

LOCAL CHARITIES

Community Food and Hygiene Banks

- **Sevenoaks Loaves and Fishes**

Loaves and Fishes Foodbank operates from St John's Church Hall, Sevenoaks, to support up to 40 families with young children by giving them a large bag of non-perishable food every week of the year.

They aim to help people out of debt, maximise their income and reduce dependency.

<https://stjtb.com/people-groups/loaves-fishes/>

- **The Community Cupboard West Kingsdown**

The Community Cupboard is a registered charity offering to help provide food/grocery items to local people, both families and individuals, when they are struggling to support themselves. They mainly serve the areas of West Kingsdown, New Ash Green, Hartley and Longfield where there is already an established and confirmed need for such provisions to be in place.

They also work closely with Kent County Council and Sevenoaks District Council.

<https://www.facebook.com/thecommunitycupboard19/>

<https://twitter.com/thecommunitycu1?lang=en>

- **The Lockdown Larder**

The 'Care for our Community - Sevenoaks Town' Lockdown Larder initiative in Sevenoaks is supported by Sevenoaks Town Council. It is a short-term project to help out those people in the community whose income has been drastically reduced or even stopped completely due to the coronavirus crisis and lockdown, and who are struggling to pay for their weekly food shop, but are not able to use existing food banks. The Lockdown Larder are working to supply them with a basic food basket of fresh & packaged produce each week, to include meat/fish/fruit & vegetables, to help their household out until they are able to get back to work again.

[https://www.gofundme.com/f/lockdown-](https://www.gofundme.com/f/lockdown-larder?fbclid=IwAR2JRJV3_1bAXUh76Zyhuin8xCGBSzoH8yHjRLYtkIVPZEvO6OR9snjIVBk)

[larder?fbclid=IwAR2JRJV3_1bAXUh76Zyhuin8xCGBSzoH8yHjRLYtkIVPZEvO6OR9snjIVBk](https://www.gofundme.com/f/lockdown-larder?fbclid=IwAR2JRJV3_1bAXUh76Zyhuin8xCGBSzoH8yHjRLYtkIVPZEvO6OR9snjIVBk)

- **The Hygiene Bank**

The Hygiene Bank believe that each and every one of us should have a dignified life. It's not right that feeling clean should be a luxury or a privilege for anyone in our society, yet many of us are living in poverty and can't afford to be clean. That's why their network of banks exists – to give people access to the basics they need. The Hygiene Bank are a grassroots, people-powered charity and social movement, grounded in community.

<https://thehygienebank.com/>

- **Nourish Community Food Bank**

Nourish Community Foodbank operates throughout the Tunbridge Wells borough and provides emergency food and provisions to people in crisis on a referral only basis.

Since 2012, they have provided over 230,000 meals to local people. Their mission is that "no-one need go hungry in Tunbridge Wells and the surrounding areas".

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

- **Westerham Food Bank**

A number of Westerham's organisations have come together to set up a Food Bank which will distribute donated non-perishable foods to families referred to it initially by agencies.

Westerham Food Bank currently supports singles and families with a total of 16 children between them.

<http://www.visitwesterham.org.uk/community/c-churches-charities/food-bank>

Mental Health Charities

- **West Kent Mind**

West Kent Mind support mental health and well-being in and around West Kent. They aim to make sure anyone with a mental health problem has somewhere to turn for advice and support. They offer counselling, supported housing, well-being activities and groups, workshops, training and more. Their main goals are:

- Staying well: Support people likely to develop mental health problems, to stay well.
- Empowering choice: Empower people who experience a mental health problem to make informed choices about how they live and recover.
- Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.
- Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society.
- Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination.

<https://westkentmind.org.uk/>

Charities Supporting Local Families

- **Friends for Families**

Friends for Families are a small charity working in the Sevenoaks area to help families facing financial hardship. They provide direct, practical assistance to people who have been identified by Children's Services as needing help which can't be provided by central or local government.

What they would use funds for during this time:

It would help them to continue providing crisis support during this very challenging period, providing much needed supplies for local families who are struggling to feed themselves during this difficult time, as well as responding to requests for educational support and craft equipment and books, games etc for children struggling at home in isolation without such things to occupy them.

In addition, they are also continuing to provide support for families who are facing severe financial hardship with what most of us are lucky enough to call everyday items such as a bed, bedding, a pair of shoes that fit, or a cooker to prepare hot meals and a table and chairs for a family to eat at.

<https://www.friendsforfamilies.org/>

Charities Helping the Elderly

- **Age UK Sevenoaks and Tonbridge**

Age UK Sevenoaks and Tonbridge needs help to support older people during the Corona virus pandemic. Their vital services safely help older people during these deeply worrying times, especially those who have no one else to turn to. The services they provide include:

- Independent living support
- Community befriending
- Hearing aid clinics
- Computer training and support
- Counselling

What they would use funds for during this time:

The money could be used towards a subsidy for a hot Meal on Wheels for the most vulnerable. They could buy some stock items of food to be distributed in parcels for the older people, as many are struggling with shopping.

To assist with expenses for volunteers who are providing a daily telephone call to older people, and their transport costs for shopping and delivery.

<https://www.ageuk.org.uk/sevenoaksandtonbridge/>

Charities Providing Support and Shelter for the Homeless

- **Porchlight**

Porchlight needs your help to be there for homeless and vulnerable people who urgently need help in the Corona virus crisis.

Their teams are providing one-to-one support so each person can find somewhere safe to live for good and have the help they need to rebuild their lives.

At the same time their helpline team are supporting people every day who can't pay their rent, struggling families who can't access food and vulnerable people alone in their homes unable to cope with their mental health.

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

- **One Big Family: Helping the Homeless**

One Big Family is a small, dedicated charity, supporting homeless and vulnerably-housed people in Kent and Yorkshire. They provide food, drink, clothing, toiletries and other vital items to those in need via regular outreach work and soup kitchens. They also provide food parcels for the local community, starter kits and essential packs for newly housed people who may need them.

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

Local Council

- **Sevenoaks District Council**

Sevenoaks District Communities Together is crowdfunding to help local organisations support older and vulnerable people through the Coronavirus crisis. They face exceptional demand and need your help.

<https://www.spacehive.com/sevenoaks-district-communities-together>

To request support, whether with food shopping, dog walking, befriending or financial advice:

https://www.sevenoaks.gov.uk/info/20069142/coronavirus_covid-19