



### **Emergency Helplines**

\* Emergency services: 999

Non-urgent police enquiries: 101

\* National Domestic Abuse Helpline: Freephone 0808 2000 247

\* Samaritans: Call free on 116 123. "For anyone in distress or despair, Samaritans will always be there - all day - every day - even on Christmas Day."

Or Email: jo@samaritans.org

#### **Homelessness**

\* Porchlight: 24-hour Helpline 0800 567 76 99

\* House of Mercy: 01474 329 514 (Edwin Street, Gravesend)

#### Tonbridge/Tunbridge Wells Foodbanks

- \* Sustain Community Foodbank (Tonbridge): Open Fri 24th Dec, Thurs 30th Dec, Wed 6th Jan and Fri 8th Jan, 12-2pm. Then back to usual opening hours.
- \* F.E.A.S.T Fresh Community Larders (Tonbridge): No changes on Wed at Tonbridge Methodist Church. St Stephens will be closed on Sat 25th Dec and Sat 1st Jan. However there will be a one-off at St Stephens on Wed 29th Dec. Booking will be available a week before.
- \* Nourish Community Foodbank (Tunbridge Wells): Operating and delivering as usual except closed for Bank Holidays. Referrals by agencies only.
- \* East Malling Community Centre: Closed until Tues 4th Jan.
- \* Kings Hill Food Bank: Open for emergency food parcels until 11am on Fri 24th Dec. We will then reopen from Wed 5th Jan. For more info contact food@stgabrielskingshill.org.uk
- \* Larkfield Community Church Foodbank: May not be available on Xmas Day, please contact foodbank@larkfieldcommunitychurch.co.uk for more information.













### **Tonbridge & Malling Borough Council**

\* Kings Hill and Tonbridge Castle Offices and Gateway:
Closed from 4.30pm Fri 24th Dec until Tues 28th. Then open on Wed 29th, Thurs
30th and Fri 31st. Closed on Mon 3rd Jan and re-opening as usual on Tues 4th
Jan. Council can be contacted out of hours as normal (see details below).

#### **Out of Hours / Emergency Numbers**

\* Tonbridge & Malling Borough Council Out of Hours Number: 01732 844 522

Call this number for dangerous structures, dangerous trees, flooding and other major emergencies, noise, licencing issues, fumes and emergency environmental health complaints.

\* Kent Count Council Adult Social Care Out of Hours Number: 0300 041 91 91

\* National Power Cut Emergency Line: 0800 31 63 105 or 105 from a landline

**\* Electricity:** 0800 40 40 90

**Gas:** 0800 111 999

Water: The following water companies serve Tonbridge & Malling;

\* South East Water 0333 000 0365 \* Southern (waste water) 0330 303 0368

### **Advice Together Partners**

- \* Citizens Advice in North & West Kent: Closed midday on the Fri 24th Dec and will reopen Tues 4th Jan. Our telephone Adviceline is open throughout the period except for bank holidays please call freephone Adviceline 0808 278 7810.
- \* Age UK Sevenoaks & Tonbridge: Both Age UK offices and our day centre will be closed from 12 noon on Fri 24th Dec and then remain closed over the festive period re-opening on Tues 4th Jan.













### **Advice Together Partners (Continued)**

- \* **CROP:** Closed from Mon 27th Dec and reopens Tues 4th Jan.
- \* Crosslight Advice: Closed from Fri 24th Dec and reopens Tues 4th Jan.
- \* DAVSS (Domestic Abuse Volunteer Support Service): Closed on Fri 24th Dec by 1pm and reopens Tues 4th Jan.
- \* Groundwork South: Closed from Fri 24th Dec and reopens Tues 4th Jan.
- \* **Kent Family Mediation Service:** Closed from Fri 24th Dec and reopens Tues 4th Jan.
- \* MS Society: Closed from Fri 24th Dec and reopens Tues 4th Jan.
- \* **Porchlight:** Contact the central helpline over the festive period (pg.1)
- \* Tonbridge & Malling Borough Council: As detailed on Page 2.
- \* Tunbridge Wells & District Citizens Advice: Closed from Thurs 23rd Dec and reopens Tues 4th Jan.
- \* Tunbridge Wells Samaritans: Open as usual everyday, including Xmas Day.
- \* West Kent Mediation: Emails and telephone messages will be monitored throughout the period.
- \* West Kent Mind: Closed from end of Fri 24th Dec and reopens Tues 4th Jan. Text KENT to 85258 for free, confidential support 24/7.

### Wishing you a Merry Christmas and Happy New Year













### **Pharmacy Opening Times**

| Pharmacy  | Sun<br>25 <sup>th</sup> Dec<br>Xmas<br>Day | Mon<br>26th Dec<br>Boxing<br>Day | Tues<br>27th Dec<br>Bank<br>Holiday | Wed<br>28th Dec<br>Bank<br>Holiday | Sat<br>1st Jan<br>New<br>Years Day | Mon<br>3rd Jan<br>Bank<br>Holiday |
|---|--|----------------------------------|-------------------------------------|------------------------------------|------------------------------------|-----------------------------------|
| Avicenna Pharmacy   | Closed                                     | Closed                           | Closed                              | 10:00 -                            | 09:00 -                            | Closed                            |
| 11 Martin Hardie Way,<br>Tonbridge, TN10 4AE                  |  |                                  |                                     | 12:00                              | 13:00                              |                                   |
| 01732 355956  |  |                                  |                                     |                                    |                                    |                                   |
| Boots Pharmacy  | 10:00 -<br>13:00                           | 10:00 -<br>16:00                 | Closed                              | Closed                             | 10:00 -<br>17:00                   | Closed                            |
| 9 High Street,<br>Tonbridge, TN9 1SG                          |  |                                  |                                     |                                    |                                    |                                   |
| 01732 353586  |  |                                  |                                     |                                    |                                    |                                   |
| East Street Pharmacy  | Closed                                     | 10:00 -                          | Closed                              | Closed                             | 07:00 -                            | Closed                            |
| Warders Medical<br>Centre, East Street,<br>Tonbridge, TN9 1LA |  | 20:00                            |                                     |                                    | 22:00                              |                                   |
| 01732 770055  |  |                                  |                                     |                                    |                                    |                                   |
| Field Pharmacy  | Closed                                     | Closed                           | Closed                              | Closed                             | 09:00 -                            | Closed                            |
| 11 Old Road, East<br>Peckham, Tonbridge,<br>TN12 5AS          |  |                                  |                                     |                                    | 13:00                              |                                   |
| 01622 871409  |  |                                  |                                     |                                    |                                    |                                   |
| Hadlow Pharmacy   | Closed                                     | Closed                           | Closed                              | Closed                             | 09:00 -                            | Closed                            |
| The Square, Hadlow,<br>Tonbridge, TN11 0DA                    |  |                                  |                                     |                                    | 13:00<br>14:00 -                   |                                   |
| 01732 850259  |  |                                  |                                     |                                    | 15:00                              |                                   |
| Heath Pharmacy  | Closed                                     | Closed                           | Closed                              | Closed                             | 09:00 -                            | Closed                            |
| Maidstone Road,<br>Horsmonden,<br>Tonbridge, TN12 8JJ         |  |                                  |                                     |                                    | 13:30                              |                                   |
| 01892 722217  |  |                                  |                                     |                                    |                                    |                                   |













### **Pharmacy Opening Times (continued)**

| Pharmacy   | Sun<br>25 <sup>th</sup> Dec<br>Xmas<br>Day | Mon<br>26th Dec<br>Boxing<br>Day | Tues<br>27th Dec<br>Bank<br>Holiday | Wed<br>28th Dec<br>Bank<br>Holiday | Sat<br>1st Jan<br>New<br>Years Day | Mon<br>3rd Jan<br>Bank<br>Holiday |
|--|--|----------------------------------|-------------------------------------|------------------------------------|------------------------------------|-----------------------------------|
| Hobbs Pharmacy   | Closed                                     | Closed                           | Closed                              | Closed                             | 09:00 -                            | Closed                            |
| Medical Centre, River<br>Lawn Road, Tonbridge,<br>TN9 1EP              |  |                                  |                                     |                                    | 13:00                              |                                   |
| 01732 353950   |  |                                  |                                     |                                    |                                    |                                   |
| Paydens Pharmacy   | Closed                                     | Closed                           | Closed                              | Closed                             | 09:00 -                            | Closed                            |
| 24-26 High Street,<br>Snodland, ME6 5DF                                |  |                                  |                                     |                                    | 12:00                              |                                   |
| 01634 240539   |  |                                  |                                     |                                    |                                    |                                   |
| Thompson Pharmacy  | Closed                                     | Closed                           | Closed                              | Closed                             | 09:00 -                            | Closed                            |
| 1a Riding Lane,<br>Hildenborough,<br>TN11 9HX                          |  |                                  |                                     |                                    | 15:00                              |                                   |
| 01732 833433   |  |                                  |                                     |                                    |                                    |                                   |
| Lloyds Pharmacy  | Closed                                     | Closed                           | Closed                              | Closed                             | 10:00 -                            | Closed                            |
| 42 High Street,<br>Borough Green,<br>TN15 8BJ                          |  |                                  |                                     |                                    | 17:30                              |                                   |
| 01732 884218   |  |                                  |                                     |                                    |                                    |                                   |
| Oaks Pharmacy  | 10:00 -<br>13:00                           | Closed                           | Closed                              | Closed                             | 09:00 -<br>12:30                   | Closed                            |
| Admiral Moore Drive,<br>British Legion Village,<br>Aylesford, ME20 7SE |  |                                  |                                     |                                    |                                    |                                   |
| 01622 882386   |  |                                  |                                     |                                    |                                    |                                   |

For further information from the NHS call 111 or on the internet at: www.nhs.uk
Information from NHS England—correct at time of publishing.

Please check with pharmacy before travelling.







