



Sources of Support and Useful Numbers

Other

Baby Basics

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Where to get help for your symptoms

How to find general health information and advice

Where to get emergency medication

Where to get a repeat prescription

Midwife Team

Pregnancy-birth

01233 616638

Health Visiting Team

0-5 years

0300 123 1240

Infant feeding

Development or behaviour concerns

Healthy eating

You, and your baby's, well being

Immunisations

Toileting

Sleep

Accident prevention

Signpost to external agencies

School Health

4-19 years

0800 0113 474

Address any health needs

Supports safeguarding

Helps to prevent illness

Sexual Health

0300 790 0245

Screening & treatment for

sexual transmitted infections

Contraception

HIV treatment and care

Food

Shepway Food Bank

0808 208 2138

0791 357 3403

Supported by the Trussell Trust, this operates from the Rainbow Centre (see below) and takes referrals from a variety of organisations to help people with low incomes, delayed benefits, or facing food poverty.

The Rainbow Centre

(69 Sandgate Road, Folkestone, CT20 2AF) also holds emergency food parcels, which can be collected from the centre during opening hours (10am - 1pm, Monday - Friday).

Hythe Salvation Army food bank is open on Wednesdays from 10am - noon at the Salvation Army Hall, Hythe CT21 6EG. No referral is needed.

Folkestone Community Fridge

Wood Avenue Library, 17 Wood Ave, Folkestone CT19 6HS. Open various time throughout the week, check their Facebook page for updated times. No referral is needed.

Benefits

Universal Credit helpline

Telephone: 0800 328 5644

Child Benefit helpline

Telephone: 0300 200 3100

PIP claims

Telephone: 0800 917 2222

Housing Benefit: FHDC

Telephone: 01303 853000

Children Centre's

Folkestone Early Years

Telephone: 0300 041 9727

Caterpillars

Telephone: 0300 041 6444

Dymchurch

Telephone: 03000 041 1055

New Romney

Telephone: 0300 042 0000

Lydd

Telephone: 0300 041 1054

Domestic Abuse

Kent integrated Domestic Abuse Service

Telephone: 0808 168 9111

Clarions Domestic Abuse Support Line

Telephone: 07376 637069

Rising Sun Helpline

Telephone: 01227 452852

Folkestone One Stop Shop

Folkestone Early Years Centre, every Thursday 12:30 - 14:30