

Important information links during the coronavirus crisis

At Heart of Kent Hospice, we know that this is a worrying time for you. Below is a list of useful contacts which we hope will be of help.

There is also useful information on the NHS and Government's websites and this is provided in different languages and formats.

REGISTER AS A CLINICALLY EXTREMELY VULNERABLE PERSON

You can register yourself or on behalf of someone else if you or someone you are responsible for has a medical condition which makes you extremely vulnerable to coronavirus (COVID-19)

<https://www.gov.uk/coronavirus-extremely-vulnerable>

0800 028 8327

COUNCIL UPDATES AND COMMUNITY SUPPORT

TONBRIDGE & MALLING BOROUGH COUNCIL

Updates on services

<https://www.tmbc.gov.uk/services/health-and-social-care/health-and-medical-advice/coronavirus-covid-19>

Community Support Helpline

There is a community service for those in shielded medical isolation or who are vulnerable.

01732 876152 - Mon- Fri 8:30-17:00; Sat-Sun 10:00-16:00

MAIDSTONE BOROUGH COUNCIL

Updates on Services

<https://maidstone.gov.uk/home/other-services/covid-19>

Help for vulnerable people –

<https://maidstone.gov.uk/home/other-services/covid-19/tier-2-primary-areas/community-hubs-and-local-support/tier-3-primary-content/need-support/support-for-a-vulnerable-person>

0300 303 1650

KENT COUNTY COUNCIL

Updates on services

<https://www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates>

Kent Together

Kent Together is being coordinated by Kent County Council which will feed the information through the network of volunteers, district and borough council teams and local support groups, to ensure people get the support they need, when they need it.

If you are vulnerable and have an urgent need that cannot be met through existing support networks, contact the Kent Together

www.kent.gov.uk/KentTogether

03000 41 92 92. 24hr service.

MENTAL HEALTH

NHS – Every Mind Matters

Mental wellbeing while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips>

NHS – Audio guides for stress, anxiety & depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Mind

Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Tel: 0300 123 3393

Text :86463

CHILDREN and FAMILY SUPPORT

Gov.UK – information on school closures

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Home Start - Support for families during COVID-19

Home-Start is here to support families across the UK during the Coronavirus (COVID-19) outbreak.

<https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>

0116 464 5490

National Domestic Abuse 24-hour Helpline

<https://www.nationaldahelpline.org.uk/>

0808 2000 247

BEREAVEMENT SUPPORT

NHS - Grief after bereavement or loss

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

CRUSE –

Bereavement help during Coronavirus

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

CARERS SUPPORT

Carers UK

Advice on looking after you & the person you care for during Coronavirus

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

0808 808 7777. Mon- Tues, 10:00am – 4:00pm

OLDER PERSONS SUPPORT

The Silver Line

Free & confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

<https://www.thesilverline.org.uk/>

0800 4 70 80 90

Age UK

Face-to-face services are closed, but you can still contact if help is needed

Maidstone

01622 753618 or email info@ageukmaidstone.org.uk

Tonbridge

01732 454108 or email us at office@ageuksevenoaksandtonbridge.org.uk

FINANCES, BENEFITS AND WORKING

Turn 2 Us

Statutory Sick Pay, Universal Credit and Employment Support Allowance

<https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus>

Help for Self-Employed

<https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-help-for-self-employed>

Gov.UK

Support for those affected by Covid-19

<https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19>

REGISTERING A DEATH & FUNERALS

KCC -Registering a death during Covid-19

<https://www.kent.gov.uk/births-ceremonies-and-deaths/deaths/register-a-death>

Down To Earth

Help and information about funerals & registering a death during coronavirus

<https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/coronavirus-organising-meaningful-funeral>

LOCAL RESOURCES

INVOLVE – MAIDSTONE

Safe & Well

Telephone befriending service available for the most vulnerable and isolated members of the community who are self-isolating.

office@involvekent.org.uk

03000 810005 – choose option 5

Involve also has a list of local resources including information on food banks, churches, parent groups, homelessness, community choirs and much more