

As times are getting tough the Parish Council thought a small directory of places you can look for help may be of assistance to some. Cllr Mark Ramsden



Place of Welcome

A warm drink and an ear to listen every Friday 10-1 at Church of Good Shepherd.

Church of the Good Shepherd Food Bank

The Church of the Good Shepherd operates a weekly food bank, offering support to local families and individuals who cannot afford the essentials of life.

07801 135 460 <https://cogsonline.co.uk/charities/>

Borough Council Benefits Team

Tonbridge and Malling Benefits team

01732 844522 Email: benefits@tmbc.gov.uk

Tonbridge and Malling Borough Council - Housing Options and Support Team Advice and support for applicants experiencing housing difficulties. Advice and assistance to prevent homelessness wherever possible as well as support to access alternative housing. Advice tailored to individual needs including security of tenure, rent/mortgage arrears, Rent Deposit Scheme, social housing, help to buy and affordable housing options.

Tonbridge and Malling Borough Council - Housing Options and Support Team Gibson Building, Gibson Drive, Kings Hill, West Malling, ME19 4LZ

01732 844522 Email: housing.services@tmbc.gov.uk

CALM

Things can get tough but we can help you get your life back. Being silent isn't being strong. Confidential and anonymous support, information and signposting through our free helpline or webchat, 5pm-midnight, 365 days a year.

0800 585858 www.thecalmzone.net/

Shout

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text Shout to 85258 <https://giveushout.org/>

Citizens Advice

Confidential and impartial advice on all matters from consumer right to housing

0808 278 7810

www.citizensadvice.org.uk/local/north-west-kent/

KCC Home Essentials in Crisis

Our Kent Support and Assistance Service (KSAS) may be able to help you if you have experienced an unforeseen, short-term crisis or if you are facing exceptional pressures because of an emergency.

www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis#tab-2

Living Well

A great community driven search tool, can help you locate people who may be able to help with your specific need.

<https://livewellkent.org.uk/community-services/>

Domestic Abuse

Some links to services that can help if you are sadly affected by domestic abuse.

www.domesticabuseservices.org.uk/locations/tonbridge-malling/

28

Mind

West Kent Mind provides advice and support to empower anyone experiencing mental ill health

www.kmpt.nhs.uk/information-and-advice/support-and-signposting/west-kent-mind-tonbridge/

Porchlight

Our Community Link service meets with individuals to discuss issues they are facing with mental health, finance, housing , employment and more. We provide one to one advice and guidance and connect people to support in their local area.

0800 567 7699 www.porchlight.org.uk/commissioners-and-professionals/our-services/mental-health-health-wellbeing

StepChange

We are a debt charity that helps people make sense of their finances. We don't judge, we just provide the support, guidance and solutions that are needed to deal with debt. Whatever the situation we'll look for practical solutions that make our client's lives better.

0800 138 1111 www.stepchange.org/

Money Advice Service

Helps people to manage their money through free and impartial advice. Advice is provided on areas including debt and borrowing, homes and mortgages, budgeting and saving, work and benefits, retirement, family, cars and travel and Insurance.

0800 138 777 www.moneyhelper.org.uk/en?source=mas