### **National LGBT Domestic Abuse Helpline**

 0800 999 5428/0300 999 5428

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


 [www.galop.org.uk/domesticabuse](http://www.galop.org.uk/domesticabuse)

Area – Nationwide

Advice and support for LGBT+ people who have experienced domestic violence or abuse. This helpline is run by Galop who are a completely independent community group.

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### **Refuge**

 0808 2000 247


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

Area – Nationwide

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

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### **Victim Support**

 01273 480130/0845 3030 900


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

Area – Nationwide

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

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### **Women's Aid**

 0808 2000 247

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

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

Area – Nationwide


A charity supporting anyone experiencing domestic abuse.

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## **Extreme Weather and Emergencies**

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### **Age UK Sevenoaks & Tonbridge**

 01732 454108



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



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

Area – Sevenoaks District and Tonbridge

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

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### **Emergency Contacts**

☎ 01732 227000

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

Area – Sevenoaks District

To report:

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

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### **Flooding Emergency**

☎ 01732 227000

✉ [emergency.planning@sevenoaks.gov.uk](mailto:emergency.planning@sevenoaks.gov.uk)

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

Area – Sevenoaks District

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

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### **Floodline**

☎ 0345 988 1188 (24 hour service)

🌐 [www.gov.uk/help-during-flood](http://www.gov.uk/help-during-flood)

Area – Nationwide

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

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### **National Gas Emergency Number**

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

🌐 [www.nationalgrid.com](http://www.nationalgrid.com)

Area – Nationwide

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

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### **National Grid Electricity Emergency Number**

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

🌐 [www.nationalgrid.com](http://www.nationalgrid.com)

Area – Nationwide

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.



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### **National Power Cut Emergency Line**

☎ 105

🌐 [www.nationalgrid.com](http://www.nationalgrid.com)

Area – Nationwide

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

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### **Report flooding – road and public drain flooding**

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

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

Area – Across Kent

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

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### **Snow Clearing and Gritting**

☎ 0845 247 800

Area – Across Kent

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

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### **South East 4X4 Response**

☎ 07040 900456 (General enquiries)

☎ 01622 962636 (Emergency callout)

Area – Across South East England

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

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## **Family Support**

### **Children's Centres**

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#### **Edenbridge Children's Centre**

☎ 03000 42 09 95



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

Area – Edenbridge

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.

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**New Ash Green Children's Centre**

☎ 01474 872411

Area - New Ash Green

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.

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**Spring House Children's Centre**

☎ 03000 42 11 37



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

Area - Sevenoaks

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

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**Swanley Children's Centre**

☎ 03000 42 09 95

☒ [swanleychildrenscentre@kent.gov.uk](mailto:swanleychildrenscentre@kent.gov.uk)

Area - Swanley

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.

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**Services at Children's Centres - Regular Health Visitor Clinics**

☎ 03001 23 31 68

Area - Edenbridge, Sevenoaks & Swanley

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.

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### **West Kingsdown Children's Centre**

☎ 01474 854624

Area - West Kingsdown

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.

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### **Early Help**

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#### **Childcare Advice Line**

☎ 03000 41 23 23 (Monday - Friday 9am - 5pm)

✉ [kentcfis@kent.gov.uk](mailto:kentcfis@kent.gov.uk)

Area - Across Kent

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

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#### **Early Help District Team (North Kent - Sevenoaks)**

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

Area - Sevenoaks District

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

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#### **Educational home visits for pre-school children**

##### **Additional needs or disabilities**

For further information and to find out if we can support you and your child call:

☎ 01892 501897

✉ [kentportage@kent.gov.uk](mailto:kentportage@kent.gov.uk)

Deaf, blind or deafblind

Offers educational home visits for pre-school children:

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

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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

✉ [jcottle@valence.kent.sch.uk](mailto:jcottle@valence.kent.sch.uk)

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### **Free Early Education for two year olds**

🌐 [www.kent.gov.uk/education-and-children/childcare-and-pre-school/free-childcare/free-childcare-for-2-year-olds#tab-2](http://www.kent.gov.uk/education-and-children/childcare-and-pre-school/free-childcare/free-childcare-for-2-year-olds#tab-2)

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.

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### **Registering a Birth**

☎ 03000 41 51 51 (for Kent)

🌐 [www.kent.gov.uk/births-ceremonies-and-deaths/Births/register-a-birth#tab-1](http://www.kent.gov.uk/births-ceremonies-and-deaths/Births/register-a-birth#tab-1)

Area – Sevenoaks District – Edenbridge, Sevenoaks & Swanley Libraries

Births need to be registered within 42 days. If living in Kent you can book an appointment via the online booking service

## Other Family Support services

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### ellenor

☎ 01474 320007

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

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

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

Hospice care is holistic support for the whole family. ellenor cares for all ages and their service include:

- Hospice at Home for children and adults (including respite)
- Inpatient Ward
- Wellbeing and Spiritual Care
- Carer Support
- Therapeutic Day Services
- Support Groups and Classes

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.

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### Family and Childcare Trust

☎ 0207 940 7510

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

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

Area - Nationwide

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.

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

☎ 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)

Area – Across Kent

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

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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.

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### **Kent Friendz**

☎ 01732 838183

✉ [sharon.higgins@kentfriendz.org.uk](mailto:sharon.higgins@kentfriendz.org.uk)

🌐 [www.kentfriendz.org.uk](http://www.kentfriendz.org.uk)

Area – Sevenoaks District, Tonbridge & Malling, Tunbridge Wells, Dartford & Gravesham and Maidstone

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

Kent Friendz' objective are:

- to provide help and support to those with learning/physical disabilities, their families and carers
- to provide clubs, home support, leisure activities and trips out in the community for those with learning and complex disabilities

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### **Kent Family Mediation Service**

☎ 01795 410457

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

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

Area – Across Kent including a Family Mediation Centre in Sevenoaks

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.

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### **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)

Area – Across Kent

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.

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### **Making Miracles**

☎ 07921 333003

✉ [becci@makingmiracles.org.uk](mailto:becci@makingmiracles.org.uk)

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

Area – Kent and Medway

Making Miracles supports parents of a high risk pregnancy, premature baby or a bay loss via professional counselling (trauma and bereavement) or 1-1 support via a "Buddy" or team member. Following

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a loss, Making for Miracles has a Baby Memorial Garden. The charity also support and raise awareness of relevant studies into the investigation of birth defects, miscarriages and stillbirth.

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### **We are Beams**

☎ 01322 668501

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

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

Area - Dartford, Gravesham and Swanley

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.

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## **Food Banks**

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### **Apetito Meal Delivery**

☎ 01622 717155

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

Area - Nationwide

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

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**Edenbridge Food Bank**

☎ 01732 865368



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

Area – Edenbridge

For information about this service, please contact Edenbridge Town Council

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**Healthy Start Vouchers**

☎ 0845 607 6823

🌐 [www.healthystart.nhs/healthy-start-vouchers/do-i-qualify](http://www.healthystart.nhs/healthy-start-vouchers/do-i-qualify)

Area – Nationwide

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

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**Kent Support & Assistance Service (KSAS)**

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

🌐 [www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis](http://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis)

Area – Across Kent

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

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**Loaves & Fishes Food Bank**

🌐 [www.saintjohnthebaptist.org.uk](http://www.saintjohnthebaptist.org.uk)

Area - Sevenoaks

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

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**Swanley Food Bank**

☎ 07798 872573

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

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

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**Westerham Food Bank**

☎ 01959 562147

✉ [westerhamfoodbank@mail4group.com](mailto:westerhamfoodbank@mail4group.com)

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

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## Housing & Homelessness

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### **Citizens Advice**

Edenbridge & Westerham

☎ 03000 422888

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



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

Sevenoaks (North & West Kent)

☎ 0300 330 9001 (Advice)

☎ 01732 454443 (Office)

✉ [info@sevenoaks.cab.org.uk](mailto:info@sevenoaks.cab.org.uk)



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

Swanley (North & West Kent)

☎ 0300 330 9001 (Advice)

☎ 01322 875888 (Admin Number)

✉ [info@swanley.cab.org.uk](mailto:info@swanley.cab.org.uk)



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

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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.

### **Help to Buy Scheme**

☎ 03333 214 044

✉ [helptobuyeastandsoutheast@bpha.org.uk](mailto:helptobuyeastandsoutheast@bpha.org.uk)

🌐 [www.helptobuyese.org.uk](http://www.helptobuyese.org.uk)

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

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### **HERO Advice Service**

☎ 01732 227000

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

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

Area – Sevenoaks District



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

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### **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)

Area – Nationwide and Sevenoaks District

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Search for hostels and homelessness services in England.

### **Housing Advice Team**

☎ 01732 227000

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

✉ [lettings@sevenoaks.gov.uk](mailto:lettings@sevenoaks.gov.uk)

✉ [empty.homes@sevenoaks.gov.uk](mailto:empty.homes@sevenoaks.gov.uk)

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

Area – Sevenoaks District



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

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### **Housing Care**

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

Area – Nationwide

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

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### **Kent Homechoice (Social Housing Register)**

☎ West Kent Housing Association: 01732 749433/01732 749400

✉ [housing.options@wkha.org.uk](mailto:housing.options@wkha.org.uk)

🌐 [www.kenthomechoice.org.uk](http://www.kenthomechoice.org.uk)

Area – Sevenoaks District

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

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### **Lookahead**

☎ 0207 368 4600

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

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

Area – South East

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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.

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**MacIntyre (Learning Disability Supported Housing)**

☎ 01908 230100

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

🌐 [www.macintyrecharity.org](http://www.macintyrecharity.org)

Area - Edenbridge

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

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**Moat**

☎ 0845 600 1006

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

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

Area – South East including Sevenoaks District

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

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**Orbit**

☎ 0800 678 1221

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

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

Area – Nationwide

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

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**Porchlight (Homelessness)**

☎ 0800 567 7699

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

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

Area – Across Kent

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

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**Residential Care and Nursing Homes**

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

Area – Sevenoaks District

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

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**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.

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### **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)

🌐 [www.kent.gov.uk/social-care-and-health/care-and-support/housing-and-care-homes/supported-housing](http://www.kent.gov.uk/social-care-and-health/care-and-support/housing-and-care-homes/supported-housing)

Area - Edenbridge

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

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### **The Bridge Trust (Homelessness)**

☎ 01732 368363

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

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

Area – Across Kent including Sevenoaks District

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

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

☎ 01215 227007/01732 742351

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

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

Area – Sevenoaks

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

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### **West Kent Housing**

☎ Payment line: 01732 749442

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

✉ [customerservices@wkha.org.uk](mailto:customerservices@wkha.org.uk)

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

Area - West Kent including Sevenoaks District

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

## Learning Disabilities

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### **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)

Area – Kent

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

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### **Avenues Groups**

☎ 0300 323 0405

✉ [info@avenuesgroup.org.uk](mailto:info@avenuesgroup.org.uk)

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

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

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

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### **Hft (learning disabilities support)**

☎ 01732 782700

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

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

Area – Kent including Sevenoaks District

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

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### **Kent Pathways Service**

☎ 03000 41 61 61

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

🌐 [www.kent.gov.uk/social-care-and-health/care-and-support/disability/learning-disability/kent-pathway-service](http://www.kent.gov.uk/social-care-and-health/care-and-support/disability/learning-disability/kent-pathway-service)

Area – Kent

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.

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### **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)

Area – Nationwide

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

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### **We are Beams**

☎ 01322 668501

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

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

Area – Dartford, Gravesham and Swanley

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.

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## **Mental Health**

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### **Care Confidential**

☎ 0800 028 2228

🌐 [www.careconfidential.com](http://www.careconfidential.com)

Area – Nationwide

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

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**Crisis Resolution Home Treatment Team**  
(NHS)

☎ 0300 222 0123

🌐 [www.kmpt.nhs.uk/where-do-i-go-in-a-crisis/](http://www.kmpt.nhs.uk/where-do-i-go-in-a-crisis/)

Area – Kent & Medway

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

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**Kent & Medway (Mental Health Services)**

☎ 0300 222 0123

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

Area – Across Kent & Medway

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

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**Live it Well Kent**

☎ 0800 567 7699

✉ [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk)

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

Area – Kent and Medway

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

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**Live Well Kent**

☎ 0800 567 7699

✉ [www.livewellkent.org.uk](http://www.livewellkent.org.uk)


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

Area – across Kent

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

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**Live Well: Youth Mental Health Information Hub (NHS)**


 [www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx](http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx)


Area – Across Kent and Medway

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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)

 [www.mentalhealthmatters.com/our-services/helpline-services/](http://www.mentalhealthmatters.com/our-services/helpline-services/)

Area – Kent and Medway


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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 choose to call us 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

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**Psychological Therapies (IAPT)**

 0300 012 0012

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

Area – Across West Kent

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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 lead by ThinkAction.

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**Reachout Adults**

☎ 07989 219185

✉ [jillg@twmhr.org.uk](mailto:jillg@twmhr.org.uk)

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

Area - West Kent including Sevenoaks District

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

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**Reachout Youth**

☎ 01892 676285

✉ [reachout@twmhr.org.uk](mailto:reachout@twmhr.org.uk)

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

Area - West Kent including Sevenoaks District

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

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**Release the Pressure**

☎ 0800 107 0160

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

Area - Kent

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

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**Rethink**

☎ 0300 5000 927

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

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

Area - Nationwide

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

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**Samaritans**

☎ 08457 909090

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

Area - Nationwide

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

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**Sevenoaks Counselling**

☎ 0300 5000 927

✉ [reachout@twmhr.org.uk](mailto:reachout@twmhr.org.uk)


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

Area - Sevenoaks District

Provides counselling which is affordable and accessible to everyone, of all faith and none and offered by qualified and experienced therapists.

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### **West Kent Mind**

 01732 744950

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


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

Area – West Kent including Sevenoaks District

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.

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### **North Kent Mind**

 01322 291380

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

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

Area – North Kent including Swanley


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.

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## **Older People**

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### **Age UK Sevenoaks & Tonbridge**

 01732 454108



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




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

Area – Sevenoaks and Tonbridge (not Swanley or Malling)

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

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### **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)

Area – Sevenoaks District and Tonbridge

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

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### **Befriending Kent**

 0300 365 8120

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


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

Area – Kent

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

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### **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)


Area – Nationwide

Offers help with travel to and from social activities.

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

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### **Care Navigators**

 0800 197 0097

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

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

Area – Nationwide

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

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### **Falls Prevention Classes**

☎ 01732 227000

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



[www.sevenoaks.gov.uk/services/health-and-social-care/services-for-older-people/activities-for-older-people](http://www.sevenoaks.gov.uk/services/health-and-social-care/services-for-older-people/activities-for-older-people)

Area – Sevenoaks District



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

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### **Health Walks**

☎ 01732 227000

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

Area – Across Sevenoaks District



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.

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### **Housing Care**

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

Area – Nationwide

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

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### **Independent Age**

☎ 0800 319 6789/0207 605 4200

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

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

Area – Nationwide

Free helpline providing advice for older people, their families and carers, including friendship services for people in need of companionship through a regular telephone call or visit. Lines are open Monday to Friday 8am to 8pm and 9am to 1pm Saturdays and Bank Holidays.

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### **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)

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

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

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### **Rural Age Concern Darent Valley**

☎ 01322 668106

✉ [admin@racdv.org.uk](mailto:admin@racdv.org.uk)

Area – Swanley, Dartford and surrounding areas

Rural Age Concern Darent valley (RACDV) is a charity providing a day centre and hot meals, lunch clubs, activities, transport and shopping trips for elderly and frail clients over the state retirement age and resident in the RACDV catchment area.

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### **Sevenoaks District Seniors Action Forum**

🌐 [www.sdsaf.org](http://www.sdsaf.org) (contact page on website)

Area: Sevenoaks District

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

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### **Sevenoaks Kent Shed Project**

☎ 01732 227121

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[community.development@sevenoaks.gov.uk](mailto:community.development@sevenoaks.gov.uk)

Area – Sevenoaks

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.

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

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

Area - Westerham

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

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

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### Yoga

☎ 01732 227000

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

Area – Across Sevenoaks District



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

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## Relationships

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### Citizens Advice

Edenbridge & Westerham

☎ 03000 422888

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



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

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.

Sevenoaks (North & West Kent)

☎ 0300 330 9001 (Advice)

☎ 01732 454443 (Office)

✉ [info@sevenoaks.cab.org.uk](mailto:info@sevenoaks.cab.org.uk)



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

Swanley (North & West Kent)

☎ 0300 330 9001 (Advice)

☎ 01322 875888 (Admin Number)

✉ [info@swanley.cab.org.uk](mailto:info@swanley.cab.org.uk)



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

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### **Kent Family Mediation Service**

☎ 01795 410457

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

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

Area – Across Kent including a Family Mediation Centre in Sevenoaks

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.

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### **Relate (Sevenoaks)**

☎ 01892 529927



[appointments@westmidkent.eclipse.co.uk](mailto:appointments@westmidkent.eclipse.co.uk)

🌐 [www.relate.org.uk/find-my-nearest-relate/outpost/sevenoaks-relate](http://www.relate.org.uk/find-my-nearest-relate/outpost/sevenoaks-relate)

Area – Sevenoaks Town

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

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### **West Kent Mediation**

☎ 01732 469696

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

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

Area – Across West Kent including Sevenoaks District

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.

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## **Smoking**

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### **Kent Health & Wellbeing – Stop Smoking**

☎ 0300 123 1220



[www.kenthealthandwellbeing.nhs.uk/services/stop-smoking](http://www.kenthealthandwellbeing.nhs.uk/services/stop-smoking)

Area – Across Kent including Sevenoaks District

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

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### **Smoking Support for under 18s**

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

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

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

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## **Substance Misuse**

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### **Alcoholics Anonymous**

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

Area – Edenbridge & Sevenoaks

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

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

☎ 08442 250 652

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

Area – Kent, including Gravesend, Maidstone & Tonbridge

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

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### **Kenward Trust**

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

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

Area – Across Kent including Sevenoaks District

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



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**Kent County Council Alcohol & Drug Support**

[www.kent.gov.uk/social-care-and-health/health/healthy-living/drug-misuse/alcohol-and-drug-support](http://www.kent.gov.uk/social-care-and-health/health/healthy-living/drug-misuse/alcohol-and-drug-support)

Area – Kent

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

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## Transport (Community)

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**Age UK Sevenoaks & Tonbridge**

☎ 01732 454108



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

Area – Sevenoaks District & Tonbridge Borough

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.

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**Compaid**

☎ 01892 832447

✉ [transport@compaid.org.uk](mailto:transport@compaid.org.uk)

Area – Sevenoaks District

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

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**Dial 2 Drive (Imago)**

☎ 0300 777 1200

✉ [driving@imago.community](mailto:driving@imago.community)

Area – Sevenoaks, Tonbridge, Tunbridge Wells & surrounding areas

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.

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**Edenbridge Voluntary Transport Service**

☎ 01732 865353

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

Area – Edenbridge & neighbouring villages

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.

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**Kent Karrier**

☎ 03000 413567

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

Area – Sevenoaks District

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.

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**North West Kent Volunteer Centre**

☎ 01322 294600

Area – Swanley & the outlying villages

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

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**Rural Age Concern Darent Valley**

☎ 01322 666448

✉ [admin@racdv.org.uk](mailto:admin@racdv.org.uk)

Area – Northern parishes of Sevenoaks District

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

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**Sevenoaks Buses 4U**

☎ 01883 732791

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

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

Area – Sevenoaks District

Buses 4U is a flexible local bus service. The route and timings of the bus are determined by the requests of passengers. The service is available to paid-up members of Buses 4U Sevenoaks and membership is only available to those living in the Sevenoaks District who do not have access to other bus or rail services.

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**Sevenoaks Volunteer Transport Group**

☎ 01732 458931

Area – Sevenoaks District

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

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**Transport - Wheels 2 Work**

☎ 01883 732791

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

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

Area – Kent and Surrey

The Kent Wheels 2 Work scheme is run by East Surrey Rural Transport Partnership (ESRTP). It is a charity that works with support from Kent County Council and Surrey County Council to provide additional local transport. 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.

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## Volunteering

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**Children's Centres (volunteering)**

🌐 [www.kent.gov.uk/leisure-and-community/volunteering/children-and-young-people-volunteering](http://www.kent.gov.uk/leisure-and-community/volunteering/children-and-young-people-volunteering)

Area – Sevenoaks District

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

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**Citizens Advice North & West Kent (volunteers)**



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

Area – Sevenoaks District

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

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### **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)

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

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

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### **Imago**

✉ [volunteering@imago.community](mailto:volunteering@imago.community)

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

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

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

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### **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)

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

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

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

☎ 01732 868381

Area – Sevenoaks District

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

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### **Stronger Kent Communities**

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

✉

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



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

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

Area – across Kent

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## Wellbeing Community Projects

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### **D’Vine Singers (singing for fun and wellbeing)**

07967 442935

[nicolawhydenbach@yahoo.co.uk](mailto:nicolawhydenbach@yahoo.co.uk)

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

### **Eden Songsters (singing for fun and wellbeing)**

01732 503606

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

Area – Edenbridge

Eden Songsters is a community group who sing for fun and wellbeing. They are open to all and cater for people with physical and mental health needs and/or carers.

### **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)

Area – Across Kent and Medway

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

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### **The BRIDGES Centre Community Projects**

☎ 01732 868186

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

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

Area – Edenbridge and surrounding villages

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.

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## **Youth Centres, Services & Projects**

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### **Commonwork Trust**

☎ 01732 463255

✉ [sallyp@boreplace.org](mailto:sallyp@boreplace.org)

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

Area – Bore place, Chiddingstone & Edenbridge

The Commonwork Trust offers therapeutic and educational support for young people aged 8 – 24 years, based around the organic market garden, organic dairy farm and the conference centre. The Commonwork Trust hosts a variety of programmes, including a Holiday Club.

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### **Community Activity Teams (CATS)**

☎ 07983 603716

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

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

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relationships and develop creativity and problem solving skills.

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**Dunton Green Youth Projects**

☎ 01732 462966

Dunton Green Parish Council Facebook:

🌐 [www.duntongreenpc.org.uk](http://www.duntongreenpc.org.uk)

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

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**Edenbridge Youth Forum**

☎ 01732 749487

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

Area - Eden Centre, Edenbridge

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

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**HOUSE at the Eden Centre**

☎ 01732 749945

✉ [cheryl.banks@westkentextra.org](mailto:cheryl.banks@westkentextra.org)

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

Area - Edenbridge

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.

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**HOUSE in the Basement**

☎ 01732 466593

Area - Stag Community Arts Centre, Sevenoaks & surrounding areas

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. The Tuesday Club works with IMAGO in providing a club for young people (11 -25) with additional needs.

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### **Imago Short Breaks**

☎ 01892 530330

🌐 [www.imago.community/Children-and-Young-People/Short-Breaks-Service](http://www.imago.community/Children-and-Young-People/Short-Breaks-Service)

Fun Club Short Breaks after school, day and residential activities. These encourage independence and confidence in disabled young people by enabling them to access mainstream opportunities alongside their able bodied peers: they also offer a much needed carer break to families.

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### **Kent County Council Sexual Health**

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

Area – Across Kent

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

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### **Kent Young Carers**

☎ 0300 111 1110

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

🌐 [www.imago.community/Children-and-Young-People/Short-Breaks-Service](http://www.imago.community/Children-and-Young-People/Short-Breaks-Service)

Area – Across Kent

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

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### **Kent Youth County Council**

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

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

Area – across Kent, including Sevenoaks District

Kent Youth County Council members represent young people in their area. They help to voice their opinions and bring about change. To stand for election as a member of KYCC you have to:

- Be 11-18 years' old
- Live, go to school or work in Kent
- Tell us what you want to campaign on and why people should vote for you

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

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### **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)

Area – Sevenoaks Town and surrounding villages

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



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### **Swanley Youth Hub**

☎ 03000 421545

Area - Swanley

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.

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### **West Kent Communities 8-12s Clubs**

☎ 01732 749945

✉ [kate.craib@wkha.org.uk](mailto:kate.craib@wkha.org.uk)

🌐 [www.westkent.org/your-community/our-community-services/young-people](http://www.westkent.org/your-community/our-community-services/young-people)

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

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

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### **West Kent Communities Youth Services**

☎ 01732 749945

✉ [kate.craib@wkha.org.uk](mailto:kate.craib@wkha.org.uk)

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

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

West Kent Communities have been commissioned by Kent County Council to deliver youth services across the district for the next five years. Please contact Roxanne Frost on [Roxanne.frost@wkha.org.uk](mailto:Roxanne.frost@wkha.org.uk) for information about what is happening in your area and Lucy Moore-Smith on [lucy.moore-smith@wkha.org.uk](mailto:lucy.moore-smith@wkha.org.uk) for any enquiries regarding school work.

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### **Youth Forums & Meetings**

☎ 03000 418155

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

Area – Across Kent

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

To find out more,  
please contact us:

t 01732 227000

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

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

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Sevenoaks District Council  
Council Offices  
Argyle Road  
Sevenoaks  
Kent TN13 1HG

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

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**This publication is available in large print and can  
be explained in other languages by calling  
01732 227000**

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Every effort has been made to ensure that the document is  
correct at time of writing. Please contact us for any updates.

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