

## Here for you

### A guide to support that might be able to help you

We know it is a difficult time for everyone with the rise in the cost of living. In this leaflet you can find useful websites, organisations, and advice to help you with rising costs. There is support available both locally and nationally for a wide range of issues.

#### **Pension credit**

Pension Credit gives you extra money to help with your living costs if you are over State Pension age and on a low income. Pension Credit can help with housing costs such as ground rent or service charges. If you get Pension Credit you may get other help, such as:

- Housing Benefit if you rent the property you live in
- Winter Fuel Payment
- Support for Mortgage Interest if you own the property you live in
- Council Tax discount
- Free TV licence if you're aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for hospital appointments, if you get a certain type of Pension Credit
- Help with your heating costs through the Warm Home Discount Scheme
- Discount on the Royal Mail redirection service if you're moving house

When you apply for Pension Credit your income is calculated. If you have a partner, your income is calculated together.

#### Pension Credit tops up:

- your weekly income to £218.15 if you are single
- your joint weekly income to £332.95 if you have a partner

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

For more information, please visit [www.gov.uk/pension-credit](https://www.gov.uk/pension-credit) or call the Pension Credit claim line on 0800 99 1234. A friend or family member can call for you if you cannot use the phone.

#### **Kent County Council – Household Support Fund**

Funded by the Department for Work and Pensions on behalf of the UK government, the Household Support Fund scheme supports vulnerable Kent households in need of help with significantly rising living costs.

The summer food voucher scheme, worth £90 to eligible households, will stay open until the end of August (the scheme may close earlier if all available funds are allocated).

The summer scheme will only offer support with food. A winter scheme will follow later in the year offering a choice between energy and food, or a combination of both energy and food support. For more information, please visit <https://www.kent.gov.uk/social-care-and-health/adult-social-care/paying-for-care/benefits-and-financial-support/household-support-fund>

### **Help for Families**

Kent County Council is working with schools to make sure that families who are eligible for benefits related to free school meals will receive vouchers to feed their children during school holidays. You will get a £10 voucher per eligible child, which can be spent in supermarkets and local shops.

If your child gets free school meals because they are in year 2 or below, you will still need to apply for benefits related to free school meals to get vouchers during the holidays. Contact your child's school if you are unsure what arrangements are being put in place for your family.

### **Childcare**

All Parents of children aged 3 to 4 years old can access 15 hours of free childcare. It does not matter how much you earn or how many hours you work. Some parents of children under the age of 3 may be entitled for free childcare. Currently, parents of 2 year olds can access 15 hours a week of free childcare if they are in receipt of income support benefits, such as Universal Credit, and earn less than £15,400 a year.

- 30 hours of free childcare will be expanded to eligible parents of children over the age of 9 months and will start from April 2024.
- From April 2024 working parents of 2 year olds will be able to access 15 hours of free childcare.
- From September 2024, 15 hours of free childcare will be extended to all children from the age of 9 months.
- From September 2025, working parents of children under the age of 5 will be entitled to 30 hours of free childcare a week.
- To work out what you are entitled to please visit [www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator)

Families can receive up to £2,000 a year per child or £4,000 if their child is disabled to put towards the cost of childcare. Money can help towards the cost of holiday clubs, before and after school clubs, childminders and nurseries, and other approved childcare schemes.

You can get Tax Free Childcare at the same time as the 30 hours free childcare if you are eligible for both. Please visit [www.gov.uk/tax-free-childcare](http://www.gov.uk/tax-free-childcare).

### **School Transport**

Kent County Council (KCC) offer assistance with school transport for children travelling to school:

- **KCC Travel Saver:** Children in school years 7 to 11 who live in Kent can apply for a KCC Travel Saver that can save up to 50% on the cost of travel to and from school.

- **KCC 16+ Travel Saver:** Bus travel for over 16s that can save up to 50% on the cost of bus travel to and from school and college.
- **Free School Transport:** For children attending their nearest school and travelling over 3 miles (2 miles if aged under 8), SEND children or for some low income families.
- **School Transport for SEND:** Transport options if your child or young person (0 to 25) has special educational needs or disabilities.
- **Vacant Seats Payment Scheme:** If your child is not eligible for free school transport, you may be able to get transport through our Vacant Seat Payment Scheme.
- **16 and 17 Train Saver Card:** Buy a National Rail 16 and 17 Train Saver card to get up to 50% off your travel.

Please visit [www.kent.gov.uk/education-and-children/schools/school-transport](http://www.kent.gov.uk/education-and-children/schools/school-transport) for further information on the schemes.

### Kids eat for Free

- **Asda Café:** Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required. The offer has been extended until the end of 2025. In addition, children will receive a free piece of fruit such as an apple, pear or banana when purchasing the hot kids £1 meal deal. Asda provides FREE Ella's baby food pouches for children under 18 months old with any purchase.
- **TGI Fridays:** Kids eat free at TGI Fridays when you order an adult's main meal. The offer is available for Stripes Rewards members all day every day you will just need to join via their app, which is free to download through app stores.
- **Sainsbury's Café:** You can get 1 child's hot main meal or "lunch bag" for £1 with the purchase of an adult hot main meal from £5.20 in the cafe. The lunch bag includes a sandwich, a bag of crisps, a piece of fruit and a kids' drink. Mains include a sausage, cheese and tomato pizza or chicken nuggets. It is available every day from 11.30am until the cafe closes.
- **Bills:** Up to two kids can eat free All Day Monday – Friday, if 1 adult orders any main dish (breakfast, lunch or dinner) from Monday 21st July – Friday 29<sup>th</sup> September 2025. Excludes Saturdays and Sundays.
- **Beefeater and Brewers Fayre:** Up to 2 children, under 16 can eat a 'free' breakfast when an adult buys an unlimited cooked breakfast. Valid daily during breakfast hours.
- **Morrisons:** Children aged 16 and below can get 1 free meal with every adult meal. The offer only applies when you purchase an adult meal with a value of £5.00 or over, and it excludes all cafe specials.
- **Bella Italia:** Kids Eat Free all day every Thursday and for £1 until 6pm, Sunday to Wednesday with any adult main from the Al La Carte (main menu). Kids can enjoy 3 delicious courses and a drink! Meals are suitable for 2-11 year olds.
- **Premier Inn:** Up to 2 under 16's gets a free breakfast with 1 adult's full Premier Inn Breakfast or a Meal Deal.

### Too Good to Go

Too Good to Go is a social impact company on a mission to inspire and empower everyone to fight food waste together. Enjoy good food at half price or less, rescue food near you, help the environment by reducing food waste, or try something new from local cafes, bakeries, or restaurants. Too Good to Go's newly released parcels option empower food manufacturers and wholesalers to reduce their environmental footprint by reducing food waste. Please visit [www.toogoodtogo.com/en-gb](http://www.toogoodtogo.com/en-gb) for more information.

### **Free School Meals**

If your child is below 19 years old, in full time education, and you receive benefits you may be able to get free school meals for them. Speak to your child's school or apply online at [www.cloudforedu.org.uk/ofsm/kent/](http://www.cloudforedu.org.uk/ofsm/kent/). If your child is in Reception, year 1, year 2 they are entitled to universal free school meals, all children in these year groups can get a free school meal at school each day.

If your child gets free school meals because they are in year 2 or below, you will still need to apply for benefits related free school meals to get vouchers during the holidays. Please visit [www.cloudforedu.org.uk/ofsm/kent/](http://www.cloudforedu.org.uk/ofsm/kent/) for further information.

### **Specified Adult Childcare Credits**

If you are a grandparent who provides childcare for your grandchildren, you may be eligible for Specified Adult Childcare credits, which can be claimed by family members who care for a child under 12, usually whilst their parent is working. Please visit [www.gov.uk/guidance/apply-for-specified-adult-childcare-credits](http://www.gov.uk/guidance/apply-for-specified-adult-childcare-credits).

### **Ways to Save on School Uniforms**

Tips and ideas to save on school uniforms, please visit the link on how to save money on school uniforms [www.moneysavingexpert.com/deals/school-uniform-moneysaving-tips/](http://www.moneysavingexpert.com/deals/school-uniform-moneysaving-tips/).

### **Know what you earn, what you spend and what you owe**

#### **Budget Planning**

If you want to know exactly where your money is being spent, how much you have got coming in and where every pound is being spent, a budget planner can help get you started. Please visit [www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner](http://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner) for more information.

#### **Help with your Income**

If you are on a low income, you may be entitled to Universal Credit, Tax Credits, and other benefits.

There are many different forms of support available depending on your individual and household circumstances.

It is worth checking online at [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators) to see if you are entitled to additional help. Make sure you have details of your household savings, income (including pension and benefit payments), outgoings (such as rent, mortgage and childcare payments) and your Council Tax bill to hand.

#### **The Money Advice Service**

Easy to use, free and impartial money advice. Top pick for tools and calculators and budgeting help. Please visit [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk).

#### **Debt**

If you are struggling to pay your bills, seek help right away. The quicker you act, the more you can do to help you. The Government's Money Helper service offers practical advice and money

management tools. Please visit [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) or call 0800 138 7777. The National Debt line provides free help. Please visit [www.nationaldebtlive.org](http://www.nationaldebtlive.org) or call 0808 808 4000.

### **Citizens Advice**

Citizens Advice in North and West Kent (CANWK) is the local Citizens Advice in Sevenoaks and Swanley. The Charity provides free, confidential, independent, and impartial advice on a range of everyday issues to help you find a way forward through the rising costs of living. They can help you with a wide range of issues including:

- Debt and money advice – specialist debt advisers can support you to understand your money issues and tackle your debts, including supporting you to deal with creditors and explore the debt solutions that could be right for you.
- Benefits advice – from first applications through to appealing decisions, we can help you to claim the welfare benefits you are entitled to.
- Energy advice – we can help you save money by reducing your energy costs and improving your energy efficiency, access helpful grants and receive a free carbon monoxide detector. If you are having trouble understanding your bills or dealing with your energy supplier, we can help with this too.
- Housing, immigration, consumer, employment, family, and relationship issues and more!

For advice, call their freephone Adviceline on 0808 278 7810 (Monday to Friday, 9 am to 5 pm).

For further information about their services, office opening times and more, please visit [www.citizensadvicenwk.org.uk](http://www.citizensadvicenwk.org.uk)

### **Money Advice Hub**

The Kent Money Advice Hub is a free, confidential, independent, and impartial money advice service. It is led by Citizens Advice in North and West Kent (CANWK) in partnership with local Citizens Advice offices in Kent.

The service is aimed at helping people in Kent who are struggling financially. We can advise and support with a range of money issues, such as:

- Budgeting
- Money saving tips
- How to check and claim for benefits
- Dealing with any debts

For free and confidential advice, visit [www.kentmoneyadvice.com](http://www.kentmoneyadvice.com) where you can make a video call to trained Advisers, from the comfort of your home. The service operates Monday to Friday, 9 am to 5 pm.

### **Family Action Welfare Grants**

Family Action Welfare provides grants for essential personal, and household needs to assist families and individuals with low incomes, particularly those living on benefits. Please visit [www.family-action.org.uk/what-we-do/grants/welfare-grants/](http://www.family-action.org.uk/what-we-do/grants/welfare-grants/).

### **Budgeting Loans**

You may be eligible for a Budgeting Loan if you have been on certain benefits for 6 months.

This can be used for household items, rent in advance, and travelling costs. Please visit [www.gov.uk/budgeting-help-benefits/eligibility](http://www.gov.uk/budgeting-help-benefits/eligibility).

### **Turn2Us**

A Charitable service which helps people access the money available to them through welfare benefits, grants etc. Please visit [www.turn2us.org.uk](http://www.turn2us.org.uk) or contact their helpline on 0808 802 2000.

### **Christians against Poverty**

A national Charity, working across the UK to lift people out of poverty and debt by providing advice and practical support and help. Please visit [www.capuk.org](http://www.capuk.org).

### **Sevenoaks District Council Housing and Community Hub**

The Housing and Community Hub provides a one stop shop for residents to discuss any issues and concerns they have with our staff partners in person. Areas of support include, but are not limited to:

- Cost of living
- Saving money on fuel bills
- Housing Advice
- Welfare Benefits
- Substance Misuse Support (Drugs/Alcohol)

No need to book, you can drop into our hub, which is held every month at our Argyle Road office. Our next Housing and Community Hubs are being held on:

- Monday 21 July 2025 10:00am to 12:00 pm
- Thursday 4 September 10:00am to 12:00 pm

### **Downsizing**

If you are a social housing tenant in a property with more bedrooms than you need, or you are struggling to heat up and maintain your home, it could be beneficial to downsize. With the Changing Spaces scheme, you can get a payment of between £1,500 - £2,000 depending on the size of your property, please email [changing.spaces@sevenoaks.gov.uk](mailto:changing.spaces@sevenoaks.gov.uk) for more details.

### **Discretionary Housing Payment**

Discretionary Housing Payments (this applies to both social and private rented sector tenants) can provide extra money if your local Council decides that you need extra help to meet your housing costs on top of what benefit support you already receive through the Department of Work and Pensions.

To get a Discretionary Housing Payment, you will already need to receive either Housing Benefit or the housing contribution element through Universal Credit. To apply for a Discretionary Housing Payment, please visit [www.sevenoaks.gov.uk](http://www.sevenoaks.gov.uk) for further details.

### **Council Tax Reduction**

Council Tax Reduction may be available if your household is on a low income. You could receive support towards some or all your Council Tax bill. To find out more, please visit [www.sevenoaks.gov.uk](http://www.sevenoaks.gov.uk) for further information.

## Employment support

### Get help looking for Jobs

You can search and apply for jobs across a range of industries across the UK through the government's find a job website. Please visit [www.gov.uk/find-a-job](https://www.gov.uk/find-a-job).

The **National Careers Service** offer free telephone and face to face consultations supporting people who are either looking for work (unemployed) or employed but looking to change career and/or upskill by providing careers advice, building CVs, preparation for interview, referring to training and finding jobs. They work with range of people including health professionals, employment specialists and local community organisations to create a support package to help people find the right job, at the right time.

Jobcentre Plus provides resources to enable job searchers to find work. Jobcentre Plus offers information about training opportunities for the chronically unemployed. They administer claims for benefits such as Income Support, Incapacity Benefit and Universal Credit. Please visit Jobcentre Plus (GOV.UK).

## Household bills

### Help with your Utility Bills

Most utility companies offer help if you are struggling with your bills, including payment plans. Most water companies offer discounts for households on low incomes. Speak with your suppliers or if you live in Kent, visit [www.kent.gov.uk](https://www.kent.gov.uk) and search for energy financial support for advice about your energy bill.

For some great tips on quick and easy ways to save energy, visit the Energy Saving Trust website at <https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>.

### How much energy am I using

Some electrical household appliances use a lot of electricity. The Centre for Sustainable Energy (CSE) has published a helpful guide on where you can make big savings in your home. Please visit [www.cse.org.uk/advice/advice-and-support/how-much-electricity-am-i-using](https://www.cse.org.uk/advice/advice-and-support/how-much-electricity-am-i-using) for more information.

### Help to insulate your Home

As part of the Government's Great British Insulation Scheme, families in lower Council Tax bands with less energy efficient homes will be offered vital upgrades such as roof, loft or cavity wall insulation which could cut their annual energy bill by an average of between £300 to £400.

The scheme will boost help for those on the lowest incomes as well as extend support to a wider range of households compared to other existing government funded schemes. Those eligible for support under the Great British Insulation Scheme include families in Council Tax bands A to D in England, A to E in Scotland and Wales, with an Energy Performance Certificate (EPC) rating of D or below. Visit

[www.gov.uk/government/news/families-to-save-hundreds-through-1-billion-insulation-scheme](https://www.gov.uk/government/news/families-to-save-hundreds-through-1-billion-insulation-scheme).



### **British Gas Energy Trust**

British Gas Energy Trust may be able to provide a grant to those who are experiencing financial difficulties. Always speak to your own energy provider first. British Gas Energy Trust is an independent charitable body set up to support those who are struggling to pay their bills, regardless of energy provider. Please visit <https://britishgasenergytrust.org.uk/>.

### **Citizens Advice in North and West Kent**

Citizens Advice in North and West Kent (CANWK) is the local Citizens Advice in Sevenoaks and Swanley. Their specialist Energy Advice team provide free, confidential, independent, and impartial energy advice and support. They can help you with a range of energy matters including:

- Advice on how to reduce your energy costs and save money through energy efficiency,
- Help you to understand your energy statements and to challenge any mistakes.
- Check for any financial support that you might be eligible for, example many households may be eligible for a voucher worth up to £49 if you use a prepayment meter.
- Identify and explain various energy grants and support schemes that you might be eligible for.
- Help with dealing with any energy debts.

Additionally, they are raising awareness of the dangers of carbon monoxide poisoning and can issue people with free detectors.

For energy advice or a free carbon monoxide detector, call their freephone Adviceline on 0808 278 7810 (Monday to Friday, 9 am to 5 pm) or email the Energy Advice team at [energy@nwkent.cab.org.uk](mailto:energy@nwkent.cab.org.uk).

### **Food Banks**

Charities that provide food for people on low incomes. If you live in Kent, you can find your local food bank at [www.kent.gov.uk](http://www.kent.gov.uk) and search for *Find a food bank*.

### **Reducing Food Costs**

The BBC website has some great tips on how to reduce your food costs, visit:

- [www.bbc.co.uk/news/uk-44597169](http://www.bbc.co.uk/news/uk-44597169)
- [www.bbcgoodfood.com/howto/guide/12-ways-cut-your-food-costs](http://www.bbcgoodfood.com/howto/guide/12-ways-cut-your-food-costs)
- [www.bbc.co.uk/food/articles/money\\_saving\\_tips](http://www.bbc.co.uk/food/articles/money_saving_tips)

### **Lunch Clubs**

Older residents can come along to our free monthly lunch clubs to enjoy hot food and drinks and a sociable chat with others.

**Hextable Lunch Club** - Taking place at St Peter's Church from 12noon to 2pm on the third Monday of every month.

**West Kingsdown Lunch Club** - Taking place at St Edmund's Primary School from 12noon to 2pm on the third Tuesday of the month.



For further information or to book your place, please call 01732 227000 or email [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk).

### **Broadband Discounts**

Not all of us regularly switch supplier, but it is worth comparing as you could save hundreds of pounds over the year. Anyone concerned about falling behind on payments should contact their Broadband supplier to see what support is available.

### **Social Tariffs**

If you are in receipt of benefits, then special discounted home broadband packages are available. These packages, known as Social Tariffs, are offered by broadband providers and can be vital for families struggling with bills, keeping them connected even in tough times. Subject to eligibility, customers on social tariffs could in some cases save over a hundred pounds a year. For further details on Social Tariffs, please visit [www.moneysavingexpert.com/compare-broadband-deals/broadband-social-tariffs/](http://www.moneysavingexpert.com/compare-broadband-deals/broadband-social-tariffs/).

### **Best Sim Only Deals**

If you are happy with your phone and out of contract, you could save by switching the Sim (the chip in your phone that dictates your data, calls and texts allowance). It is simple, but do note there is often a credit check, please visit [www.moneysavingexpert.com/cheap-mobile-finder/sim-only/](http://www.moneysavingexpert.com/cheap-mobile-finder/sim-only/).

### **Cheaper Car and Home Insurance.**

There has been a large increase in the costs of home and car insurance. Tips for cheaper home and car insurance can be found on money saving expert. Please visit [www.moneysavingexpert.com/news/2023/11/martin-lewis-halve-car-insurance/](http://www.moneysavingexpert.com/news/2023/11/martin-lewis-halve-car-insurance/).

### **Warm Spaces**

Warm Spaces are safe and friendly public places where people of all ages can go to comfortably spend time reading, studying, chatting with others, and meeting new people in their community. To find a local space near you please visit our website at [www.sevenoaks.gov.uk](http://www.sevenoaks.gov.uk) and search for 'Warm Spaces.'

### **Health and Wellbeing**

#### **Healthcare Travel Costs**

If you are receiving Universal Credit or on a low income, you may be able to claim travel costs refund for hospital appointments. Please visit NHS Healthcare Travel Costs Scheme for more information.

#### **Prescription Payment Certificate**

The current prescription charge is £9.90 per item. You can save money on prescription costs, by buying an NHS prescription prepayment Certificate. There are 2 options to choose from:

- A 3 month prepayment certificate costs £32.05. It will save you money if you need more than 3 prescribed items in 3 months.
- A 12 month prepayment certification costs £114.50. It will save you money if you need more than 11 prescribed items in a year.

Please visit [www.nhs.uk/nhs-services/prescriptions-and-pharmacies/save-money-with-a-prescription-prepayment-certificate-ppc/](http://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/save-money-with-a-prescription-prepayment-certificate-ppc/) for more information.

### **Exemption from costs of Prescription Medication**

You could get free prescription medication if you are receipt of benefits, on low income or those with certain medical conditions. Please visit NHS Exemption from Prescription Medication.

Ask if your Prescription Medication can be brought over the counter. You can buy some prescription medications for minor health issues over the counter at a pharmacy or supermarket. Your local pharmacist can tell you if the medication is available or cheaper to buy over the counter.

### **NHS yearly HRT Certificate**

If you pay for NHS prescribed HRT medicine 3 or more times in 12 months, an HRT Prescription Prepayment Certificate (PPC) could save you money. Each item on an NHS prescription usually costs £9.90. You can buy an HRT PPC for a one off payment of £19.80. The HRT PPC covers an unlimited number of certain HRT medicines for 12 months. The HRT PPC does not cover all HRT medicines. Click on the link for more information and to check if it covers your HRT medicine. Please visit [www.gov.uk/get-a-ppc/hrt-ppc](http://www.gov.uk/get-a-ppc/hrt-ppc).

### **Dental Care**

You do not have to pay for NHS dental services if you are:

- Under 18, or under 19 and in full time education.
- Pregnant or have had a baby in the last 12 months.
- Being treated in an NHS hospital and your treatment is carried out by the hospital dentist (but you may have to pay for any dentures or bridges).
- Receiving low income benefits, or you are under 20 and a dependent of someone receiving low income benefits.

Please visit [www.nhs.uk/nhs-services/dentists/who-is-entitled-to-free-nhs-dental-treatment-in-england/](http://www.nhs.uk/nhs-services/dentists/who-is-entitled-to-free-nhs-dental-treatment-in-england/).

### **Staying Healthy and Well**

If you are a Sevenoaks District resident aged 18+ and would like some help and motivation to eat more healthily, lose weight, get more exercise, and improve your overall wellbeing, why not contact Sevenoaks District Council's One You service. Our One You Advisors will work with you for up to one year, at no cost, to help make meaningful changes to your lifestyle.

Please visit

[www.sevenoaks.gov.uk/info/20069138/health/516/one\\_you\\_lifestyle\\_improvement\\_service](http://www.sevenoaks.gov.uk/info/20069138/health/516/one_you_lifestyle_improvement_service).

If you would like to access the service, please contact us by calling 01732 227 000 or emailing at [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk). More information can be found on our website: [www.kent.gov.uk/social-care-and-health/health/one-you-kent](http://www.kent.gov.uk/social-care-and-health/health/one-you-kent).

### **Edenbridge Memorial Health Centre**

We are delivering the One You Kent service at Edenbridge Memorial Health Centre at Four

Elms Road, Edenbridge, TN8 6FY. Advisors are available to see clients face to face on Monday to Wednesdays and are delivering weight management programs on site on Tuesday evenings. Interested parties can access the service by completing a referral form by visiting: [www.kent.gov.uk/social-care-and-health/health/one-you-kent/healthy-weight](http://www.kent.gov.uk/social-care-and-health/health/one-you-kent/healthy-weight)

One You Kent can help boost your motivation or kick start some lifestyle changes if you would like to improve your physical or mental health, lose weight, get more active or reduce your alcohol intake. One You Kent offers professional and friendly support to help achieve weight loss goals with our free 12 week programme. Weekly support will be offered to learn how to manage your lifestyle and health through healthy eating, physical activity, and behaviour change. If you would like to access the service, please contact us by calling 01732 227 000 or emailing at [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk). More information can be found on our website: [www.kent.gov.uk/social-care-and-health/health/one-you-kent](http://www.kent.gov.uk/social-care-and-health/health/one-you-kent).

## Health Walks

You can find details of our walks on the Council website at [www.sevenoaks.gov.uk/walking](http://www.sevenoaks.gov.uk/walking). Health walks available:

- Edenbridge walk - This walk takes place every Thursday, starting at 8.30 am by the entrance to Edenbridge Leisure Centre. This slow pace, gentle walk is suitable for anyone with a health condition or mobility issues. There is an opportunity to use the outdoor gym equipment in nearby Stangrove Park.
- Knole Park Walking Group - Usually taking place on the second and fourth Thursday of every month for a 1 hour circular walk around Knole Park. Take in the beautiful views, woodlands, and the occasional deer! We set off from Hollybush Cafe at 10 am.
- Otford Walking Group - Join us on the first and third Monday of the month at 10 am for a beautiful 3.6 mile walk starting at the Otford High-Street car park. The walk follows the River Darent and comes back through the beautiful village of Otford, which has plenty of tea rooms to visit after.
- Shoreham Walking Group - Usually taking place on the second and fourth Tuesday of every month, this stunning walk around Shoreham village takes in the local landmarks, rivers, vineyards and rolling hills. The circular walk begins at 10 am from Station Road beside the Vicarage and last about 90 minutes.

All our walks are regularly promoted and updated on the website: [www.sevenoaks.gov.uk/info/20069138/health/5/walking\\_and\\_running\\_groups](http://www.sevenoaks.gov.uk/info/20069138/health/5/walking_and_running_groups).

You are welcome to join the low intensity walks delivered by Every Step Counts, please see our website for details of the walks.

## Leisure Centre Concessionary Membership

Everyone Active operate our leisure centers providing exciting health and fitness activities and offer concessionary memberships.

- **Edenbridge Leisure Centre**, Stangrove Park, Edenbridge, Kent, TN8 5LU, Telephone 01732 442364. Concessionary Membership £44.99 per month, membership includes access to Gym, swimming, group exercise classes, personalised coaching on the six pillars of YOU+: sleep, nutrition, movement, recovery, brain health and social wellness. PLUS, private GP access, Everyone On Demand, 2 guest passes every month, discounts on 120

high street and online brands and 14 day priority booking.

- **Sevenoaks Leisure Centre**, Buckhurst Lane, Sevenoaks, Kent, TN13 1LW, Telephone 01732 442365. Concessionary Membership £44.99 per month, membership includes access to Gym, swimming, group exercise classes, personalised coaching on the six pillars of YOU+: sleep, nutrition, movement, recovery, brain health and social wellness. PLUS, private GP access, Everyone On Demand, two guest passes every month, discounts on 120 high street and online brands and 14 day priority booking.
- **White Oak Leisure Centre**, Hilda May Avenue, Swanley, BR8 7BT, Telephone 01322 662188 Concessionary membership £44.99 per month, membership includes access to Gym, swimming, group exercise classes, personalised coaching on the six pillars of YOU+: sleep, nutrition, movement, recovery, brain health and social wellness. PLUS, private GP access, Everyone On Demand, 2 guest passes every month, discounts on 120 high street and online brands and 14 day priority booking.

For more information, please visit

[www.sevenoaks.gov.uk/info/20069139/leisure/45/leisure\\_centres\\_and\\_sports\\_facilities](http://www.sevenoaks.gov.uk/info/20069139/leisure/45/leisure_centres_and_sports_facilities)

### **Look after your Mental Health**

Worries over money, housing, heating, and food can affect our mental wellbeing, causing stress, anxiety, and depression. There are lots of places to get help and support.

The Release the Pressure campaign offers a text service to people who are struggling to cope and need immediate help. Text the word “Kent” to 85258, to start a conversation with trained and experienced volunteers who can give help at any time, wherever you are. Visit

[www.kent.gov.uk/social-care-and-health/health/release-the-pressure](http://www.kent.gov.uk/social-care-and-health/health/release-the-pressure) for further details.

### **Kooth**

If you are aged between 10 and 25 years old, Kooth offers an online mental health community giving free and confidential advice. You can chat with a team member about anything that is on your mind. Visit [www.kooth.com/](http://www.kooth.com/).

### **Better u**

Better u provides a supportive platform to help users manage their wellbeing, focus on a positive outlook, reflect upon their resilience, and most importantly, access various types of support, enabling the user to find something that works for them. As an app created by young people, it focuses on providing features and tools that young people actually want to engage with, that will have a lasting, beneficial impact on their wellbeing. Please visit

[www.elliesangels.org/better-u](http://www.elliesangels.org/better-u).

### **Solace Café**

West Kent Mind run a Solace Café at their Wellbeing Centre, 34A St Johns Road, Sevenoaks on Mondays, and Tuesdays 3.30 pm to 7.30 pm. The café provides a supportive environment for people who are at risk of developing an emotional crisis. There you will find support and guidance. You can drop in or contact West Kent Mind on 01732 744950 or visit

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

### **Head In The Game**

Head In The Game is a UK registered Charity that offers the invaluable opportunity for people in the local community to unite and indulge in the sports they love. Weekly sessions, provided

free of charge, cater to anyone between the ages of 18-65, regardless of ability. Helping to increase mental fitness across the UK <https://headinthegame.co.uk/>

## **Community support**

### **Help for the Armed Forces**

The Royal British Legion (RBL) has launched its Everyday Needs Grants program, designed to assist those who need help in a quick and easy way with essentials such as kitchen appliances, clothes, and energy costs. Grants are available of up to £2,400 over 12 months. Applicable recipients include serving and ex serving personnel, and the wider Armed Forces community, including families, dependents, and carers. Any member of the Armed Forces community wanting to access the grants can find out more and apply visit [www.britishlegion.org.uk/get-support/financial-and-employment-support/finance/grants](http://www.britishlegion.org.uk/get-support/financial-and-employment-support/finance/grants) or by calling 0808 802 8080.

### **Age UK Sevenoaks and Tonbridge**

If you are 50+ as a local Charity, our aim is to make our communities a better place for people to grow older, by delivering a range of local services aimed at promoting independence and enabling people to make the most of later life. For more information, please contact our office on 01732 454108 [www.ageuk.org.uk/maidstone-sevenoaks-tonbridge/](http://www.ageuk.org.uk/maidstone-sevenoaks-tonbridge/).

### **Silver Line**

The Silver Line is a free, confidential helpline for older people providing information, friendship, and advice. It is open 24 hours a day and you can call on 0800 470 80 90. Please visit [The Silver Line Helpline](http://TheSilverLineHelpline.com).

### **Sevenoaks U3A**

If you are no longer in full time employment and live in Sevenoaks or the surrounding area, Sevenoaks U3A can offer you the opportunity to participate in a wide range of enjoyable social, mental, and physical activities. Please visit [www.sevenoaksu3a.org.uk](http://www.sevenoaksu3a.org.uk) for more information.

### **Help for Carers**

If you are a carer and would like more information on support, advice, and training available across Kent, please visit [www.kent.gov.uk](http://www.kent.gov.uk) and search help for carers for more information. You could get £81.90 a week if you care for someone for at least 35 hours a week and they get certain benefits. You do not have to be related to, or live with, the person you care for [Check if you are eligible for the Carer's Allowance](#).

### **Upcycling**

Repair Cafés are free meeting places, and they are all about repairing things. Take along your broken items toasters, lamps, hair dryers, clothes, bikes, toys, crockery, anything broken is welcome.

- **Sevenoaks Repair Café:** runs on the second Saturday of the month at St Luke's Church, Eardley Road, from 10 am to 1 pm. Email: [sevenoaksrepaircafe@gmail.com](mailto:sevenoaksrepaircafe@gmail.com) for more information.
- **Edenbridge Repair Café:** runs on fourth Saturday of the month at the Eden Centre, from 10 am to 1 pm. Email: [edenbridgerepaircafe@gmail.com](mailto:edenbridgerepaircafe@gmail.com) for more information.

## **HERO Service**

Sevenoaks District Council's HERO Service can provide support to residents in the private rented sector and owner occupiers. Guidance and support can be provided in the following areas:

- Saving money on fuel bills
- Debt, rent or mortgage guidance
- Welfare benefit applications
- Retraining and skill options, getting back to work
- Volunteering
- Referrals to Support Services
- Referrals for Housing Advice

For help and more information, please contact [hero@sevenoaks.gov.uk](mailto:hero@sevenoaks.gov.uk) or contact the Council on 01732 227000 and ask to be transferred through to the HERO Service.

If you are a West Kent Housing Association tenant and would like to know if you are eligible for your in house support service, please email [mytenancy@wkha.org.uk](mailto:mytenancy@wkha.org.uk).

## **Help with pets**

If you are struggling with vet bills you may be eligible for support from the PDSA. Please visit [PDSA - Eligibility checker](#).

## **Pets Charities Financial Assistance**

- RSPCA - Pet health care costs
- Cats Protection - Neutering financial assistance

## **Rehoming**

If you are struggling to afford to look after your pet, you might need to consider rehoming. If you do not have a friend or family member who can help, there are charities that can help rehome pets for those that see this as an option:

- RSPCA - Giving up a pet you are unable to care for
- Dogs Trust - Giving up your dog
- Cats Protection - Thinking about giving up your cat

## **Support with travel costs**

### **Railcard**

There are a number of railcard discounts available for families, young people, seniors, veterans, and disabled persons. Up to a third can be saved on rail fares by applying for a railcard. Please visit [www.network-railcard.co.uk/](http://www.network-railcard.co.uk/) for more information.

### **JobCentre plus Travel Discount card**

Provided to those unemployed claiming Jobseekers Allowance or Universal Credit for 3 to 9 months (18 to 24 year olds) or 3 to 12 months (over 25) can apply through their Work Coach and local JobCentre Plus. Other benefit recipients may receive a JobCentre Plus Travel

Discount Card from 3 months of their claim and if they are actively engaged with a JobCentre Plus adviser. Cardholders are entitled to a 50% discount on selected rail tickets. Contact your nearest JobCentre for more information at <https://find-your-nearest-jobcentre.dwp.gov.uk/>.

### **Kent Karrier Dial a Ride Service**

This is a flexible dial a ride service that takes members from their door to anywhere in the Sevenoaks District. All services have a wheelchair accessible vehicle. To be eligible for the service you must be over 85 or live in a rural area more than 500 meters from a bus stop or train station, or you have a mobility impairment.

Call Compaid on 01892 832447 to apply. A small membership fee applies but you can make savings on your travel costs.

### **Edenbridge Voluntary Transport Service**

[Edenbridge Voluntary Transport Service](#) is a volunteer car service based near the day centre at Edenbridge hospital. Volunteer drivers use their own cars to take people in the area unable to use public transport, to and from medical appointments at hospitals, clinics, surgeries, opticians, dentists etc. All drivers are DBS checked. For more information, please telephone 01732 865353 [www.evts.org.uk](http://www.evts.org.uk).

### **IMAGO Dial-2-Drive**

Dial 2 Drive (D2D) is a community transport scheme for people unable to access public transport due to older age, illness or disability living in Sevenoaks, Tonbridge, Tunbridge Wells, and the surrounding areas.

Volunteer drivers use their own cars to take clients to medical and social appointments. This includes appointments at local surgeries, hospitals, day centres, hairdressers, opticians, lunch clubs and shopping [www.imago.community/Community-Services/Dial-2-Drive](http://www.imago.community/Community-Services/Dial-2-Drive).

### **Sevenoaks Volunteer Transport Group**

The [Sevenoaks Volunteer Transport Group](#) provides a coordinated low cost local transport scheme catering for elderly, infirm and disabled residents needing assistance with transport to attend medical appointments at clinics and hospitals and activities such as clubs for the disabled. Volunteers provide the transport, using their private cars <https://sevenoaksvolunteertransport.com/>.

July to August 2025