

Covid19 Council and Community Support Lines

Kent County Council 24 Hour Helpline

03000 41 92 92

www.kent.gov.uk/kenttogether

Dover

01304 821199

Covid-19@dover.gov.uk

Folkstone and Hythe

01303 761116

covid-19@folkestone-hythe.gov.uk

Canterbury

01227 862000

https://www.canterbury.gov.uk/xfp/form/588

Thanet COVID-19 Support

01843 577330

communitysupport@thanet.gov.uk

Romney Marsh Community Support Hub

01797 208590

Covid-19@rmdc.org.uk

Hythe Community Hub

01303 269602

covid-19@ageukhl.org.uk



Oraginisation	Services	Contact
Connect Well	Hub team are operational as normal and telephone services	0300 302 0178
East Kent	are still active.	
	Open Mon, Weds and Fri 8:30am – 6pm	
	Tues and Thurs 9am – 5pm	
Carers Support	CSEK are operational and the Hub team still offering	0300 302 0178
East Kent	information and guidance and assessment for Carers.	0300 302 0178
Last Kent	Information can be found on the website	www.carersek.org.uk
	www.carersek.org.uk	www.cr.cr.ce.nor.gran
	Open Mon, Weds and Fri 8:30am – 6pm	
	Tues and Thurs 9am – 5pm	
Red Zebra	For a updated list of services in Canterbury, Whitstable,	connectwell@redzebra.org.u
Social	Herne Bay and Faversham see their website	<u>k</u>
Prescribing	www.conectwellkent.org.uk	
		www.conectwellkent.org.uk
Silverline	24 Hour befriending service.	0800 470 80 90
Telephone		
Befriending	Free, confidential service to share worries and fears. A good	
Service	sign posting service. he Silver Line is a helpline and friendship	
Thanet	service for people aged 55 and over.	http://thanataaranavirusassi
Coronavirus	A list of services across Thanet who are offering support during this difficult time. Click the link to the right.	<pre>http://thanetcoronavirusassi stance.com/delivery/?fbclid=</pre>
support	during this difficult time. Click the link to the right.	IwAR03vIF0BJ-
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		QFjQYJS hSenPl31zwtowhxg
Age UK Thanet	Offering I and A support over the phone only. Also available	01843 223881
	for shopping calls.	
	Buddy Box Hot Meal Delivery is open for anyone that needs	
	food and is £8.00	
	Age UK Support at Home Service – operational as per normal	debby.turner@ageukherneb
	contact Debby Turner via email.	<u>ay.org.uk</u>
Ageless Thanet	Providing a free telephone service, during office hours, for	01843 210005
	50+ Thanet residents who are struggling with feelings of	info@colorethenston
	social isolation and loneliness during this time and would like	info@agelessthanet.org.uk
	to hear a friendly voice to see how you are.	https://www.facebook.com/
	You can contact them via phone, email or on social media	AgelessThanet/
	(Facebook and Twitter)	Agelessitianety
	(addada and a military	
	Ageless Thanet will also be sharing videos on how to use the	
	internet and social media to stay connected with friends and	
	family during the COVID – 19.	
Cliftonville	Open Mon, Tues, Weds and Fri 9:30-12:30am. Offering	Elaine or Paul 01843 221913
Community	regular services using the social distancing policy and	
Centre	necessary contact.	



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Global Generation Church	 Practical Support Picking up online food orders and delivering to individual's home Picking up shopping, prescriptions etc Arrange and deliver food parcels sourced from Thanet Food Link (St Paul's Food Bank) Utilize our Dignity clothing store to help those needing clothing/toiletries where possible and deliver Pastoral/Community support Provide telephone calls to prevent feelings of isolation and loneliness, aiming to decrease feelings of anxiety and improve wellbeing where possible Signpost to different services where further help or advice can be provided also 	07593392951 01843 226232
Thanet Community Support Partnership	TCSP are offering their car scheme to all ESSENTIAL hospital/medical appointments only.	Samantha Howlett 01843 609337 info@kcv.org.uk
Salvation Army, Ramsgate	They are currently running a food bank but please ring ahead to make an appointment as it may cause unnecessary travel. The Salvation Army are also available to deliver food and	Carl carl.whitewood@sal vationarmy.org.uk
	supplies to elderly who are self isolating in the Ramsgate area.	07300 437320
Salvation Army, Margate	Drop-in Light: service at the door with lunchbox and hot drinks Monday, Tuesday, Thursday, Friday from 10.30 - 12.00	01843 298 260
Coronavirus support	For people over the age of 70, self isolating, or has no support during this difficult time. The group will collect shopping and medicines and deliver it to you. If you feel	07432 585 515 Lauren Aram Rawf – cllr-
Over 70's Support, Broadstairs Thanet	isolated you can call the group and a volunteer will chat with you. The group are working in partnership with the GAP project in Broadstairs and is a FREE service.	aram.rawf@thanet.gov.uk
	We are desperately looking for DBS cleared volunteers that can help provide this service in the local area which could potentially involve shopping for them, dropping off medication or delivering a food package on a zero contact basis.	
The Bus Café Thanet	Offering a home delivery service from their food and drink menu between 9am and 3pm. No minimum order and no charges for delivery. They have bread and different types of milk available and all prices will be the same as in the shop.	01843 297985
St Pauls Food Bank (Margate)	Open as usual – Monday, Tuesday Thursday mornings 10:30am – 12pm. You can visit Cliftonville Community Centre to get a foodbank voucher on the	01843 221913



Thomat	Offering a personal shapping convice in all areas and willing	01942 602020 Charlette or
Thanet	Offering a personal shopping service in all areas and willing	01843 602030 Charlotte or Hannah
Community	to help anyone who is self isolating and who cannot get out	
Transport Association	and about.	
ASSOCIATION	Also are rupping a dial a ride conside to all cuper markets to	
	Also are running a dial a ride service to all super markets to	
	allow elderly get out to the super markets. This is covering	
NA/ I I . T	Thanet, Herne Bay and Whitstable.	04.042.0264.02
Westgate Town	The Tow Council offices is now Closed -But, the Town Council	01843 836182
Council	are still offering a service of volunteers to visit homes within	tavinalark@vvastastaanaa
	the town to help isolated people to do shopping, walk the	townclerk@westgateonsea.g
	dogs, friendly phone calls, picking up prescriptions and	<u>ov.uk</u>
	general needs.	
	If you know someone who needs this please contact the	
	Town Clerk on the number/email to the right.	
	Town clerk on the number/email to the right.	
Changing Minds	They will provide mental health support, advice, anxiety	Colin Rouse –
- The Lifeboat	management, food and essentials for the local community	colin.rouse@changingminds
	throughout the Corona virus Pandemic. This will consist of	kent.co.uk
project	weekly podcasts, videos discussing all things wellbeing,	<u>kent.co.uk</u>
	exercise, nutrition and more!	
	exercise, nutrition and more:	
	To set up a social media hub for individuals to access for tips	
	on combating loneliness whilst in isolation. To grow and	
	adapt the project alongside the ever-changing situation to	
	provide support for as many affected individuals as we can	
	possibly reach.	
	possibly reach.	
Best One	They are offering free home delivery services for supplies	01843 831664
Westgate	such as food etc.	
Krusty Kobb	Offering free home delivery for food to peoples home who	01843 835447
bakeries	are self isolating and are unable to get out.	
Prentis	Offering free home delivery to self isolated people. (Fruit and	01843 834934
Greengrocers	veg etc)	
Posillipos	Are offering to do peoples shopping and deliver it to their	01843 601133
restaurant	home for self isolated people.	
Broadstairs		
the Kitchen CT9	Will deliver any surplus stock they have to peoples homes	01843 293376
in Cliftonville	who are self isolating	
Birchington	Are offering a free service which includes shopping locally,	Dave Adams - 07540 813028
Support group	walk dog and collect prescriptions etc.	or Jan Adams – 07540
		812564
Farley's	The business wants to support anyone in need living in	01843 593069
Furniture	Ramsgate, Margate, Broadstairs, Westgate, Birchington and	
	Sandwich. They will go and get the shopping and deliver it to	
	their home. Delivery is free. The business said people who	
	want to use the service can pay them for the shopping in	
	cash on delivery or by bank transfer.	
	cash on delivery or by bank transfer.	



https://www.kentonline.co.uk/thanet/news/company-shopping-for-people-in-self-isolation-223974/ Age Concern Deal, also covering Dover. Offering food delivery services and hot meal deliveries. (Both are paid for services and will be invoiced at a later date) Age UK Folkestone, also covering Dover. Offering food delivery services and hot meal deliveries. (Both are paid for services and will be invoiced at a later date) Offering food delivery services and hot meal deliveries. Hot meals are costed at £7.00 (Both are paid for services and will be invoiced at a later date) Offering food delivery services and hot meal deliveries. Hot meals are costed at £7.00 (Both are paid for services and will be invoiced at a later date) Age UK Herne Bay Age UK Herne Bay Age UK Herne Bay Age UK Faversham are providing meals on wheels and the face. Information and Advice is now telephone based unless essential. Dementia outreach is also phone based unless essential. PIP also phone based unless essential Age UK Personalised Independence Programme (PIP) — welfare telephone calls and coordination of support for clients. Prescription collection in Ashford & Canterbury CCG areas Age UK Age UK Faversham are providing meals on wheels and the Hands 2 Help independent living service (which can do shopping). I&A available as usual, but most of the work is being done over the telephone. Churches Together Faversham Shopping for self isolating people, telephone befriending, companionship and providing an online church services. Faversham Shopping for self isolating people, telephone befriending, companionship and providing an online church services. St Richards church — Tuesdays 12pm -2pm O1304 728428			
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	Banks		
Wednesday Victoria Road 4:30pm – 6pm		Wednesday Victoria Road 4:30pm – 6pm	
Fridays Trinity Church Union Road 10am -12pm		· · · · · · · · · · · · · · · · · · ·	
Foodbank centres open but no tea or coffee			
Sandwich Food Thursdays Phoenix Centre Jubilee Road 1pm-3pm 01304 728428	Sandwich Food	· · ·	01304 728428
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Sport England	How to stay active during the COVID-19 period whilst self isolating.	https://www.sportengland.org/news/how-stay-active-while-youre-home?fbclid=lwAR1iAFixU3b9a3VNSPAUXT_qaDmCw7HPysQEXd3wcl-Odhthcvllmilx7IM
Elham Wellbeing	A group of volunteers who are offering services such as, Food Shopping, Prescription Collection, dog walking or just	Claire – 07702268475
Live at Home	companionship. Offering a telephone befriending service for people in the	Claireg.elhampc@gmail.com 07885687958
Folkestone	Folkestone district	Folkestone.liveathome@mh
Ashford Volunteer Centre	The befriending service visits at home is still going and if it cant be a home visit it will be a telephone befriending service. They are also still running they're community transport but only have a few drivers left so they are trying to do just emergency	01233 665535
Age UK Canterbury	Hot Meal Delivery Services for a two course Lunch (£8.50) and Supper if required (£3.50)-These are both paid for services and will be invoiced at a later date. Telephone contact service in relation to Information & Advice, Befriending and arranging support services such as Shopping and Medicines collection and others as established going forward. Foot Health Service through a triage arrangement within clinic setting and Home Visiting setting.	01227 462368
Furley Page Solicitors Canterbury	Furley Page have set up a telephone buddy system to offer companionship and support to elderly members of the community who need to self-isolate due to the coronavirus outbreak. The telephone buddy system helps to alleviate social isolation and ensure that no-one is struggling at home alone, without essential food and medication. It will provide welcome regular contact for elderly citizens who are isolated and enable our volunteers to check that they are OK and arrange any help or support they may require during this difficult time It will provide welcome regular contact for elderly citizens who are isolated and enable our volunteers to check that they are OK and arrange any help or support they may require during this difficult time. The buddy scheme is not just for current members of our group and we intend to offer our assistance to all elderly and vulnerable people in the local community who are isolated as a result of the coronavirus outbreak. Support as possible for older people in our Herne Bay or Canterbury groups	Val Prosser or Melanie Christodoulou 01227 763939



Twenty Four Door Step Delivery Folkestone, Dover and Hythe	At this quiet time we are trying to do something for the community. Thus we propose to utilise our kitchen and chefs by offering a home delivery service of farm fresh produce and professionally prepared items. All sales will be cashless if you wish by BACCS, PayPal or card payments! Order by 4pm for NEXT DAY DELIVERY hopefully by 12pm depending on demand. (minimum delivery £15) We can try and get anything not on this list so please do not hesitate to ask	07410637960
Romney Marsh Day Centre	The day centre is closed but they are offering a telephone service, advice and information help.	01797 363888
Seniors helping Seniors	Offering support to people aged over 70 shopping services, befriending, support services, emotional support. The services is costed at £24.60 per hour	01227 454900 https://seniorshelpingseniors.co.uk
Live Well Kent	Live Well Kent Thanet Services Richmond Fellowship- Referral info.thanetspace@richmondfellowship.org.uk or 01843 280022 East Kent Mind - info@eastkentmind.org.uk or call 07950 608827 SpeakUp CIC - Support and social SpeakUpCIC - Night Owls is a closed on-line peer support group. Call 01843 448384 SpeakUpCIC - Personality Disorder Support Group (PERDI) SpeakUp CIC - SpAce Art and Craft Project SpeakUp CIC Referral admin@speakupcic.co.uk or 01843 448384 Rethink Thanet Way Employment - Referral thanetway@rethink.org Porchlight Community Inclusion Service Porchlight Community Housing Service Porchlight Thanet Health Inclusion Service (THIS) Referral to 0800 567 7699 info@livewellkent.org.uk Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk Live Well Kent Website - https://livewellkent.org.uk/ Live Well Kent Services South Kent Coast South Kent Mind - provide a Wellbeing programme Referral 01303 250090 southkentmind.org.uk	Live Well Kent Website - https://livewellkent.org.uk/ We are still accepting referrals so if you need support or need to refer someone you can call our referral line on 0800 567 7699, email us on info@livewellkent.org.uk or contact services directly.



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	Take Off Peer Groups – Referral - 01227 788211 SpeakUp CIC - Support and social groups SpeakUpCIC - Night Owls is a closed on-line peer support group Referral admin@speakupcic.co.uk or 01843 448384 Shaw Trust Employment Service and Porchlight Work4Wellbeing (formally JET IPS Employment) Referral 0800 567 7699 info@livewellkent.org.uk	
	Porchlight Community Inclusion Service Porchlight Community Link Service Porchlight Community Housing Service	
	Porchlight Live Well Kent Central Referral Line 0800 567 7699 or email info@livewellkent.org.uk	
Porchlight Aspirations	Our Aspirations team is continuing to provide support while adapting the way we work to follow the latest official advice and guidance.	0333 880 2730
	If you are currently being supported by Aspirations, we will be in touch with more information about how we can continue to support you. If you have any questions about our support or need to speak to someone about Aspirations you can call us.	
	If you are unemployed, live in Kent, and feel that your mental health is holding you back, we can help. Aspirations is a free service for anyone over 25 who is not currently in employment. We can help if you feel that your mental health is standing in your way.	
	We will work with you on a one to one basis to find out where you want to be, and how we can help you get there. Whatever your circumstances, we won't judge you. What we discuss will remain confidential.	
Peekaboo Pet Services	We are offering to walk dogs/pets for isolated and elderly people. This is a free service and covering the Dover/Whitfield area.	07584 320039
Folkestone and Hythe District Council	We have set up a local dedicated COVID-19 helpline and email for residents. - Find out about help and assistance available locally and national support	COVID-19@folkestone- hythe.gov.uk 01303 761116
	 Offer to volunteer and become a champion within the community Home Meal deliveries Food orders and deliveries Collection of medical supplies Dog walking 	
	Open 9am – 5pm seven days a week	



KOOTH – Online Mental Health Service for 10-16 year	"Kooth is a FREE online counselling service for young people, aged 10-16, that is safe and anonymous, using only text based chats with friendly counsellors.	www.kooth.com
olds	Head to www.kooth.com to access a range of services including discussion boards, magazine articles, journals, goal setting and our chat & message function with our trained counsellors. Young people can access the website from any device and any internet browser.	
	For professionals, please contact mcowlam@xenzone.com for more information	
Teynham Parish Council	If you need help with	parishclerk@teynham.org
	ShoppingPosting mail	01795 487063
	Urgent suppliesA friendly phone call	07597 829578
	Contact Teynham Parish council and one of our volunteers will contact you.	
Channel Cars Folkestone	Our drivers are collecting shopping, prescriptions, picking up things and dropping off. Payment over the phone and contactless card payment. Serving Folkestone down to the Marsh all surrounding areas, Pre-book where possible.	01303 252252
Pie Factory East Kent	Social Media Channels	07746916240
	We are adding daily content to our social media channels including daily creative challenges. This is a quick and easy way for young people to engage with us and we have staff online every day to answer questions and provide a space for young people to chat. Here are the links to our social media channels: Instagram: www.instagram.com/piefactorymusic Facebook: www.facebook.com/piefactorymusic Twitter: www.twitter.com/piefactorymusic TikTok: @Piefactorymusic	info@piefactorymusic.com
	Group Video Chats	
	We are in the process of setting up group video chats for young people. We're just fine tuning this to make sure that the technology will work and that safeguarding has been thoroughly considered. The idea is to provide a weekly 'check in' with our team, ideas for activities and space to talk about how people are feeling. If you have a young person who would be interested in this then please email us and let us	



	know which area you are from to help us find the most relevant group.	
	Targeted work for those who need extra support	
	If you know a young person who needs some extra support at this time such as Regular phone calls with a youth worker, signposting to other services and / or 1:1 / small group online sessions with members of our team.	
	Food Bank	
	Also, we are continue to run a Food Bank which can be accessed by calling 07746916240 or by emailing info@piefactorymusic.com - we can offer a door-step	
	delivery service.	
Ashford Counselling Services	we are continuing to offer counselling remotely by telephone and internet and are still taking new referrals via info@ashfordcounselling.org.uk , business.manager@ashfordcounselling.org.uk and by	01227 713911.
	telephone on 01227 713911.	
Sainsbury's Vulnerable Shopping Service	Residents who are vulnerable can call Sainsbury's and order their food shopping through their vulnerable service. This is getting busy and can take a while to get through	0800 63 62 62
	Covers all Sainsbury's supermarkets in East Kent and FOR THOSE WHO ARE SELF ISOLATING AND SHIELDING.	
New Romney Pharmacy	Deliver to medical housebound. For older and at-risk persons, if you telephone and let them know you are coming and what they require, park in car park behind the shop they will bring delivery out to you. Are hoping to expand deliveries in future.	01797 458001
Lloyds Pharmacy New Romney	Services as normal, including prescription delivery Now opening at 10am	01797 362180
Well Pharmacy Greatstone	Can only deliver to people already registered.	01797 362997
Pharmacy Lydd	Can only deliver to people already registered.	01797 320231
Kent Frozen Foods	For those who are struggling in Kent to get their groceries we are now offering free home delivery via our dedicated sales teams.	01622 612345 www.kff.co.uk
	our activated sales teams.	WWW.NII.CO.UK
Involve Kent, Safe and Well Service	Safe and Well is a telephone service available for the most vulnerable and isolated members of the community who are self isolating due to Coronavirus.	03000 810005 (option 5)



	Members of our team will be offering daily or weekly phone calls, which will be determined by a short telephone assessment. As well as offering a friendly voice on the phone, we are working closely with other organisations to link isolated people to services that can help them. We are supported by Kent Fire and Rescue who are offering their support in collection and delivery of food and prescriptions. The service is available across West Kent, including Sevenoaks, Maidstone, Tunbridge Wells and Tonbridge,	offiffice@involvekent.org. uk
	and parts of Folkestone and Dover	
Romney	We have a dedicated email address covid-	01797 208590
Marsh Day	9@rmdc.org.uk and have a dedicated number 01797	01/3/ 200330
Centre	208590 which will be operational from this Monday – Friday 9am to 4pm.	covid-9@rmdc.org.uk
	We will be carrying out urgent essential shopping for the most vulnerable people. This will be essential shopping. We are looking to buy food into the Day Centre from Wholesalers and set up essential food and toiletry packs at set prices, so we can get these deliveries out much quicker than shopping at New Romney Sainsburys. This will take us approx. a week to get up and running, so in the meantime we will be doing shopping trips to supermarkets.	
Age Concern Sandwich	Meals on wheels service charging £7.50 Sandwich area and £8 outside Sandwich for 2 courses Monday to Friday, we can include a sandwich, quiche or cake as an extra which is chargeable.	01304 614237
	We are offering a shopping service as I was in the middle of setting this up before the virus, as we had a few enquiries start to filter through about this being useful to the isolated, which would cover prescription service too although the pharmacy at Eastry is excellent and does the majority of deliveries for Sandwich too. No charge for these services.	
Age Concern, Dover, Riverside	Riverside Centre is shut but they're offering a meal delivery service (£7.50) and a grocery shopping service. May be providing a telephone service for a chat. Home meals delivery service	01304 207268 admin@riversidedover.org. uk



The Conterbury	We are rupping digital activity support daily through	07707062405
The Canterbury	We are running digital activity support daily through	07707063495
Umbrella	Facebook and our website.	07395376829
	Hotline for mental health support and well-being guidance.	
	Manday to Friday 10.2	
Camtauh	Monday to Friday 10-3	Claima Craamurau
Canterbury	Running a food bank in Canterbury and fresh produce if	Claire Greenway
Salvation Army	available. They do have a limited stock of nappies and wipes	04227 472 704
	 Please ring/email ahead as early as you can to give notice. 	01227 472 781
	Able to offer a food delivery on a Tuesday and a Friday	Claima anno anno an Carlo anti-
	Able to offer a food delivery on a Tuesday and a Friday	Claire.greenway@salvationa
Hard a Fair	NAME: In the second of the sec	rmy.org.uk
Headway East	While we can't be all together in our Day Centres worry not,	<u>jwalsh@headwayeastkent.or</u>
Kent	we have introduced a new range of services to help during	g.uk
	the COVID 19 crisis. You can choose as many of the services	
	as you want and they are all included for FREE in line with	07860 226682
	your current payment agreements. Contact Area Manager	
	Jenny Walsh on 07860 226682 or email	
	<u>jwalsh@headwayeastkent.org.uk</u> to find out more and to	
	book yourself on any of these great services.	
	1. Virtual Day Centres	
	2. Day Centre Facebook Groups	
	3. Befriending	
	4. Day Centre WhatsApp group	
	5. CBT Counselling	
	6. Buddies	
	7. Keyworker Appointments	
	8. Telephone Check-ins	
	9. Activity Packs	
Covid-19	We are a strong network of volunteers across most of	mutualaidfaversham@gmail.
Mutual Aid	Faversham, Ospringe and Oare offering essential shopping,	com
Faversham	prescription collecting, social contact via telephone, to all	
	residents who don't feel safe or are unable to come out of	
	their homes. We work in collaboration with Faversham Age	
	UK who have a list of our volunteers. We have our own	
	Facebook page and can be found at COVID-19 Mutual Aid	
	Faversham. We also have an email address-	
	mutualaidfaversham@gmail.com	
Kent	Due to current UK Government advice to limit the spread of	Head Office 01622 691357
Association for	Coronavirus, all KAB Offices are currently closed. Our staff	
The Blind	remain available to provide support and information. If you	East Kent 01227 763366
	need help or advice, please call or email us via the following	
	contact details between 9am and 5pm, Monday to Friday.	enquiry@kab.org.uk
	Head office: 01622 691357 or enquiry@kab.org.uk East Kent	
	team: 01227 763366 or rehab.canterbury@kab.org.uk	Twitter and Instagram:
	Guide Communicator/1-2-1 services: 01227 379333 or	@kentblind
	deafblind@kab.org.uk You can also keep in touch with us if	Facebook:
	you use social media:	@kentassociationfortheblind
	If you need urgent support out of office hours, please contact	
	your local Social Care team on:	Maidstone: 03000 41 91 91
	Maidstone: 03000 41 91 91	



Thanington	A skeleton service is available at the Centre for local	Daula Chancar
Thanington		Paula Spencer,
Resource	Thanington residents only.	CEO/Manager, Thanington
Centre	This includes essential food and toiletries or urgent support	Neighbourhood Resource
	with broken utilities - Partners can ring the Centre to request	Centre, Thanington Road,
	support. Parcels can be collected from the Centre on	Canterbury CT1 3XE .01227
	agreement	767720.
		www.thaningtonnrc.co.uk
Canterbury	The Hub Cafe is closed but our Community Fridge is OPEN	office@canterburybaptistch
Baptist Church	with food parcels available by delivery on a pay as you can	<u>urch.org.uk</u>
	afford basis. Community fridge are providing fresh food	
	supplies to families who are vulnerable or just self-isolating	01227 456204
	and can't get out or get deliveries. They just need to apply	
	using this link: https://forms.gle/TQEarWQZutpBnoMy5	https://www.facebook.com/
		canterburybaptist/