

WHAT'S GOING ON IN

# MEOPHAM

for 60+



This guide supported by Meopham Parish Council and St John's Church contains details of the many activities and support services in Meopham which parishioners over the age of 60 can use and enjoy. Some support services in Gravesham and beyond are also included. Many of the activities are not particularly targeted at older people but can be enjoyed by adults of any age.

Inevitably some details will change over time and new activities and services may start, it is hoped that the guide can be updated on an annual basis. The Meopham Review which is published every month contains articles about the activities of many of the included clubs and societies.

The project to develop this guide started after conversations with Meopham Medical Centre who were concerned that there was not a single source of information in the village about activities and support services for older people, their relatives and carers and older people moving into the Parish.

It is hoped that the production of this guide will encourage some older people in the Parish to perhaps take up a new activity, make new friends and thereby help to alleviate loneliness and isolation.

The funding for the printing and distribution of this guide was facilitated by a grant from Gravesham Borough Council through a Members CAN (Community and Neighbourhood's) Grant. The guide will be distributed to every household in Meopham, Culverstone and Harvel. We would like to thank The Revd Alyson Davie and the Parochial Church Council of St John the Baptist Church, Meopham for their help and support. Without the Members CAN Grant and the support of the Church the production of this guide would not have been possible.

**Sheila Buchanan,  
Jo McTavish,  
Rosalie Knott**

*April 2015*

## **GENERAL INTEREST**

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### **Meopham Ladies Luncheon Club**

The club has speakers on a wide variety of topics. A warm welcome is given to new members, a club where being on your own is not a problem to join in and make new friends.

Meets every 3rd Wednesday of the month at the Kings Arms Pub, Meopham Green

**Annual subscription:** £15.00

**Lunches are two course and cost:** £13.50

**Contact:** Secretary, Maggie Lane, maggiemjl@yahoo.co.uk, 01474 334622

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### **Meopham Gardeners Association**

The club welcomes anybody whether they live in Meopham or not. It has speakers, shows, social occasions and at least one coach trip per annum.

Meets every 2nd Monday of the month excluding January at 8pm

Meopham Village Hall, Wrotham Road, Meopham

**Annual subscription:** £10.00

**Contact:** Secretary, Hazel Borrow, hazelborrow@yahoo.com , 01474 328994

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### **Meopham Historical Society**

Members are interested in local and national archaeology and history, the society has a varied programme of speakers on subjects connected with history, social events, outings & holidays.

Meets every second Wednesday of the month at 8pm except January

St John's Centre, Wrotham Road, Meopham

**Annual subscription:** £10.00

**Contact:** Chairman, Dennis Fairweather, chairman@meophamhistorical.org.uk 01474 812097 / 07977260808

[www.meophamhistorical.org.uk](http://www.meophamhistorical.org.uk)

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### **ARAMAD Active Retirement Association Meopham & District (50+)**

Association for active retired, encompasses regular outings, holidays, sporting activities, a pub lunch once a month and much more.

Meetings 3rd Tuesday in the month 2.00pm - 4.00pm with speakers on various topics of interest.

Meopham Village Hall, Wrotham Road, Meopham

Walks details on request Trixie Leyson 01732 824145

Keep Fit (gentle exercise) Every Monday 2.00pm - 3.00pm Village Hall

Petanque. Alternate Tuesdays, The Cock Inn, Luddesdown, 1.00pm for lunch, 2.00pm start

Scrabble Club. 1st Monday in the month, 2pm Woodlands Farm, Wrotham Road, £1 includes tea and cake.

Lots of days out and holidays at very reasonable prices.

**Annual Membership fee:** £8.00

**Contact:** Secretary, Jean Steele, 01474 707668 steele.jean@btinternet.com

### **Afternoon Flower Arrangers**

A group that welcomes people of every standard, regular demonstrations, workshops and outings to gardens of interest. New members welcome

First Wednesday of month 1.45pm

Meopham Village Hall, Wrotham Road, Meopham

**Annual subscription:** £22.00

**Visitors:** £5.00

**Contact:** Barbara Derby, 01474 853600

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### **Meopham Library**

Talk Time - a group where you can make friends and share activities.

Tuesday 10am - 12.00pm

#### **Library Writing Group**

First Thursday of the month 10.00am -12.00pm

#### **Library Reading Group**

First Tuesday of the month 11.00am -12.00pm

#### **Meopham Yarners**

Beginners and experienced knitters, just bring your needles and wool to our friendly group.

Tuesday 2pm - 4pm

All activities are free of charge

#### **Free home library service and Audio books on CD and cassette**

Meopham Library, Wrotham Road, Meopham

**Contact:** Cathy Chapman, 01474 813 379 for further information

meophamlibrary@kent.gov.uk

### **Mobile Library**

Every Thursday

- Willow Walk, Culverstone 11.30am-12.30pm
  - Harvel Village Hall, 12.15pm-12.30pm
  - Chinnery Court, 1.50pm-2.05pm
  - Bartellas Restaurant, 2.10pm- 2.25pm
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### **MEPARA - Meopham Active Retirement Association**

Regular activities plus monthly walks and pub lunches, dinner's short outings, theatre trips and holidays.

Meeting: 3rd Thursday in the month, 2.00pm

Meopham Village Hall, Wrotham Road, Meopham

**Annual Subscription:** £5.00 plus cost of various activities

**Contact:** Chairman, Peter Harding 01474 705272 kathy480@hotmail.co.uk



### **Bridge**

Monday 2pm St John's Centre. **Contact:** Peter Simons 01474 812510  
petersimons475@btinternet.com

### **Table Tennis**

Tuesday 10.30am Culverstone Village Hall. **Contact:** Heather Powell 01474 704118

### **Short Mat Bowls**

Wednesday 11.30am Meopham Leisure Centre. **Contact:** Alan Donaldson 01474 814780

### **Keep Fit**

Thursday 10.00am Meopham Village Hall. **Contact:** June Matthews 01474 813626

### **Book Club**

**Contact:** Marion Asplin 01474 704899

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### **U3A - Meopham**

A new group starting in Meopham, U3A is an educational self-help charity which works for the benefit of those who are not in full time employment.

Open meeting in April

Inaugural meeting Tuesday 14th July 2015 2.00pm - 4.00pm

- Monthly meetings with speakers from September, 2nd Tuesday of the month  
2.00pm - 4.00pm

Meopham Village Hall, Wrotham Road, Meopham

- Social events, outings lunches, holidays etc.
- Educational self-help study groups

**Annual subscription:** £20.00 plus cost of activities

**Contact:** Sylvia Tillotson 01732 886242 sylviatillotson@hotmail.com

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### **Meopham Evening WI**

A very friendly group which welcomes new members, interesting topics, regular speakers and demonstrations, women's issues, crafts, outings and lots more.

Meets on the 3rd Monday of every month. 7.30pm - 10.00pm

St John's Centre, Wrotham Road, Meopham

**Annual subscription:** £33.00

**Contact:** President, Janice Fuller 01474 815006

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### **Meopham Bridge Club**

Duplicate bridge with a host system, tea and coffee and homemade cakes served during the interval.

Meets every Thursday 7pm - 10pm

St John's Centre, Wrotham Road, Meopham

**Annual subscription:** £10.00

**Table money (Members):** £2.00

**Table money (Visitors):** £3.00

**Contact:** David Evans 01732 823315 meophambcl@btinternet.com David Allen 07885 436968  
dallengrosvenor@hotmail.co.uk

### **Monday Club**

Social afternoon, regular speakers, lunches out and organised outings

Every Monday 1.30pm - 3.30pm

St Mary's Church room, Manor Road, Sole Street (opp shop)

**Cost:** £1.00 per week plus cost of lunches etc.

**Contact:** Brian Williams 01474 814049

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### **Harvel WI**

Baking and preserves, various demonstrations, speakers, organised events throughout the year.

Meets 2nd Thursday every month 7.00pm - 9.00pm

Harvel Village Hall, Harvel Street, Harvel

**Annual subscription:** £36.00 (waiting list)

**Cost (Visitors):** £3.50

**Contacts:** President, Penny Cooper 01732 823894 Secretary, Jayne Bishop 01732 823083

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### **Culverstone Coffee Morning**

Meets every Monday 10.00am - 12.00pm

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** £1 per week

**Contact:** Julie Roper 01732 824737

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### **Munch or Lunch**

All are welcome, just turn up for a three course lunch

1st and 3rd Thursday every month at 12.30pm

Meopham Green Baptist Church (formerly Mount Zion Baptist Church), Wrotham Road,

Meopham Green

**Suggested donation** £3.00

**Contact:** Miriam 01322 273581

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### **Thursday Fellowship**

Church related topics and activities

Meets the 3rd Thursday in the month 2.30pm - 4.00pm

St John's Centre, Wrotham Road, Meopham

**Contact:** Jennifer Giles 01474 812706

### **Chinnery Court Sheltered Housing Scheme**

A range of activities are arranged at the scheme throughout the year and are open to all older people in the Community.

Chinnery Court, Wrotham Road, Meopham

**Contact:** For further information please see Parish Council notice boards and contact Scheme Manager 01474 812926

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### **Meopham Monday Bridge Club**

The club has an informal but competitive atmosphere and welcomes inexperienced players wishing to improve their bridge. Duplicate bridge played.

Monday 10.00am - 12.45pm

The Guide Hut, The Street, Meopham

**Cost:** Table money £2.00

**Contact:** Mike Costello 01474 813575 [cosmik37@btinternet.com](mailto:cosmik37@btinternet.com)

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### **Dog Training**

8 weeks training, different classes.

Wednesday 5.00pm - 10.00pm

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** £38.00 per course

**Contact:** Hazel Toth, 01474 702014

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### **Meopham Country Club**

Competitive bar prices, Quiz nights, live entertainment. SKY/BT Sports, Snooker room, Darts, CIU affiliated.

Rear of Meopham Village Hall, Wrotham Road, Meopham

**Joining fee:** £15.00

**Annual subscription:** £20.00

**Contact:** 01474 812816

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### **PROBUS**

Club for retired PROfessional and BUSiness men, regular lunches with a visiting speaker plus other events with partners throughout the year.

2 sections, one on the 2nd Wednesday of the month and the second on the 4th Tuesday both at 12noon.

Meets at The George Pub, Wrotham Road, Meopham

**Annual membership:** £10.00 + cost of meals and activities.

**Contact:** Peter Hasler 01474 813287 [haslerpd@yahoo.co.uk](mailto:haslerpd@yahoo.co.uk)

### **St John's Walking Group**

A group of church members and friends who walk on a Saturday morning, the walks are held on an ad hoc basis, starting at 10.00am - they are led by Eric White and are usually about 5 miles in length.

**Contact:** Jill Kettle 01474 813632 [twokettles@hotmail.co.uk](mailto:twokettles@hotmail.co.uk)

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### **Scout Hut Bridge Club**

Duplicate bridge – a small friendly club, partners are essential as a host system is not in place. Saturday and Monday excluding 2nd Mon from April-September inc at 7.15pm

The Scout Hut, (up the lane opposite Bartellas Restaurant) Wrotham Road, Meopham

**Cost:** Table money – Members £2.50 Visitors £3.50

**Contact:** Jackie Adams 01474 706327 [jacbank@talktalk.net](mailto:jacbank@talktalk.net) [www.bridgewebs.com](http://www.bridgewebs.com)

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## **ARTS, MUSIC & CRAFTS**

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### **Meopham Players**

A non professional theatre group whose objective is to stimulate and encourage an interest in anything connected with the theatre. A wide variety of productions from pantomime to the classics are produced. Members range in age from young children to those in their 90's. Social meetings are held on the 1st Wednesday of every month at 8pm with a range of speakers, workshops and social activities.

Meopham Village Hall, Wrotham Road, Meopham

**Annual subscription:** £30.00 (family membership), £25.00 (couples), £15.00 (adults)

**Contact:** Chairman, John Ogden 01474 812745 [john@looking-forward.co.uk](mailto:john@looking-forward.co.uk)

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### **North Kent Embroiderers Guild**

Members are a dedicated group of enthusiastic stitchers who are willing to share their love of embroidery as well as learn from each other and from guest speakers.

Meets every Saturday(except August) at 2pm

Community Room, Gravesend Library

**Membership fee:** £52.00 Visitors fee £4.00 for two meetings thereafter £6.00

**Contact:** Veronica Rees 01474 812952

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## **TACKS**

A chance to learn new creative skills and share your own work in textile ,craft, knitting and stitching. Some meetings have speakers in the 2.00pm - 4.00pm slot.

1st Saturday of each month, 10.30pm - 4.30pm(not August)

Meopham Village Hall, Wrotham Road, Meopham

**Meeting fee:** £3.00

**Visitors fee:** £5.00

**Contact:** Pauline Smith 01903 721174 or 07760 440275 [paulismith@yahoo.co.uk](mailto:paulismith@yahoo.co.uk)



### **Meopham Marquetry**

The craft and art of making decorative designs and pictures from veneers of wood.  
1st and 3rd Fridays of the month.

Meopham Green Baptist Church (formerly Mount Zion Baptist Church), Wrotham Road

**Annual subscription:** £12.00 (50p per meeting.)

**Contact:** Peter White: 01474 814217 peterwhite@waitrose.com

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### **Meopham Art Group**

Demonstrations, talks, social activities.

Thursday 1.30pm - 3.30pm

Culverstone Community Centre, Whitepost Lane, Culverstone

**Annual subscription:** £40.00

**Contact:** Roger Foster 01474 703868 Jim Harbinson 01474 873601

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### **Culverstone Art Group**

With a tutor, beginners and improvers welcome

Alternate Wednesdays 1.30pm -3.30pm

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** £7.00 per session

**Contact:** Julie Roper 01732 822244

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### **Ellenor Lions Craft Group**

The group is fabric orientated and makes a wide variety of goods for sale, all proceeds go to the Ellenor Hospice. The group is self funded and fabrics and wool are mostly donated. A fun group who also participate in fund raising events and hold social lunches for members.

Wednesday 10.00am - 2.30pm

**Cost:** 50p for tea and coffee, members provide their own lunches.

Meopham Green Baptist Church (formerly Mount Zion Baptist Church), Wrotham Road,  
Meopham Green

**Contact:** Janet Callaby 01474 822665

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### **Meopham Community Choir**

For all who would like to sing with local people

Meets Fridays 7.30pm

St John's Centre, Wrotham Road, Meopham

**Contact:** Michael or Pam Wicker, 01474 813106 stjohsmeopham@hotmail.co.uk

## **PHYSICAL ACTIVITY HEALTH AND WELL BEING**

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### **Meopham Tennis Club (rear of Meopham Village Hall)**

Meopham LTC is a friendly informal club situated behind Meopham Village Hall, it has five all weather courts and a small club house where members can relax with a cup of tea or coffee between games. Every month there is a tennis orientated event and there is also a monthly social event which is for members and non-members and costs from £5.00

Coaching and social play for all ages and all abilities.

**Annual subscription:** £165.00 for a single adult or pro-rata depending on date of joining

Club sessions £3.00 to get the 'feel' of the club

Pay and Play Thursdays 10am, £5.00 for non-members

Coaching available Tuesdays 9.30am-10.30am and Thursdays 9.15am-10.15am £6

**Contact:** Trixie Leyson: 01732 824145 trixieleyson@gmail.com meophamtennis.com

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### **Meopham Table Tennis Club (rear of Meopham Village Hall)**

A social table tennis club for retired people of all standards.

Meets Tuesday, Wednesdays and Thursdays 10.00am to 12.00pm

**Annual subscription:** £20.00 plus £2.00 per session which includes tea / coffee & biscuits

**Contact:** Secretary, Jenny Nash: 01474 812601 jnash1948@talktalk.net

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### **Meopham & District Footpaths Group**

A programme offers walks throughout the year on Sundays and one day during the week.

Walks are typically 5-7 miles with less demanding walks 3-4 miles alongside the longer ones.

**Annual subscription:** £5.00

**Life membership:** £50.00

**Contact:** Membership Secretary, Jill Smith: 01474 813480

membership@meopham-walkers.co.uk

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### **Scottish Country Dancing**

The club's aim is to foster and encourage Scottish country dancing in Meopham and District, they provide a warm welcome and lots of fun, age is no barrier and some members continue dancing well into their 80's

Meets 2nd & 4th Wednesday 2.00pm - 4.00pm

Meopham Village Hall, Wrotham Road, Meopham

**Annual subscription:** £40.00

**Cost:** £2.50 (visitors per session)

**Contact:** Jane Whittington 01474 359018 jane.whittington@sky.com

www.meophamscottishclub.btck.co.uk

### **Tea Dance**

An opportunity to meet people in a friendly atmosphere, help your physical wellbeing as you dance a selection of Latin American, Ballroom and Sequence dances.

Meets every 2nd & 4th Wednesday of month 2.00pm-4.00pm

Meopham Village Hall, Wrotham Road, Meopham

**Cost:** £3.50 per person per session which includes tea and biscuits and a raffle ticket.

**Contact:** Sue or David Huntingford: 01474 812696 Susan.huntingford@btinternet.com

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### **Tai Chi**

A gentle class, very relaxing, keeps joints supple, with a short meditation at the end. Can be enjoyed by people of any age.

Meets every Tuesday 10.00am-11.30am

Meopham Village Hall, Wrotham Road, Meopham

**Cost:** £8.00 per class

**Contact:** Michael Low 01622 681974 lowmich@gmail.com

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### **Bowls Club**

Short mat bowls 45ft

Monday 7.00pm-9.30pm and Friday 7.00-9.30pm

**Annual subscription:** £20.00

**Cost (Visitors):** £1.50 includes refreshments

Culverstone Community Centre, Whitepost Lane, Culverstone

**Contact:** Rita Horn 01732 823516

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### **Table Tennis Club**

New members welcome

Every Thursday 6.30pm- 8.30pm

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** £2 per session

**Contact:** Julie Roper 01732 824737

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### **Badminton**

Help to improve your skills, numbers are limited.

Every Tuesday 6.30pm -8.30pm

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** £2.50 per session

**Contact:** Maureen Reeves 01732 823944

### **Badminton Club**

A friendly club that welcomes people of all ages and abilities

Every Wednesday 11.30am-1.00pm (Women) and Thursday 8.30pm -10.30pm (Mixed)

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** Regulars £10 per month, Single visits Wednesday £2.00 Thursday £3

**Contact:** Jill Waddell 01732 822244

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### **Keep Fit**

For all abilities

Tuesdays 8.00pm -9.00pm

Harvel Village Hall, Harvel Street, Harvel

**Cost:** £6 per session

**Contact:** Pete Foster 07931 515290

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### **Zumba Class**

A fun dance fitness programme

Wednesdays 9.30am- 10.30am

Culverstone Community Centre, Whitepost Lane, Culverstone

**Cost:** £5 per session

**Contact:** Julie Roper 01732 824737

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### **Pilates**

Mondays 9.00am-10.00am Wednesdays 7.00pm-8.00pm

Meopham Village Hall, Wrotham Road

**Contact:** Simon Jones 07800 657544 [simonjonespersonaltrainer@gmail.com](mailto:simonjonespersonaltrainer@gmail.com)

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### **Pauls Pilates**

Mat Pilate's classes, mixed ability, all ages,

Friday's three classes 9.30am 10.30am 11.30am plus 1-1 sessions in the afternoon

St John's Centre, Wrotham Road, Meopham

**Cost:** Group classes, £40 for six classes first class free. 1-1 class £30 per session.

**Contact:** Paul Madden 07828 228457 [madden305@btinternet.com](mailto:madden305@btinternet.com) [www.pauls-pilatesneary-ou.co.uk](http://www.pauls-pilatesneary-ou.co.uk)

## **Yoga**

Combining a gentle approach to physical postures with breathing and relaxation techniques, suits all abilities.

Tuesday evening 7.00pm - 8.30pm Thursday evening 7.30pm - 9.30pm

St John's Centre, Wrotham Road, Meopham

**Cost:** £40 for five classes, £8 for a taster class

**Contact:** Simon Levett 01474 813043 07729 353946 [yogawakens@gml.com](mailto:yogawakens@gml.com)

[www.yogawakens.com](http://www.yogawakens.com)

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## **Meopham Leisure Centre**

### **Healthy Weight**

Group session for health related weight problems

Tuesday 12.00 - 1.30pm

No cost at present

**Contact:** The Grande Healthy Weight Team 01474 320123

### **Heart of the Community**

Exercise for people recovering from ill health, medical conditions including Blood Pressure and Heart problems.

Every Wednesday 11.30am - 12.30am

**Cost:** £6 per session

**Contact:** Naomi Coupland 07896 127320

The Leisure Centre runs a comprehensive range of classes which are suitable for older people. They include: Yoga, Zumba, 50+ Aerobics, 50+ Low Impact Aerobics, 50+ Tai Chi,

**Contact:** Meopham Leisure Centre 01474 814199 [www.meophamleisure.com](http://www.meophamleisure.com) for further information.

## **SUPPORT SERVICES**

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### **Hi Kent**

This organisation is a registered charity which works to enhance the experience of deaf and hard of hearing people in the community.

One of the services run on behalf of the NHS are free aftercare clinics for hearing aid users in local communities. One such clinic is run in Meopham where trained volunteers replace tubing on hearing aids and change batteries.

1st Friday in the month, 11.00am - 12.00noon

St John's Centre, Wrotham Road, Meopham

**Cost:** Free of charge

**Contact:** 01622 691 151 [enquires@hikent.org.uk](mailto:enquires@hikent.org.uk) [www.hikent.org.uk](http://www.hikent.org.uk)

### **Alzheimer's & Dementia Services**

This non-profit making organisation provides a wide range of services in the Gravesham area for people with Alzheimer's disease and Dementia and their careers. Services include a 24 hr Kent Dementia Helpline, Day Care Services, Care in the Home Services, Carer and Family Support and Support for people with Memory problems.

The 24 hour Kent Dementia Helpline Freephone number is: 0800 500 3014

**Contact:** 01474 533 990 [info@alz-dem.org](mailto:info@alz-dem.org) [www.alz-dem.org](http://www.alz-dem.org)

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### **Meopham Alzheimer's & Dementia Carers Support Group and Memory Café**

The Carers Support Group provides a sociable environment for both carers and those they care for and offers the opportunity to gain support through the shared experiences of others. 1st 2nd and 4th Tuesday of the month 10.00am - 12.00noon

The memory café- helping to share information and concerns about dementia and memory loss over a cup of tea/coffee in a safe and friendly environment finishing with a fun element.

Meets on the 3rd Tuesday of the month 10.00am - 12.00noon

Both groups meet at St John's Church, Wrotham Road, Meopham

**Contact:** All enquires and further information, Lesley Knight (Service Delivery Manager) 01474 533 900 Ext 201 [info@alz-dem.org](mailto:info@alz-dem.org) [www.alz-dem.org](http://www.alz-dem.org)

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### **The GR@ND**

The Grand based in Gravesend is a Healthy Living Centre providing a range of services to people of all ages some services are particularly targeted at older people.

Live Well, Feel Good?

Activities like Healthy Weight, Gentle Exercise and Wednesday Walks ensure a wide breadth of classes to improve nutrition, mobility and lifestyle.

### **Other things...**

#### **Job Club, Silver Surfers, Legal Advice, Stop smoking support and more...**

The majority of services are free and the remaining services are charged at an affordable rate.

For full details of the programmes offered and more information contact: The Gr@nd team by phone between 9.30am - 4.30pm Monday-Friday on 01474 320123 [hello@thegrand.org.uk](mailto:hello@thegrand.org.uk) [www.thegrand.org.uk](http://www.thegrand.org.uk) The Grand and Meopham Medical Centre host a weekly walk.

For more information contact Rav at the Gr@nd on 01474 320123

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### **Gravesham50+ FORUM**

A group that meets several times a year in Gravesend and has speakers and demonstrations, talks are always informative and give an insight as to what is going on in the borough and what the Council are doing.

To become a member contact the Council for Voluntary Service North West Kent (CVS) on 01474 354 479 or e-mail [jaki@cvsnwk.org](mailto:jaki@cvsnwk.org)



### **North West Kent age UK**

Works closely with local authorities, health services, social services and many other local organisations.

Operates a range of Community Services throughout North West Kent, these include:

- Community Bathing Service
- Fresh Meal Delivery Service
- Independent Living Service
- Simply Nails, nail cutting service
- Advocacy Service
- 'Day break' a day service for older people with dementia designed to provide a valuable respite break for carers and families.

**Contact:** ageUK to find out more about their services and current charges, 01474 564898 / 567 131 (general enquires) 01474 350 525 (Fresh meal delivery service) [community.services@ageuknorthwestkent.org.uk](mailto:community.services@ageuknorthwestkent.org.uk) [www.ageuk.org.uk/northwestkent](http://www.ageuk.org.uk/northwestkent)

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### **Kent County Council, Adult Social Care in Kent**

As some people get older they may find it increasingly difficult to carry out day to day tasks. Kent County Council provides a range of services to support older and disabled people and their carers. Services range from the provision of a minor piece of equipment to more complex support packages.

Once contact has been made they will find out what type of care and support people may need and how this can be provided and paid for. After needs have been assessed KCC will whenever possible aim to support older people to live independently in their own home. If this is not possible they will discuss the best way to meet a person's needs and the options available.

**Contact:** 03000 416161 out of hours service 03000419191

Text relay service for deaf, hard of hearing and speech impaired customers available 24 hours a day, 7 days a week. 18001 03000 416161

[Social.services@kent.gob.uk](mailto:Social.services@kent.gob.uk) [www.kent.gov.uk/adultsocialcare](http://www.kent.gov.uk/adultsocialcare)

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### **Carers FIRST**

If you care for a relative friend or neighbour Carers FIRST can help, they offer a range of services including:

- Information and advice
- Emotional support
- Advocacy
- Befriending
- Breaks from caring
- Benefit advice
- Training and education

For further information contact: 0300 303 1555 [info@carersfirst.org.uk](mailto:info@carersfirst.org.uk) [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

Volunteer Centre North West Kent  
Community Transport Service  
Service for the elderly, pre booking only, 3-4 days' notice, door to door service  
**Cost:** Mileage fee to driver plus a small administrative fee  
**Contact:** 01322 294 600 for more information

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### **Befriending Service**

This free service helps those elderly people who are frail, isolated and lonely or those who would like a little help to regain their confidence to enable them to re-join their community.

### **Garden Support Service**

This service helps the older person who can no longer maintain their gardens. Volunteers assist to maintain the garden keeping it neat and tidy.

**Cost:** £5 which goes to the Volunteer Centre.

**Contact:** 01322 272 476 Monday-Thursday 9.00am - 3.00pm Friday 9.00am-1.00pm  
volunteer@nwkvoleunteers.org.uk

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### **Gravesham CAB**

The Citizens Advice Bureau offers practical up to date information and advice on a wide range of topics including benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

**Contact:** 01474 351255 Admin only, no advice given. 01474 878639

Advice only [www.graveshamcab.org.uk](http://www.graveshamcab.org.uk)

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### **Mid and West Kent H.I.A.**

Home Improvement Agencies are local not for profit organisations that assist older people to improve, repair maintain or adapt their home. HIA's provide advice and information for home owners and private tenants and will check what benefits and grants people may be entitled to. They visit people at home, work closely with other agencies involved, and help to identify reputable tradespeople to undertake the work. HIA's help vulnerable people to ensure their home is a comfortable and safe place to live independently.

**Contact:** 0800 0283172

For your local office visit [www.familymosaichia.co.uk](http://www.familymosaichia.co.uk)

### **North West Kent Women's Aid**

This charity now known as CHOICES exists to provide help to all those who are experiencing domestic abuse.

They provide community support services to men, women and children and run four refuges in North Kent.

Community services can be accessed via the Helpline: 0800 917 9948  
Monday-Friday 9.00am- 4.00pm

Refuge referrals, 01322 384792 for further information. Monday-Friday 9.00am - 4.00pm  
[info@choicesdaservice.org.uk](mailto:info@choicesdaservice.org.uk) [www.nkwa.org.uk](http://www.nkwa.org.uk)

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### **Kent Association for the Blind**

Supporting sight impaired people to live independent lives. KAB provides support services to people of any age and any stage of the sight loss journey.

A local rehabilitation team in Gravesend provides comprehensive rehabilitation services mainly on an outreach basis in service users own homes

Contact: 01622 358995 [rehab.gravesend@kab.org.uk](mailto:rehab.gravesend@kab.org.uk) [www.kab.org.uk](http://www.kab.org.uk)

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## **NATIONAL HELP LINES**

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### **Age UK**

The UK's largest charity working with and for older people, they offer a huge range of services everything from insurance, befriending, advice on care homes, computer classes, help with benefits and much much more

Call the advice line 0800 169 6565 [www.ageuk.org.uk](http://www.ageuk.org.uk)

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### **The Silver Line**

The only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day 7 every day of the year. Specially trained helpline staff:

- Offer information, friendship and advice
- Link callers to local groups and services
- Offer regular befriending calls
- Protect those who are suffering neglect and abuse

There are also Silver Line Friends, Silver Circles and Silver Line Forums

Contact: 0800 4 70 80 90 [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

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### **EAC First Stop**

First stop advice is an independent impartial and free service provided by the national charity Elderly Accommodation Counsel (EAC) in partnership with local and national partner agencies. The service is for older people, their families and carers. It aims to help them to get the help or care they need to live as independently and comfortably as possible.

The National Advice Line is free to call on 0800 377 70 70 [info@firststop.org.uk](mailto:info@firststop.org.uk)  
[www.firststopcareadvice.org.uk](http://www.firststopcareadvice.org.uk)

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### **SSFA Forces Help**

The Soldiers, Sailors, Airmen and Families Association are the national charity helping and supporting those who served and their families. National Servicemen their wives and families could qualify for help.

Contact: 0207403 8783 [info@ssafa.org.uk](mailto:info@ssafa.org.uk) [www.ssafa.org.uk](http://www.ssafa.org.uk)

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### **SAMARITANS**

If something is troubling anyone of any age they should get in touch with the Samaritans open 24 hours a day 365 days a year for free help. They will talk things through, keep everything confidential and they are not a religious organisation.

Contact: 08457 90 90 90 [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

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