

STAY SAFE STAPLEHURST

May 2020



Welcome to this latest edition of our newsletter –produced in very strange and difficult times by The Staplehurst Community Group Team.

BEWARE - BEWARE - BEWARE - BEWARE - BEWARE - BEWARE

Scams are among the most prevalent types of crime in the UK, and coronavirus is creating a perfect environment for fraudsters to thrive using a range of loathsome tactics. Recently City of London Police reported a 400% increase in scams as a result of coronavirus-related fraud

So what should you look out for, to avoid falling victim yourself? They fall into 4 broad areas

- Coronavirus phishing scams
- Conspiracy theories and misinformation
- Cold calls and doorstep coronavirus scams
- Fake and counterfeit products

You can find out more at <https://www.which.co.uk/news/2020/04/coronavirus-scams-how-to-spot-them-and-stop-them/> , and also at Action Fraud - www.actionfraud.police.uk or 0300 1232040 - where if you think you are a victim you can report it (as well as to our local police)



Wow! What a great community we have here in Staplehurst! The group of volunteers from the Emergency Help Team have already undertaken over 500 tasks for those who've needed them, ranging from picking up prescriptions to shopping, posting letters to chatting to the more lonely. Like to join these village heroes or need help? Just call 01580 238440.

Now we have the Community Hub too. Based at the Village Centre, and open Mondays, Wednesdays, and Fridays between 11am and 1pm, it distributes food parcels to the more vulnerable families in our village. Its been splendidly supported by many local business (a special thank you to Hush Heath Winery) and residents, both with food and money donations.



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**Are Pleased to Support
This Community Project**

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Our handy useful list of helpful contacts - part 1 . We'll include part 2 in the next newsletter due out in May

Additions

Alcoholics Anonymous 0800 9177 650 www.alcoholics-anonymous.org.uk
 Kenward Trust 01622 814187 www.kenwardtrust.org.uk
 Narcotics Anonymous 0300 999 1212 www.ukna.org
 Gamblers Anonymous UK e mail only www.gamblersanonymous.org.uk
 West Kent Drug and Alcohol Wellbeing Service 01622 690 944 www.changegrowlive.org

Elderly

Age UK 01622 753618 www.ageuk.org.uk/maidstone
 CROP (Citizens Rights for Older People) 01622 851200 www.cropkent.org.uk

Silver Line 0800 4 70 80 90 www.theilverline.org.uk
 Independent Age 0800 319 6789 www.independentage.org
 West Kent Befriending Service 0800 048 4668 www.westkentbefriendingservice.org.uk

Kent Falls Prevention Service 01303 854488 www.kentcht.nhs.uk/service/falls-prevention-service
 Cinnamon Trust 01736 757900 www.cinnamon.org.uk

General

Compaid 01892 834539 www.compaid.org.uk
 Family Matters 01474 537 392 www.familymattersuk.org
 Heart of Kent Hospice 01622 792200 <https://www.hokh.org/>
 IMAGO 01892 530330 www.imago.community
 Involve Kent 01622 677337 www.involvekent.org.uk
 Maidstone Citizens Advice Bureau 01622 752420 www.maidstonecab.org.uk
 Red Cross 0344 871 11 11 www.redcross.org.uk
 Royal Voluntary Service 0845 608 0122 www.royalvoluntaryservice.org.uk
 RSPA 01622 891222 www.rspca-Tunbridgewellsandmaidstone.org.uk

Samaritans of Maidstone and the Weald 116 233

www.samaritans.org/branches/samaritans-maidstone-and-weald

Slavery - Salvation Army Support 0300 303 8151

www.salvationarmy.org.uk/modern-slavery

St Johns Ambulance 08700 10 49 50 www.sja.org.uk/sja/default.aspx

Victim Support 0808 168 9276

www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-east/kentT6

Health

Asthma Helpline 0300 222 5800 www.asthma.org.uk/advice/resources/helpline
 Bowel Cancer 0888 403540 www.bowelcanceruk.org.uk
 Brain Tumour Support Group 01634 362150 www.thebraintumourcharity.org
 Breast Cancer Now 0808 8006000 www.breastcancer.org
 Breathe Easy 01622 664943 www.blf.org.uk
 British Heart Foundation 0300 330 3311 www.bhf.org.uk
 British Red Cross 0344 412 2808 www.redcross.org.uk
 British Wireless for the Blind Association 01622 754757 www.blind.org.uk
 Cerebral Palsy e mail only www.cerebralpalsy.org.uk
 Diabetes UK 0345123 2399 www.diabetes.org.uk
 Guide Dogs for the Blind 0800 9530113 www.guidedogs.org.uk
 Headway 0808 800 2244 www.headway.org.uk
 Hearing Dogs for the Deaf 01844 348 100 www.hearingdogs.org.uk
 Hi Kent 01622 691151 www.hikent.org.uk
 Kent Association for the Blind 01622 691357 www.kab.org.uk
 Kent Deaf Children's Society 07557 334347 www.kdcs.org
 Kent MS Therapy Centre 01227 470876 www.kentmstc.org.uk
 Leukaemia UK 020 7922 7982 www.leukaemiauk.org.uk
 MacMillan Cancer Support 0808 808 00 00 www.macmillan.org.uk
 Marie Curie Trust 0800 090 2309 www.mariecurie.org.uk
 Motor Neurone Disease 0808 802 6262 www.mndassociation.org
 MS Society 0808 800 8000 www.mssociety.org.uk
 National Osteoporosis Society 01622 744704 www.theros.org.uk
 National Society for Epilepsy 01494 601 400 www.epilepsysociety.org.uk
 Parkinsons Disease Society 0808 800 0303 www.parkinsons.org.uk
 Paula Carr Diabetes Trust 03334 560122 www.paulacarrdiabetestrust.co.uk
 Stroke Association 01622351963 www.stroke.org.uk
 Versus Arthritis 0800 5200520 www.versusarthritis.org
Mental Health
 Alzheimer's Society 01622 747181 www.alzheimers.org.uk
 Blackthorn Trust 01622 828382 www.blackthorn.org.uk
 Dyslexia Association 0115 924 6888 www.dyslexia.uk.net
 Maidstone Mencap Charitable Trust 01622 670464 www.maidstonemencap.org
 Mencap 0808 808 1111 www.mencap.org.uk
 Mind 020 8519 2122 www.mind.org.uk
 Rethink (bipolar, Schizophrenia, mental health help) 0300 5000927 www.rethink.org
 Think Action West Kent 0300 012 0012 www.thinkaction.org.uk/contact-us/thinkaction-west-kent