

St Andrew's Church
Paddock Wood

Older People

OLDER PEOPLE

Action on Elder Abuse (AEA)
Works to protect, and prevent the abuse of, vulnerable older adults.
T: 0808 808 8141
E: enquiries@elderabuse.org.uk
W: www.elderabuse.org.uk

Age UK Sevenoaks & Tonbridge
Age UK Sevenoaks and Tonbridge provide day care and support services, lunch clubs, information and advice, advocacy, independent living support, chiropody, foot care services and has a computer learning centre. Age UK also holds information.
T: 01732 454108
E: office@ageuksevenoaksandtonbridge.org.uk
W: www.ageuksevenoaksandtonbridge.org.uk

Age Well – West Kent
Co-ordinates the support and delivery of community services to older people in Maidstone, Sevenoaks, Tonbridge & Malling and Tunbridge Wells.
T: 0800 158 4436
E: info@agewellwestkent.org.uk

Apetito
Let us take the strain off cooking for yourself or a loved one with hot meals on wheels. Get delicious, ready cooked meals delivered to your door.
T: 01225 753 636
E: info@apetito.co.uk
W: www.apetito.co.uk

British Red Cross
Offers help with travel to and from social activities. The befriending scheme is a telephone service and consists of a weekly call of approximately 30 minutes and is available for people who are suffering bereavement, loneliness, living alone and live away from family and friends.
T: 0800 028 0831
E: kentandsussex@redcross.org.uk
W: www.redcross.org.uk/nearyou

Cinnamon Trust
The Cinnamon Trust is a national charity that enables older people and terminally ill to continue to be pet/animal owners. The Trust can also help with: Walking of pets when owners are housebound.
T: 01736 757 900
E: admin@cinnamon.org.uk
W: www.cinnamon.org.uk

Citizens' Rights for Older People (CROP)
CROP is a charity providing Advocacy, Information, Advice and Guidance to Older People 55 plus. We can support older people with an issue they are struggling with; this can be over the phone or a home visit via our team of friendly volunteers.
T: 01622 851200
E: lenham@cropkent.org.uk

W: www.cropkent.org.uk

DLF
A charity providing impartial information, advice and training about equipment for daily living that enables older and disabled people to live independently.
T: 03001 233084
E: enquiries@dfl.org.uk
W: www.livingmadeeasy.org.uk

Falls Prevention Classes
Falls Prevention is a safe and effective exercise class aiming to keep residents active and helping them to maintain independence. The class begins mainly in a chair and gradually progresses to standing activities. The aim is to improve balance, strength and stability.
T: 01732 227000
E: healthyliving@sevenoaks.gov.uk
W: www.sevenoaks.gov.uk/services/healthand-social-care/services-for-lderpeople/activities-for-older-people

Friends of the Elderly
A charity that supports older people who have a range of practical needs.
T: 0207 730 8263
E: enquiries@fote.org.uk
W: www.fote.org.uk

Hi-Kent (Hearing)
Helping deaf and hard of hearing people in Kent.
T: 01622 691151
E: enquiries@hikent.org.uk
W: www.hikent.org.uk

Hospice in the Weald
Hospice in the Weald is a charity that offers palliative care in West Kent and East Sussex. Palliative care describes specialised medical care for people with serious illnesses
T: 01892 820500
E: enquiries@hospiceintheweald.org.uk
W: www.hospiceintheweald.org.uk

Housing 21
Housing 21 is a leading not-for-profit provider of Retirement Housing and Extra Care for older people of modest means.
T: 0370 192 4000
E: enquiries@housing21.org.uk
W: www.housing21.org.uk

Housing Care
For self-help information and advice tools, including Housing Options for Older People (HOOP) and Home from Hospital tools. They can help identify what potential difficulties an individual is facing and provide information and advice on what support might be available for older people.
W: www.housingcare.org

Imago

The service offers impartial advice on adaptations and equipment in your home; help with gadgets; benefits; help with form filling; home maintenance; information to enable you to consider your options for housing as your needs change and advice on how to stay safe in your home.
T: 01892 530330
E: hello@imago.community
W: www.imago.community

Independent Age
At Independent Age, we want to make the UK a better place to grow older. We understand the issues faced in later life, we campaign for change, and we provide support people can rely on.
T: 020 7605 4200
E: charity@independentage.org
W: www.independentage.org

KCC Technician Service
This Service works with healthcare professionals within Social Care and the NHS to provide equipment that helps people stay independent in their own homes.
T: 03000 416161
E: Social.services@kent.gov.uk
W: www.kent.gov.uk/social-care-and-health/

Kent and Medway Wheelchair Service
At Millbrook Healthcare, we're proud to have been providing wheelchair services, on behalf of the NHS, for over 20 years.
T: 0330 124 4485
E: kentandmedwaywcs@millbrookhealthcare.co.uk
W: www.kentandmedwaywheelchairservice.co.uk

Kent Enablement and Prevention Services (KEPS)
Works with children, young people and adults with learning disabilities, supporting them in enhancing their quality of life and reducing behaviours of concern.
E: Kirsty.hawthorne@kent.gov.uk

Kent Home Library Service
Volunteers for Kent Home Library Service deliver a selection of books and audio and spend time chatting with customers in their homes who are unable to visit the library in person. This could be due to ill health, caring responsibilities or transport difficulties.
T: 03000 413131
E: sevenoakslibrary@kent.gov.uk
W: www.kent.gov.uk/volunteering

Kent Shed Project
Kent Shed project provides the opportunities for men to participate in practical group activities such as woodworking. A place where men can share and learn new skills and work together 'shoulder to shoulder' to support one another.
T: 07783 022112
E: sheds@activmob.org
W: www.kentsheds.org/

Involve Kent – Community Navigation and Community Navigation for Carers
For those over 55 or under 55 and frail and/or have complex health conditions. The Community Navigators can help residents to access and understand the services available to them.
Community Navigators can support those who are caring for a family member or friend unpaid and offer Carers assessments.
T: 03000 810005
E: communitynavigation@involvekent.org.uk
W: www.involvekent.org.uk

North West Kent Age UK
North West Kent Age UK provides a range of Community Services to support older people. The services include, a toe and fingernail cutting services, assisted bathing, fresh meals delivery, transport to and from home to Age UK Day Centres and social, health and wellbeing activities.
T: 01474 564898 (Gravesend) and 01322 226496 (Dartford)
E: community.services@ageuknorthwestkent.org.uk
W: www.ageuk.org.uk/northwestkent

NRS Healthcare
Supplies daily living aids, equipment and services.
T: 01622 235300
E: clinicalteam@kent.nrs-uk.net
W: www.nrshealthcare.com

One You Your Home Service
Sevenoaks One You Your Home Service can offer support with Social Isolation / loneliness Equipment or adaptations for your home, Emotional Well-being, Poor health linked to housing or housing conditions.
We can contact you to arrange a home visit and carry out a holistic assessment to explore what is important to you and your well-being and to enable you to access activities and/or local support that could improve your health and well-being.
T: 07864 959141 / 07743 450164
E: healthyliving@sevenoaks.gov.uk
W: www.sevenoaks.gov.uk/oneyou

Seniors Helping Seniors
Seniors Helping Seniors is an award winning elderly care service, a social venture. Seniors Helping Seniors provides a variety of non-medical non-personal in-home services designed to help seniors who have difficulties with activities of daily living remain independent in their home and in the community….
Telephone:01732 495665 / 01892 336121 / 01322 879737/ 01474 654328
E: enquiries@seniorshelpingseniors.co.uk
W: www.seniorshelpingseniors.co.uk

Silver Line
A national confidential and free helpline for older people open 24/7. The Silver Line provides a sign-posting service to link them into many, varied services that exist around the country, a befriending service to combat loneliness and a means of empowering those who may be suffering abuse and neglect.
T: 0800 470 8090

E: info@thesilverline.org.uk
W: www.thesilverline.org.uk

TechSilver
Our range of assistive technology products and services help people live independently in their own home for longer, giving independence, safety and security for the individual, and peace of mind for those concerned with their care.
T: 03300101418
E: hello@techsilver.co.uk
W: www.techsilver.co.uk

University of the Third Age (U3A) Paddock Wood
The U3A movement is an organisation which provides opportunities for retired and semi-retired people to learn together.
W: www.paddockwoodu3a.org

University of the Third Age (U3A) Sevenoaks
The U3A movement is an organisation which provides opportunities for retired and semi-retired people to learn together. There are many opportunities to learn new things, inc. languages, photography and practical arts.
W: www.sevenoaksu3a.org.uk

Women's Institute (WI)
The WI plays a unique role in providing women with educational opportunities and the chance to build new skills, to take part in a wide variety of activities and to campaign on issues that matter to them and their communities.
T: 01892 823813
W: www.thewi.org.uk