

**CORONAVIRUS VOLUNTEER RESPONSE—SUPPORTING THE COMMUNITIES OF  
HORTON KIRBY, SOUTH DARENTH, SUTTON AT HONE & HAWLEY**

Contact Lead Volunteer Coordinators via email: [leadsvolunteer@gmail.com](mailto:leadsvolunteer@gmail.com)

Or find us on Facebook: Covid-19 Mutual aid group SD & HK, Sutton At Hone & Hawley

(INFORMATION CORRECT AT TIME OF PRESS) MAY 2020

Dear Neighbours,

We know that the past few months have been challenging for everyone in our community in one way or another. It has been heartening to witness our communities coming together to help each other in these difficult times. Over the past few months our wonderful team of 70 selfless volunteers have been supporting those in our community who are most in need. They have been shopping, collecting prescriptions, been a friendly ear on the telephone, posted letters, walked dogs and more. We know we have not reached everyone and would urge you if you need help with any of the above during this period of lockdown to make contact with either Sevenoaks District Council, or Dartford Borough Council, on the numbers you will find overleaf, who will pass your details onto us. We have volunteers ready to help on each street.

**CORONAVIRUS SYMPTOMS**

- **High temperature**—you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **New, continuous cough**—coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **Loss or change to your sense of smell or taste**—this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

**USE THE 111 ONLINE CORONAVIRUS SERVICE IF YOU HAVE ANY OF THE ABOVE OR CALL 111 IF YOU CANNOT GET HELP ONLINE. DO NOT VISIT YOUR GP SURGERY, HOSPITAL OR PHARMACY. YOU SHOULD SELF ISOLATE FOR 7 DAYS FROM START OF SYMPTOMS. ANYONE IN THE SAME HOME SHOULD SELF ISOLATE FOR 14 DAYS FROM WHEN THE FIRST PERSON IN THE HOME STARTED HAVING SYMPTOMS**

**\*\*HOUSEHOLD WASTE RECYCLING CENTRES -NOW OPEN FOR ESSENTIAL USE—PRE BOOK A SLOT ONLINE [www.kent.gov.uk](http://www.kent.gov.uk) \*\***

**REFUSE/GARDEN SACKS ARE AVAILABLE TO PURCHASE UNTIL FURTHER NOTICE FROM:**

*DAWN MITCHELL (SOUTH DARENTH)—07910 312710    PETER RUSHBROOK (HORTON KIRBY) 07775861358*

**'COMMUNITY CHEST'** Have you found yourself in need? Have you run out of basic supplies? Have you found yourself isolating suddenly or in financial difficulties? You may have been in a good position before Covid—19 but now find yourself in the uncomfortable position of needing to ask for help. Due to the continued ongoing generosity of our community we can offer basic provisions for you and your family. No judgement, no criteria.

To arrange for a pack to be delivered please contact one of our Lead Volunteer Coordinators during 1000—1600 on either:  
07429 583962 or 07925 434238

**Donations can be taken to Horton Kirby and South Darenth Village Hall between 10am—11am Monday and Fridays.  
Social Distancing measures are in operation.**

**STOP**

ARE YOU  
EXPECTING ANYBODY?  
DO THEY HAVE  
AN APPOINTMENT

**CHAIN**

SECURE THE DOOR  
BAR OR CHAIN  
BEFORE OPENING THE  
DOOR

**CHECK**

ASK FOR ID FROM THE  
CALLER AND DOUBLE  
CHECK  
UNSURE? CLOSE DOOR

**BONFIRES** Sevenoaks District & Dartford Borough Councils have urged residents to think twice about starting a bonfire during the current Coronavirus outbreak. Coronavirus causes breathing problems, which a bonfire is likely to make worse. Please respect your neighbours during this time. Thank you.

SEVENOAKS DISTRICT COUNCIL - REQUEST HELP	01732 227000 <a href="http://www.sevenoaks.gov.uk/requesthelp">www.sevenoaks.gov.uk/requesthelp</a>	<b>Our volunteers will NEVER ask for cash upfront or for your bank card and pin number. NEVER share this information with anyone.</b>
DARTFORD BOROUGH COUNCIL – REQUEST HELP	01322 343434	
KENT TOGETHER – KCC SUPPORT LINE	03000 419292	
DEVON ROAD DOCTORS SURGERY	01322 862121	
BRAESIDE DOCTORS SURGERY	01322 862110	
HOBBS PHARMACY SOUTH DARENTH	01322 860019	
PRESCRIPTION ORDERING DIRECT (POD)	0300 1311100	
DARENT VALLEY HOSPITAL	01322 428100	
AGE UK	0800 6781602	
EMERGENCY DENTAL TREATMENT—(All routine dental treatment has been stopped at the moment)	Call your own dentist Or call 111 Online service	
NON-URGENT MEDICAL ENQUIRIES (Please use online tool if possible)	111 <a href="http://www.111.nhs.uk">www.111.nhs.uk</a>	<b>THANKS TO BOTH PARISHES FOR FUNDING THIS COVID –19 LEAFLET</b>
If you have received a letter from the NHS or the government advising that you are clinically extremely vulnerable if you were to contract coronavirus and are ‘shielding’. Or if you believe you should be and have not yet received a letter.	0800 0288327  <a href="https://www.gov.uk/coronavirus-extremely-vulnerable">https://www.gov.uk/coronavirus-extremely-vulnerable</a>	
INFORMATION FOR CORONAVIRUS IN BRITISH SIGN LANGUAGE	<a href="http://www.signhealth.org.uk/coronavirus">www.signhealth.org.uk/coronavirus</a>	
EMERGENCY SERVICES	999	
NON-URGENT POLICE ENQUIRIES	101	
NATIONAL DOMESTIC VIOLENCE HELPLINE	(Freephone) 0808 2000247	
SAMARITANS	(Freephone) 116123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	
WEST KENT MIND (Sevenoaks District Council)	01732 744950	
NORTH KENT MIND (Dartford Borough Council)	01322 291380	
WE ARE BEAMS – Charity supporting disabled children, young people and their families	(Mon – Fri, 9am - 3pm) 07435967511 <a href="mailto:familyadvice@wearebeams.org.uk">familyadvice@wearebeams.org.uk</a>	<b>Thank you to ALL of our volunteers for going above and beyond during this time</b>
KENT COUNTY COUNCIL ADULT SOCIAL SERVICES (out of hours)	03000 419191	
CITIZENS ADVICE NORTH WEST KENT (Mon – Fri 10am – 3pm)	0300 3309001 <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>	
Contact details for the Lead Volunteer Coordinators CORONAVIRUS VOLUNTEER RESPONSE—SUPPORTING THE COMMUNITIES OF HORTON KIRBY, SOUTH DARENTH, SUTTON AT HONE & HAWLEY	<a href="mailto:leadsvolunteer@gmail.com">leadsvolunteer@gmail.com</a> Covid-19 Mutual aid group SD & HK, Sutton At Hone & Hawley (Find us on facebook)	

**THANKYOU  
TO ALL KEY,  
FRONTLINE,  
&  
NHS STAFF**

**The Silver Line** is a 24 hour confidential helpline, providing information, friendship and advice for older people. Call FREE on 0800 70 80 90

**NSPCC** Help for children and young people Call FREE on 0800 1111  
Help for adults concerned about a child Call FREE on 0808 800 5000

**JOBCENTRE PLUS** Telephone 0800 055 6688  
Textphone 0800 023 4888

PLEASE STAY 2METRE APART FOR EVERYONES SAFETY