

A network diagram is shown on a white surface. It consists of several colorful nodes (blue, green, yellow, red) connected by thin brown lines. The nodes are represented by small, round, translucent beads on thin metal pins. The lines are made of a similar material, creating a web-like structure. The background is a plain, light-colored surface.

SIGNPOSTING IN THE COMMUNITY – COVID-19 SUPPORT

ADVICE, GUIDANCE, SUPPORT IN TUNBRIDGE WELLS

Kent Together

If you are vulnerable and need urgent support that cannot be met through existing support networks, get in touch.

We can help with:

- making sure you have enough food and supplies
 - walking your dog
 - picking up prescriptions
 - putting out the bins
 - taking in parcels
 - making sure you have someone to talk to (by phone, Skype or Facetime)
 - checking if any planned appointments have been cancelled before you travel
 - helping to make sure you have simple recipes to hand
 - preparing meals for the freezer.
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- Use the online form <https://www.kent.gov.uk/social-care-and-health/health/coronavirus/kent-together>
 - Or call our helpline on 03000 41 92 92 (text relay 18001 03000 41 92 92)

#KENTTOGETHER

MANY PEOPLE WILL HAVE FRIENDS, FAMILY AND NEIGHBOURS THEY CAN CALL ON FOR SUPPORT DURING THE COVID-19 OUTBREAK. WHERE THAT IS NOT THE CASE, WE ARE WORKING WITH NATIONAL GOVERNMENT, LOCAL AUTHORITIES, THE VOLUNTARY AND COMMUNITY SECTOR, THE NHS AND OTHER PARTNERS TO ENSURE HELP IS AT HAND.





TUNBRIDGE WELLS BOROUGH COUNCIL

- Tunbridge Wells Borough Council is also offering support to those who are vulnerable and cannot get help from friends, family or neighbours.
- Our scheme includes:
 - Delivery of basic food packages to shielded medically vulnerable people and those in self-isolation who are not receiving assistance from elsewhere or need additional help
 - Wellbeing calls to help people stay connected
 - If your need is different we would still encourage you to contact us so we can see how we can best support you. **Tel 01892 554497**
 - Or online : https://tunbridgewells-self.achieveservice.com/service/covid_19_ask_for_help
- Local groups are being promoted on Facebook and Twitter so you may find it helpful to search for those operating in your area.
- Many parish and town councils are also offering help - please contact your local Parish or Town Council for further details.

TUNBRIDGE WELLS SELF- ISOLATION SUPPORT GROUP



 **TUNBRIDGE WELLS SELF
ISOLATION SUPPORT GROUP**

TWselfisolationgroup@gmail.com
01892 280 214(if no access to internet)

**Please join this community group which has been setup
to support the vulnerable and isolated members of the
Tunbridge Wells Community.**

**Our aim is to ensure that nobody in our area that goes
without during self isolation periods due to the
coronavirus outbreak.**

**This group is looking for volunteers within the
community to help those in need.**

**Please join the group or contact us if you are in need of
assistance from the community volunteers.**

**Lets come together as a community.
#everyonematter in #tunbridgewells**

HAWKHURST COMMUNITY SUPPORT GROUP (HCSG)

helping the community beat the virus



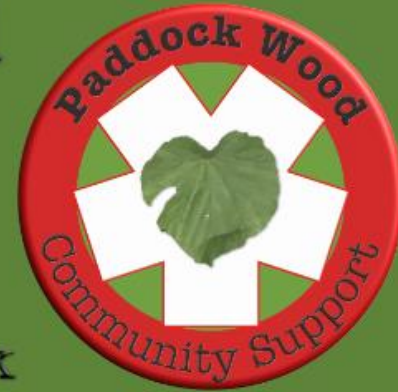
- Hawkhurst Community Support Group (HCSG) is here to assist those Hawkhurst residents who need our help during the Covid-19 pandemic.
- Please note that the support offered by the HCSG complements, but does not replace, any Government or NHS initiatives
- Tel:**01580 453015** Email:
hawkhurstcommuniyt@gmail.com
- <https://www.hawkhurstcommunitysupport.com/>

THIS IS AN
ORGANISATION
RUN SOLELY BY
VOLUNTEERS
WHO LIVE IN
PADDOCK
WOOD.
OUR MAIN AIM IS
TO HELP THE
NEEDY IN A SAFE
AND ORGANISED
WAY.

Paddock Wood
Community
Support

07385 105340

<http://www.pwcs.org.uk>



- [07385 105340](tel:07385105340)
- paddockwoodcommunity@gmail.com
- https://www.facebook.com/pg/PaddockWoodCommunitySupport/about/?ref=page_internal