

# ***Staying connected to the community.***

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With a second lockdown right around the corner it is important that we keep information available within our community.

Please feel free to send in any important information on how the new lockdown will be affecting your business, and what measures your customers may need to take, so we can then keep the community informed week-by-week, along with current government guidelines.

*Thank you.*

*Please send your business's information to:*

***[clerical@sevenoakstown.gov.uk](mailto:clerical@sevenoakstown.gov.uk)***

*For definitive information regarding the latest lockdown visit:*

***[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)***

**Find out what support you can get**

*If you're feeling unsafe, out of work, need to get food or want to take care of your mental health.*

**→ [www.gov.uk/find-coronavirus-support](http://www.gov.uk/find-coronavirus-support)**

**Adult Mental Health Services**

www.kent.gov.uk/wellbeing

If you are in distress, you can get immediate support from trained staff 24-hours a day. Call 0800 107 0160 or text the word Kent to 85258 [www.releasepressure.org.uk](http://www.releasepressure.org.uk)

**Safe Havens**

If you need to see someone face to face, there are Safe Havens across Kent and Medway which offer friendly support to anyone over the age of 16 living in Kent and Medway. Available between 6pm-11pm, 365 days a year [www.kmpt.nhs.uk/safehavenskentmedway](http://www.kmpt.nhs.uk/safehavenskentmedway)

**Kent and Medway**  
NHS and Social Care Partnership Trust

If you are known to KMPT or need urgent mental health support, advice and guidance, call the 24-hour helpline **0300 222 0123**

**Talking Therapies**

Sometimes it takes more than one conversation to make a difference. You can access a range of NHS therapies from this website [www.nhs.uk/service-search/find-a-psychological-therapies-service](http://www.nhs.uk/service-search/find-a-psychological-therapies-service)

**Live well Kent**  
Community wellbeing

Is your mental health impacting your life, work, money, housing or relationships? Live Well can help through a range of groups, programmes and services. Find out more at [www.livewellkent.org.uk](http://www.livewellkent.org.uk)

**24 Hour Kent Dementia Helpline**

For a confidential service offering support and guidance for people with dementia and their carers call **0800 500 3014** or visit [www.dementiafriendlykent.org.uk](http://www.dementiafriendlykent.org.uk)

# Sevenoaks Bookshop

If you want to order any the books currently in stock in the bookshop, or have your books gift-wrapped, we're still operating our own [online shop](#) and will continue to do so.

We'll still be updating and adding new books regularly, posting out daily to addresses all across the UK, and when we have to close the bookshop for browsing on **Thursday 5 November**, our doors will still be open for a **Click and Collect** service.

As well as books, lots of our beautiful greetings cards are available from our [online shop](#), and we'll soon be adding our puzzles and other gifts and activities for children. All available to buy online and collect from the bookshop.

Following the government's announcement on Saturday, I would like to reassure you that **we will be continuing to deliver flowers throughout the lockdown.**

As usual, we will be having deliveries of fresh flowers into the shop daily.

If you would like to order, please contact us on **01732 450145** or order via our website [www.sevenoaksflorist.co.uk](http://www.sevenoaksflorist.co.uk).

We hope that you, your colleagues, families and friends remain well during the lockdown.

Best wishes,

Joanna, The Sevenoaks Florist

## West Kent Works

### Looking for work? Wanting to retrain? Furlough coming to an end?

If you need help looking for work, we can support you. Covid secure appointments available at:

<p><b>Sevenoaks</b></p> <p>Every Tuesday, 9.30am-12pm</p> <p>The Plaza Suite, Stag Theatre, London Road, TN13 1ZZ</p>	<p><b>Swanley</b></p> <p>Every Wednesday, 9.30am-12pm</p> <p>The Pavilion at the Alexandra Suite, St Mary's Road, BR8 7BU</p>
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**Contact us now to book an appointment**

[westkentworks@wkha.org.uk](mailto:westkentworks@wkha.org.uk)  
Pauline on 07715 993293  
or Dawn on 07850 506383

*Eyelines have been informed that Optometrists should stay open for essential eye care. Eyelines will therefore remain open following the full COVID-19 guidelines and full disinfection and Distancing procedures that have been put in place.*

**Dulce's Patisserie**

Will remain open.

From Thursday's lockdown will be **take-away service only.**

**Children's Mental Health Services**

www.kent.gov.uk/wellbeingfamilies  
www.moodspark.org.uk

**NELFT NHS**  
NHS Foundation Trust

**Kent Children and Young People's Single Point of Access**

Concerned about a young person's mental health? Not sure what help is needed? Call the Single Point of Access (SPA) **0300 1234496**

For children aged 10-16 in need of mental health support, including online counselling [www.keoth.com](http://www.keoth.com)

Get support. Take control. Feel better.

For young people aged 16-18 in need of mental health support, including online counselling [www.togetherall.co.uk](http://www.togetherall.co.uk)

Need support now? Text **Kent to 85258** for in-the-moment help. We are here for everyone, any age, 24/7 [www.releasepressure.org.uk](http://www.releasepressure.org.uk)

For girls aged 10 to 16 at risk of experiencing unhealthy or abusive relationships, or for their concerned parents [www.barnardos.org.uk/what-we-do/services/befre-positive-relationships](http://www.barnardos.org.uk/what-we-do/services/befre-positive-relationships)

**Kent Community Health**  
NHS Foundation Trust

**Children and Young People's Counselling Service**

For children aged 4-19 struggling with their emotional health **0300 123 4496** [www.kentcht.nhs.uk/school-health](http://www.kentcht.nhs.uk/school-health)



Staying Open until 9 p.m. Tuesday & Wednesday this week

CRYO JUVENATE  
KENT'S CRYOTHERAPY SPECIALISTS



Danish Collection and Julieo will be opening until 9.30pm on Tuesday, and Wednesday to allow customers to stock up on early Christmas shopping before lockdown. All items in store 25% off except for Pandora.



### Second Lockdown & Markets

Sevenoaks Town Council has received the following advice from NMTF (National Markets Trader Federation) and NABMA (National Association of British Market Authorities).

**In England new national restrictions come into force on Thursday, 5 November – Lockdown 2. Under these restrictions, indoor and outdoor markets can remain open for the sale of essential goods only.**

Essential goods include:

- Food and grocery
- Household goods
- Hardware supplies
- Bicycles
- Pet supplies
- Newsagents
- Flowers and plants

This advice is subject to confirmation of legislation.

Please support your local market during this difficult time.

