<u>CORONAVIRUS VOLUNTEER RESPONSE—SUPPORTING THE COMMUNITIES OF</u> <u>HORTON KIRBY, SOUTH DARENTH, SUTTON AT HONE & HAWLEY</u>

Contact Lead Volunteer Coordinators via email: 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

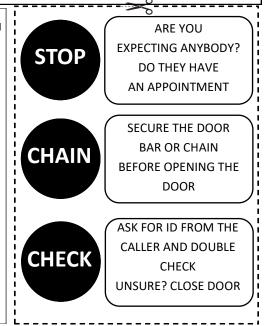
**HOUSEHOLD WASTE RECYCLING CENTRES -NOW OPEN FOR ESSENTIAL USE—PRE BOOK A SLOT ONLINE www.kent.gov.uk **
<u>REFUSE/GARDEN SACKS ARE AVAILABLE TO PURCHASE UNTIL FURTHER NOTICE FROM:</u>

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

<u>COMMUNITY CHEST</u> 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.

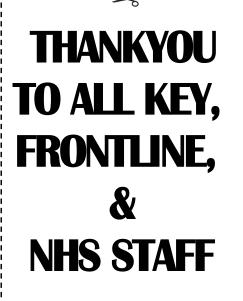
To arrange for a pack to be delivered please contact one of our Lead Volunteer Coordinators during 1000—1600 on either: 07429 583962 or 07925 434238

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



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



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