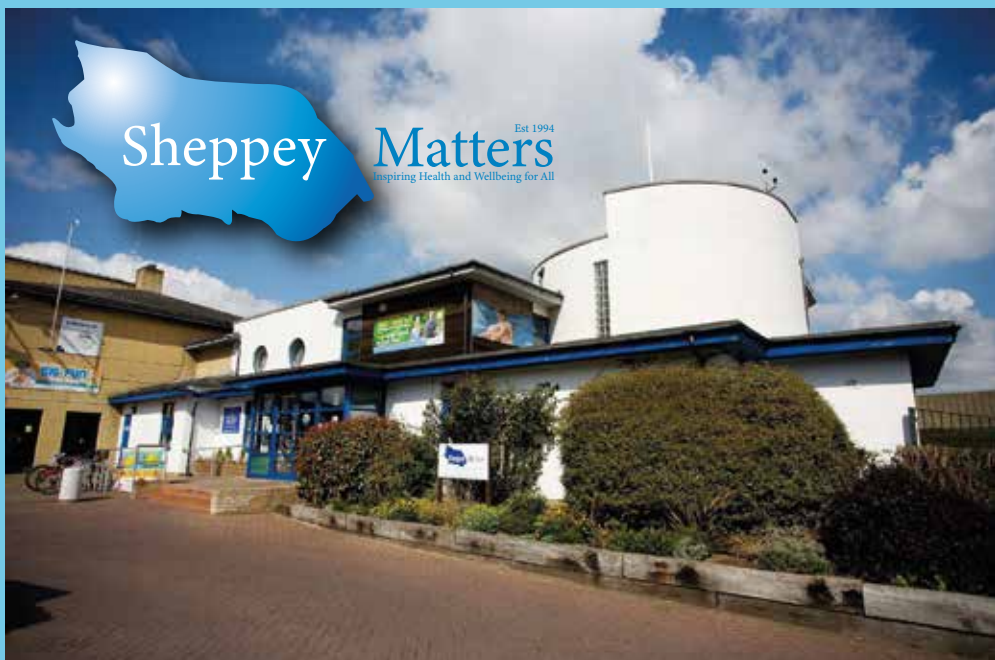


# Sheppey Matters

Est 1994

Inspiring Health and Wellbeing for All



## SHEPPEY MATTERS

Inspiring Health and Wellbeing for All

EDITION No. 7

# YOUR ISLAND - YOUR CHARITY

Hello,

Welcome to Edition 7 of your Sheppey Matters Newsletter. Full of news on what we have been up to since our last newsletter, exciting new projects being launched, wellbeing tips, recipes and details of useful information and local services.



We have launched a new Sheppey Matters Facebook Group this month to connect further with the local community. The group is a forum to share useful information, share ideas and update you on our projects. If you use social media, please search 'Sheppey Matters Group' and do request to join.

Our lovely Jacky, who some of you will know as a Sheppey Wheels driver, has started to support our Sheppey Wheels customers over the telephone on wellbeing calls. She has found it lovely to chat to people and sharing the burden the virus is having on us all. If you want to know more about the wellbeing call service, please get in touch on [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk) or by calling 07402 959801.

Our Project Managers, Co-ordinators and staff have been busy putting together well-being packs and our driver Vince has been helping to deliver them to the Sheppey community. These include baking boxes, art and gardening art boxes, craft boxes and DIY bird box kits. They are proving very popular!

We are excited to announce that our brand-new project – Mobile Matters – was launched in December! The project is designed to bring Sheppey Matters and its partners to locations on the Island where the transportation links make travelling difficult to reach us. Read on for more details.

## **BREAKING NEWS**

**We are excited to announce that our brand-new project – Mobile Matters –**

**was launched in December! The project is designed to bring Sheppey Matters and its partners to locations on the Island where the transportation links make travelling difficult to reach us. Read on for more details.**

*Take care of yourselves and remember  
Sheppey Matters are here for you.*

You are receiving this brochure as you are on our member's database. If you no longer wish to receive newsletters/communications from us, please let the office know using the below contact details.

**During the current lockdown you can reach Sheppey Matters staff on the following mobile number: 07402 959 801  
or by e-mail: [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk)**



Hi All !! We hope this finds you safe and well ?

**Anita and Paul x**

### **On the plot** - The sparkle of Christmas has

now been raised to the ground, boxed, labelled, and stored ready to be head scratched over again next year. The temporary sparkling interior now resembles the dull exterior. We are now entering mid-winter. The garden and nature are still open for business but only when the soil, grass, and hard standing areas are not saturated, frozen, or icy. The main concern is soil condition but also our safety. It is a time to prune and rejuvenate woody plants, prepare and plan. It is the cusp at which we look hopefully to the horizon for the light and warmth which will slowly and surely infiltrate our atmosphere in a matter of a couple of months. Thank goodness for the Gulf Stream! Whilst opening presents brings a lot of excitement for us gardening enthusiasts we get as much excitement from opening a seed catalogue. The very means of selecting our floral or veg seeds for the coming season's visual and culinary feasts physically lifts our heart and fills us with a warm feeling for all that is to come. We find the seed packets from last year. Are they in date? Have we previously opened them? Are the seeds still viable and will germinate? What do we need to buy to fill our bellies, feed the wildlife, and feed our need to grow? We are contemplating giving life to our surroundings. However, to ensure all our efforts work we need to know the aspect of the garden. We need to be familiar with it and how it relates to the weather through the seasons. If the space is new to you, this time is well spent in measuring the space, noting where and when the sun graces it, where the rain shadows are, where it gets boggy or where drought, what the soil pH is. Only then can plans of the space and appropriate purchases be made. What do you want to gain from it? Take time looking at seed catalogues and use it as valuable research. When you can, visit the garden centres and nurseries. Read magazines and watch gardening programmes. Early Sundays are a feast of these. For those of us already enthused this is adding more to a growing data base. For those who are new, this is putting in the groundwork of knowledge. This bleak dull time may be used to plan for the brighter clear days. For me it is the first signs of Eranthus (the winter aconite) which informs me of impending warmth and possibility. Then, like so many others, I look forward to the nodding heads of daffodils for their bright yellow cheerfulness and their trumpet storage heaters warming our buff tailed Queen Bumblebees. Nature is on our doorstep. When permitted, explore!

Would you like to join us at the  
Community Gardener project?  
Email: [anita@sheppymatters.org.uk](mailto:anita@sheppymatters.org.uk)  
or office@sheppymatters.org.uk  
Phone: 07402 959 801

Gardening is low and high intensity physical exercise.  
It helps the mind to focus and restores attention.  
It has social and therapeutic benefits. Interaction  
with nature and the green environment is a  
cost-effective therapy.



# Gardening & Nature Wordsearch

A	C	N	B	L	A	C	E	W	I	N	G	I	N	E	E	R	G	R	E	V	E
M	O	O	U	F	I	Q	G	E	S	O	U	F	R	O	G	S	A	N	E	E	S
H	E	U	M	U	C	L	O	A	L	A	D	Y	B	I	R	D	Y	X	U	L	E
F	B	U	B	P	A	M	J	I	E	N	R	E	G	W	E	E	D	S	I	A	I
S	Y	N	L	N	O	C	O	U	J	N	B	E	U	A	E	C	O	H	Q	W	L
D	S	D	E	A	N	S	J	D	M	U	L	C	H	I	N	D	Q	R	U	N	F
E	E	E	B	M	G	O	T	N	N	A	N	U	O	O	H	D	U	U	I	M	R
B	I	R	E	A	R	F	O	R	K	L	A	R	W	Z	O	W	O	B	N	O	E
D	L	G	E	I	A	L	P	Q	A	N	H	H	E	O	U	G	R	I	C	W	V
E	F	R	V	I	O	Z	S	H	E	D	E	A	E	H	S	P	A	D	E	E	O
S	R	O	R	M	O	W	O	R	M	I	Q	N	E	M	E	G	K	N	I	R	H
I	E	W	G	N	A	R	I	N	H	A	N	D	T	R	O	W	E	L	V	O	S
A	T	T	R	S	G	R	L	V	E	A	R	F	L	Q	J	E	N	A	N	M	M
R	T	H	W	A	K	G	V	A	A	F	L	O	R	A	L	A	N	E	V	U	A
D	U	O	N	Y	S	E	C	A	T	E	U	R	S	T	U	S	Y	K	L	L	I
E	B	I	O	X	Y	O	O	G	R	F	T	K	E	R	N	B	V	I	O	Z	M
T	C	B	U	Y	Z	U	W	R	L	I	I	K	L	E	E	H	I	Y	I	E	L
A	R	P	H	L	O	E	M	O	V	N	U	N	B	E	A	P	V	R	O	H	S
G	R	G	O	E	A	O	W	O	R	K	R	E	A	O	Q	U	P	I	D	L	U
E	A	I	R	M	U	E	R	U	E	G	F	E	T	T	O	S	R	O	A	S	O
I	B	W	I	G	R	A	S	C	B	N	P	L	E	S	H	O	V	E	L	L	U
R	G	R	A	S	S	E	A	U	E	I	O	S	G	R	E	N	B	V	A	E	D
A	H	A	W	E	X	L	L	Y	X	N	T	N	E	M	A	T	O	D	E	S	I
V	J	E	I	V	V	P	U	I	A	U	N	A	V	E	G	P	R	U	I	O	C
H	H	E	D	G	E	H	O	G	O	R	B	I	R	L	E	V	R	W	B	G	E
S	L	L	A	N	O	S	A	E	S	P	B	L	V	E	G	N	I	G	G	I	D

ANNUAL  
BIRDS  
BOWSAW  
BUMBLEBEE  
BUTTERFLIES  
BUXUS  
COMPOST  
DECIDUOUS  
DIGGING  
EARWIG  
EVERGREEN  
FAUNA  
FLORA  
FLOWERS

FORK  
FROGS  
GRASS  
GREENHOUSE  
GROW  
HONEYBEE  
HOVERFLIES  
HAND FORK  
HAND TROWEL  
HEDGEHOG  
IVY  
JAY  
KNEEL  
LACEWING

LADYBIRD  
LAWN MOWER  
LOPPERS  
MULCH  
NEMATODES  
ORGANIC  
PHLOEM  
PRUNING KNIFE  
QUINCE  
RAISED BEDS  
RAKE  
SEASONAL  
SECATEURS  
SLUG

SHED  
SHOVEL  
SHRUB  
SNAIL  
SOIL  
SPADE  
TOPFRUIT  
TOPSOIL  
TREE

UNDERGROWTH  
VEGETABLE  
MATTERS  
VARIEGATED  
WEEDS  
WORK  
WORM  
XYLEM  
ZONE



# SEND A HUG

This simple to make hugging heart can be slipped into an envelope and posted or delivered to a loved one that you can't hug at the moment. It can be decorated as you want and made with lots of love ❤️

Take your time to make these and think of all the love that you are sewing into this hug, and a promise of a time when we can be together again.

## YOU WILL NEED:

craft felt, stuffing, a pipe cleaner, pins, needle and thread or a sewing machine and embellishments.



Cut 2 pieces of felt 10cm x 8.5cm



Cut 4 pieces of felt 10cm x 3cm.  
Either freehand or use a template  
cut out heart and arm shapes.



Sew by hand or use a sewing  
machine, around the arms but  
leave the short ends open.

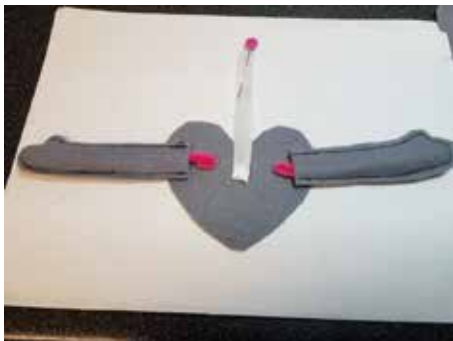


Push a sprout size bit of stuffing  
into the hand.  
Fold over the end of the pipe cleaner  
and push into the arm as far as it will  
go. Add more stuffing.

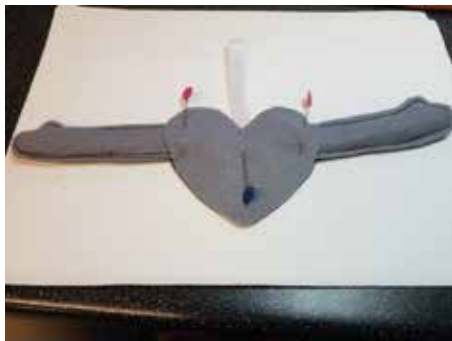




# SEND A HUG



**Place open ends of the arms on a heart and a folded piece of ribbon at the top.**



**Place the second heart on top and sew all the way round BUT leave a small opening for the stuffing.**



**Stuff the heart and sew closed the gap. Now you can add embellishments or a message to your loved one. "A hug for you."**



**Your finished heart's arms can be wrapped around the heart to make a hug from you, just until we can safely hug again.**

**Add a tag or a note to tell them how much they are loved and that you look forward to future real hugs.**



**HAPPY CRAFTING ....** *Nicola*

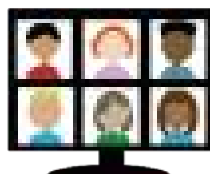
## Rural Youth



Elaine has been very busy distributing art packs to families across the Island. They are proving very popular in keeping the young people occupied, especially now as we are all spending so much more time at home!

If you would like to request an art pack, please e-mail ...

[elaine@sheppeymatters.org.uk](mailto:elaine@sheppeymatters.org.uk) with your request. Please note that the packs are limited and going fast!!



As we are unable to run our usual Youth Groups due to restrictions, we are thinking of setting up a Zoom meeting once a week for our Young People with chat, quizzes and challenges. If you would be interested in this, or if you have any ideas for the meetings, please contact ... [elaine@sheppeymatters.org.uk](mailto:elaine@sheppeymatters.org.uk)

## Salt Dough Recipe

- 1 cup of salt
- 2 cups flour
- ½-1 cup of water



1. Mix the flour and salt together in a bowl.
2. Stir in the water and mix together to form a dough.
3. Knead the dough together on a flat surface for 10 mins until warm, soft and pliable. Then rest for 20 minutes.
4. Make any shapes you want (you can roll out and use different shaped cutters if you have them).
5. Bake in oven on a lined baking sheet at 250oF, 120o C, gas mark 3 for 1-2hrs or until solid.
6. Take out of oven and let them cool.
7. Once cooled you are ready to paint and varnish.



# ways to stay positive during lockdown.

With national lockdown restrictions in place across the UK, it's not always easy to stay positive. To help us all feel more joyful, we have some tips on staying positive. From heading outside to talking to loved ones over the phone, there are many things you can do to keep your spirits high.

*Keep your spirits high with these simple daily doings.*

## **1. Write a list of the positive things in your life.**

As you begin your day, cultivate an attitude of gratitude by making a list of the positive things. Whether it's a good book or the soul-soothing sunshine through your window, writing down everything positive will help you remember what really matters.

## **2. Soak up nature.**

Nature performs some major miracles for us. In fact, it boosts your spirits during lockdown by heading outside or opening your window. If possible, get some nature into your day. Take a walk to a park or green space or make the most of your garden, even something as simple as looking after an indoor pot plant or counting the birds you can see from your window can help.

## **3. Take things slowly.**

As a society, we put so much pressure on getting things done. Lockdown is challenging for everyone, so it's important to put your mental health first. Take some time out, remember that it's OK to take things slowly; read a book, run a bath, listen to some music, do a puzzle or wordsearch or head outside for a walk.

## **4. Read a positive news story.**

The news can be overwhelming at times. Keep an eye on where you're sourcing your news, try just reading it once a day to keep abreast of what's going on, make sure that you're turning to reliable sources of news that reflect facts, not rumours and speculation. If you're finding the news difficult to cope with, take a break or check just once a day.

## **5. Follow a routine.**

Your routine can affect your emotional wellbeing, energy levels and motivation. Following a daily routine will help you to stay positive and distracted. It's good to plan how you will look after yourself, follow a routine, maintain a healthy diet, get enough sleep and incorporate some physical exercise into your day – an online workout, or even simply dancing around your home, cleaning, gardening or a gentle walk.

## **6. Limit social media.**

Social media can be incredibly rewarding, but it can also be the root of many anxiety-related issues. Be careful how often you're scrolling. It can help you stay in touch with people but may make you feel anxious if people are sharing news stories or posting about their worries. Take a break from it for a day.

## **7. Know when to ask for help.**

Asking for help is a sign of strength and courage, don't be afraid to call on the help of experts if you're finding it all a bit too much. Self-care is really important – physically and mentally. Taking steps to maintain wellbeing can help you cope with the challenges of staying indoors.

**Need someone to talk to during lockdown? Call us at Sheppey Matters on 07402 959 801 Or email [office@sheppeymatters.org.uk](mailto:office@sheppeymatters.org.uk) and we will get back to you.**

**If you are worried about your mental health, call Mind's Infoline on 0300 123 3393 (9am- 6pm Mon to Fri).**





## **Sheppey Matters goes mobile!**

Our brand-new project, Mobile Matters was launched in December. It is designed to bring Sheppey Matters and its partners - SATEDA, Porchlight, Forward Trust and many others to locations on the Island where the transportation links make travelling difficult to reach us. However, due to the current Government restrictions we are unable to offer our services to the fullest extent, but as soon as allowed we will be visiting locations all over the Island.

## **I-Pad Loan Scheme**

We are now rolling out our I-Pad loan scheme. The I-Pads come with full instructions and we have a dedicated colleague who will help you, not only when you take possession of the device, but afterwards as well. The device will have full access to social media and the internet. Please note that WIFI is not required with this equipment.

If you believe that you could benefit from this service, please contact us on: .....

**07402 959 801** or **office@sheppeymatters.org.uk**

We recognise the need to bring our services and our partners' services to you and would like to know what support and information you need and want. For example, it might be information from local support groups on health and well-being. It might be practical advice on day-to-day matters such as managing finances, accessing foodbanks and so on. Please let us know. We are here to help.



Hi everyone, I'm Richard the new Health and Wellbeing Coach for Sheppey. I work for Imago, a local charity, and support the GP surgeries across the Island.

My role is to help adults (over 18) with physical activity, dietary/weight loss support, mild mental health (anxiety/mindfulness) and general advice around achieving individual goals and improving quality of life. I am a certified nutritionist (ANutr) and I am happy to help!

If you are interested and registered to a GP on the Isle of Sheppey, then please ask your doctor, pharmacist, community warden or anyone at Sheppey Matters for a referral to the Health Coach.

**For more information about Imago, please visit**  
**<https://www.imago.community/>**

**Richard Jeffrey**  
**Health & Wellbeing Coach**  
**Isle of Sheppey**



Sheppey Matters Community Manager, Nicola had a catch-up with our KCC Community Warden, Debbie Forman recently.

**Nicola** - "It was lovely to chat with Debbie and find out what the Wardens have been doing during the beginning of the year and she asked me to pass on this message to you all."

**Debbie** - "I would just like to remind all residents that I'm here just to talk if you are lonely or things are getting too much, or if you are worried about getting food or medication. I can also give advice on housing, Council tax, scams and access to other services and support that is still available. I'm happy to talk in confidence about all local matters. You can call me on **07977 981992.**"





# **123, ADHD & Me**

**We have been busy getting resource packs ready for families who are taking part in the 123, ADHD & me project. The response has been overwhelming and very exciting! Many families have wanted support for their young people, with ADHD, working from home during COVID.**

**Each session is carried out via Zoom for 30-40 minutes. Prior to Lockdown we were able to meet, physically, but virtual meetings seem to be working really well. We have been able to ensure that support is still carrying on regardless and we have ensured that more remote families are able to receive the help they need.**



**ADHD Sheppey supports families and individuals affected by ADHD. We have a weekly support group on the Isle of Sheppey and each year we host an ADHD conference to help educate, inform and empower our ADHD Community.**

**Contact:**

**Web: [www.adhdsheppey.com](http://www.adhdsheppey.com)**

**Email: [info@adhdsheppey.com](mailto:info@adhdsheppey.com)**

**Tel: 07968 023050**



# Start moving more in your everyday life with Everyday Active

Everyday Active is a campaign to encourage people from across Kent and Medway to start building more physical activity into their everyday lives. The campaign is all about providing realistic, accessible activity suggestions, as well as hints and tips for getting started and inspiring stories from people who have seen a positive change in their life after becoming more active.

The Everyday Active website provides plenty of ideas for how to get started, so if you're interested in becoming more active, whether for health reasons, to meet new people or to enjoy time with friends or family, you'll be able to find something to try. All the activities listed on the website are designed to be easy to access, and are suitable for people without much experience, or those who haven't been active for a while. The website also provides tailored activity suggestions, depending on your experience levels and preferences, and gives you the chance to create your own plan for becoming more active. [www.everydayactivekent.org.uk](http://www.everydayactivekent.org.uk)

Julie Calder is Everyday Active's local champion for Sheppey, and you can connect with Julie, as well as find out about what activities are happening locally, by visiting the Sheppey local page at [www.everydayactivekent.org.uk/sheppey](http://www.everydayactivekent.org.uk/sheppey)

You can find out more about Everyday Active by visiting the website, or by following the campaign on Twitter (@\_everydayactive), Instagram (EverydayActive) and Facebook (EverydayActiveKent)

You can contact Julie at Sheppey Matters on **07402 959 801** or Kent Sport on **03000 411001**





Sheppey

Matters  
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ISLE CONNECT YOU

## SUPPORTING OUR OLDER GENERATION TO STAY CONNECTED



The weather may be dark, cold, and wet but we are still here. During the summer months we were able to visit people in gardens and parks. Now restrictions are tighter, and we find ourselves in the middle of winter we have been working hard to find a way of bringing Isle Connect You to our people.

Our small and friendly team will be available to chat to over the telephone. We are running virtual coffee mornings, preparing activity boxes, planning quizzes and arty-crafty sessions. All you need to do is give us a call and we can arrange a time to talk. Our service is here for anyone that would like some company, for ages 65 and above living on the Isle of Sheppey.



***Would you like to hear from Us? Do you know someone who might?***

## IT IS COMPLETELY FREE - CALL US TO BOOK ON 07402 959801

Isle Connect You is a brand-new project that started on 1st August 2020. The project aims to improve wellbeing for older people through access to local amenities, recreational or social activities as well as increased confidence and self-esteem. We work closely with our local Kent Fire and Rescue Service, Community Wardens and other partners to ensure that those most in need are supported and welcomed onto the programme.

Life events can sometimes leave us feeling withdrawn and alone which can have a detrimental effect on health and wellbeing.



**We are here to support you through this.**

**We will walk beside you on your journey to ensure you find your feet again and become independent once more.**

**If you know someone that may benefit from this project you can refer them by calling us on 07402959801 or email: [Kelly@sheppeymatters.org.uk](mailto:Kelly@sheppeymatters.org.uk)**

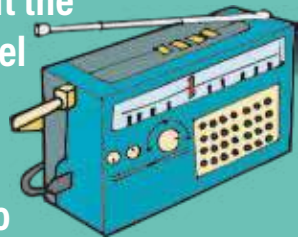


# Sheppey 92.2 FM

## COMMUNITY RADIO FOR THE ISLAND

**We are open 7 days a week, all year round.**

Sheppey FM is continuing to donate free radios to people who are shielding, disabled, or socially isolated and we will continue to support this throughout the pandemic. Our idea is to help people feel less isolated and more connected to their community.



If you would like a radio or would like to nominate someone, please call us on 01795 664499 or message us on Facebook.

## CONTACT US

E-mail: [contact@sheppeyfm.org.uk](mailto:contact@sheppeyfm.org.uk) Call: 01795 665898  
Text: 07938 221617

We are your local community radio station. Please do get in touch with requests for your favourite songs!

# Help us create a Covid Recovery Garden

With the support of Swale Borough Council, local volunteers and volunteers from the Harmony Therapy Trust – Sheppey Matters turned lockdown into an advantage. Opposite Sheppey Healthy Living Centre volunteers were granted permissions to cultivate a couple of flower beds at Beachfields in Sheerness. Over the last few months, they have turned these into a vibrant display of gardening and self-expression. Wildflowers, vegetables and grasses brought colour and wildlife to the beds.



Moving forward and working with Swale in Bloom, we aim to improve biodiversity, air quality, contribute to climate change and improve bee habitats by creating a wellbeing garden area within the Beachfields green site.

This will be sustainable green space for all the community and public to enjoy free of charge. Beachfields well-being garden will help people get active, engage in nature, volunteer and, if needed, recover from the Covid pandemic by visiting the gardens for inspiration and healing. Well-being gardens have long been used in hospitals as a way of rehabilitation and helping improve the prospects of patients that undergo serious operations and treatments. The medical evidence about the beneficial nature of being immersed in nature and gardens is extensive. Engaging in the natural world is a great healer and this project would encourage volunteers to get involved, but also will contribute to Sheerness creating a sustainable green future for its residents and its communities.

Sheppey Matters is looking to raise funds for this project to put in a project coordinator, plants and materials and support needed for volunteers to manage this site with the aims and objectives of turning the Beachfields area into a green flag green space, just like the local beach at Sheerness being a blue flag beach.



Help us make this dream come true. If you would like to get involved and volunteer or if you would like to make a donation of garden implements, seeds, plants or even funding, then please email [office@shepeymatters.org.uk](mailto:office@shepeymatters.org.uk) or call 07402 959 801.

**Beachfields well-being Gardens Thank you.**

**The Community Chef has shared  
a recipe that can be kept simple  
or spiced up to your taste**

# **Cheddar Scones**

## **INGREDIENTS**

- 200g self-raising flour, plus a little more for dusting
- 50g butter, at room temperature
- 25g porridge oats
- 75g grated cheddar, plus extra for topping (optional)
- 150ml milk



## **METHOD**

### **• STEP 1**

Heat oven to 220°C/fan 200°C/gas 7. Place the flour in a large bowl, then rub in the butter. Stir in the oats and cheese, then the milk - if it feels like it might be dry, add a touch more milk, then bring together to make a soft dough.

### **• STEP 2**

Lightly dust the surface with a little flour. Roll out the dough no thinner than 2cm. Using a 4cm plain cutter, firmly stamp out the rounds - try not to twist the cutter as this makes the scones rise unevenly. Re-roll the trimmings and stamp out more.

### **• STEP 3**

Transfer to a non-stick baking sheet, dust with a little more flour or grated cheese, then bake for 12-15 mins until well risen and golden. Cool on a wire rack before serving.

When comfortable making the scones you could add extra ingredients like chutney, olives, feta cheese etc to the mixture or as a topping when cooked.

## **HANDY HINT**

If you don't have cutters to hand you can use a cup or strong glass to cut out your shapes.



Have a listen to Community Chef, Jason on Sheppey FM 92.2 with host Amanda Cooper at 10:30am every Thursday and check out the Sheppey Matters Facebook group for lovely, easy to follow recipes.

# SHEPPEY MATTERS



Hi,  
Many of you know me as a Sheppey Wheels driver. I am really missing not being out on our popular day trips. Soon enough I am hoping things will return to a new kind of normal and we can get out and about once more. I have been delivering arts and crafts packs to families along with hot meals from The Community Chef. Stay safe and I hope to see you all soon. Vince

Don't forget if you need us, call us on 07402 959 801





# Health Champions for men

**Our free 2 X 2 hour training package will give you the skills to have informal 'healthy conversations' with other members of your group. From there, you can then point them to the resources they need to get the right support.**



Our Health Champion training isn't going to try to turn you into a health expert. It's here to give your skills a boost in providing reassurance and confidence to your other group members.

## What's covered

This isn't just theory: you'll get the evidence-based resources and tools that can support yours and others' health and wellbeing.

We'll start with the basics of men's health and what your role will be as your group's health champion.

You'll learn how to have 'healthy conversations'. We'll talk to you about the art of active listening, how to ask open questions, and give the right information and support.

## The Network

Once you've had the training, you'll get our free Health Champion manual that provides helpful tips from the training

and provides further information on men's health issues and national and local services.

But that's not all. You can join the Health Champion Network and get advice and support.

In return, all we ask is that you work with others in your group to embrace the Health Champion role and embed it in your group. We'll also ask you to give us some anonymised information on the types of health issues being raised so that we can provide further information and support where required.

## Interested?

Email: [sarah.deakin@kent.gov.uk](mailto:sarah.deakin@kent.gov.uk)

Find out more about us, visit [kent.gov.uk/kentsheds](http://kent.gov.uk/kentsheds)

**Interreg**   
**2 Seas Mers Zeeën**  
**SBS**  
European Regional Development Fund





# ► **BOOK REGULAR SYMPTOM-FREE COVID TESTS**

## **DON'T BE THE REASON**



## **Protect Kent and Medway**



### **Symptom-free COVID testing is available in Kent.**

If you leave the house for work or to help others, it is important to book regular symptom-free COVID tests.

Around 1 in 3 people with COVID-19 have no symptoms. Protect yourself, your family & friends with regular testing every 2 weeks. Don't be the reason you are unknowingly spreading the virus in the community.

Book your test online **[www.kent.gov.uk/symptomfreetest](https://www.kent.gov.uk/symptomfreetest)**

**#DontBeTheReason #ProtectKentandMedway**

You can book an appointment for a test at any of the 24 sites across Kent. These sites are in addition to the regional and local testing sites for people who have symptoms.

Symptom free testing sites are being set up using funding from central Government to support local councils and help reduce rates of COVID-19.

# Useful Contact Numbers

**Sheppey Matters** 01795 585335

**Mobile: 07402 959801**

**Addiction Health Service** (Rehabilitation service) 0800 755 5123

**Age UK Sheppey (Older people)** 01795 662562

**Community Wardens** (uniformed support service in the community)

**Minster** (Jacky Swan) 07811 271394

**Sheerness West** (Dave Osborne) 07813 712803

**Warden & Leysdown** (Debbie Foreman) 07977 981992

**Forward Trust** (Drug & alcohol treatment) 01795 411780

**or 0300 123 1186**

**Harmony Therapy Trust** 01795 663050

(Support therapy for the seriously ill)

**Holy Trinity Church Foodbank** 01795 871500

(Feeding those in need)

**One You** (Better health choices) 0300 123 1220

**Porchlight** (Supporting the homeless) 07769 137296

**SaTEDA** (Domestic abuse) 01795 417251

**Salvation Army Sheppey** 01795 664964

(Practical support in the community)

**Samaritans** (Supporting people in crisis) 116123

**Swale Borough Council** 01795 417850

**Swale Your Way** (Mental health and wellbeing) 07515 099191

**Young Persons Sexual Health Service** 0300 790 0245

(Contraception and advice)

