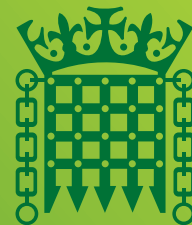


# Laura Trott MP

## Sevenoaks and Swanley



### CORONAVIRUS (COVID-19) ADVICE AND SUPPORT INFORMATION

**I know and understand this is a hugely worrying and uncertain time for everyone. However, if we pull together, we can get through this. I have been heartened by the incredible community response in Sevenoaks and Swanley, and both Sevenoaks District Council and Kent County Council are working round the clock to help.**

You should have recently received the letter and supporting leaflets from the Prime Minister, and his advice is clear: Everyone must now stay home, so we can protect the NHS and save lives.

Accompanying the letter from Government was a leaflet on the national support packages available, however as your MP I wanted to ensure you also all had the relevant contact details for local organisations who are here to help during these unprecedented times.

Many of you have spoken to me regarding your concerns around food supply. I would like to firstly reassure you that there are no shortages of goods, and there is enough food to go around for all. I have spoken to the supermarkets and deliveries are continuing to arrive regularly, so there is no need to stockpile. Please only buy what you need. For the vulnerable and elderly priority slots have been reserved locally. I've put together full details of these overleaf – they were correct at the time of going to print but please continue to check my website and Facebook

for updates. If you are struggling, then there are details of Sevenoaks District Council and my contact details on the following pages.

We are already seeing the community come together to fight this virus. The local volunteering scheme run by the district council has seen over 1,000 volunteers register.

All my thoughts go out to those who have been diagnosed with COVID-19 and their loved ones. I would also like to thank everyone across our amazing NHS and social care system, who continue to go above and beyond to battle this pandemic.

The next few months are going to be tough but with courage, compassion and community spirit we will get through this outbreak.

**Please at this time of national emergency: stay home, protect our NHS and save lives.**

Laura Trott  
MP for Sevenoaks  
and Swanley



PROTECT THE NHS

save lives

## PROTECT YOURSELF AND OTHERS

### NHS health information

For the latest advice from the NHS please visit:

[nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)

### Symptoms and what to do

Do not leave your home if you, or someone you live with, has either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours

If you have these symptoms you must self-isolate. This means you must:

- **not leave your home for any reason**, other than to exercise once a day – but stay at least two metres (three steps) away from other people
- **not go out to buy food or collect medicine** – order them by phone or online, or ask someone else to drop them off at your home
- **you can use your garden, if you have one**

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do:

[111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)

Only call 111 if you cannot get help online

### If you need medical help not related to coronavirus

- Do not go to places like a GP surgery, pharmacy or hospital.
- For health information and advice, use the NHS website or check your GP surgery website.
- For urgent medical help, use the NHS 111 online service.
- For life-threatening emergencies, call 999 for an ambulance.

# LOCAL ADVICE AND SUPPORT

## SEVENOAKS DISTRICT COUNCIL



- 01732 227000
- [sevenoaks.gov.uk](http://sevenoaks.gov.uk)
- Facebook: @sevenoakscd
- Twitter: @SDC\_newsdesk

Check the website to find your local councillor:  
[cds.sevenoaks.gov.uk/mgFindMember](http://cds.sevenoaks.gov.uk/mgFindMember)

## SUPERMARKETS

At the time of going to print, the details below set out current opening times and priority slots. Please continue to check my website and Facebook for updates.

Priority supermarket hours	
	Monday to Saturday: 8am - 10pm Sunday: 10am - 4pm NHS and social care staff priority access Monday, Wednesday and Friday, 8 - 9am
	Monday to Saturday: 6am - 10pm Sunday: 10am - 4pm NHS staff priority access Tuesday, Thursday and Sunday, 9 - 10am (on Sundays to browse and then purchase 10am) Elderly and vulnerable priority access Monday, Wednesday and Friday, 9 - 10am
	Monday - Saturday: 8am - 9pm Sunday: 10am to 4pm NHS and social care staff priority access Monday-Saturday, 7.30 - 8am Elderly, disabled and carers priority access Monday, Wednesday and Friday, 8 - 9am
	<i>Applies to both Longfield and Sevenoaks</i> Monday - Saturday: 7.30am - 9pm Sunday: 10am to 4pm Elderly and vulnerable priority access: 7.30 - 8.30am The stores will be setting aside essential products for NHS and social care workers, which can be accessed on production of NHS/ social care card
	Monday - Saturday: 8am - 10pm Sunday: 10am - 4pm Elderly and the most vulnerable can browse in store 30 minutes early, Monday-Saturday Key workers in the NHS, care homes, police, fire service, St John's Ambulance staff and first responders priority access Sunday, 9.30 - 10 am
	Monday - Saturday: 8am - 9pm Sunday: 10am - 4pm
	Monday - Saturday: 8am - 8pm Sunday: 10am - 4pm Vulnerable and elderly customers can have priority access Monday and Thursday, 8-9am

## DO YOU NEED HELP?

If you are self-isolating and don't have any local support from family, friends or neighbours, or are concerned about a vulnerable person who needs assistance please register for help at:

[myaccount.sevenoaks.gov.uk/request-for-help](http://myaccount.sevenoaks.gov.uk/request-for-help)

If you are elderly and struggling, please contact Age UK Sevenoaks and Tonbridge: **01732 454 108**

[ageuk.org.uk/sevenoaksandtonbridge](http://ageuk.org.uk/sevenoaksandtonbridge)

## HOUSING

For help with housing, debt, mortgage advice and welfare benefits are available through the district council's HERO team on **01732 227000**.

## CITIZENS ADVICE

If you need legal advice or are struggling with money problems you can call Citizens Advice on **0300 330 9001** for assistance Monday - Friday, 10am - 3pm.

They can also help you apply for Universal Credit on **0800 144 8444** (Monday - Friday, 8am - 6pm)

[citizensadvice.org.uk/local/north-west-kent](http://citizensadvice.org.uk/local/north-west-kent)

## DOMESTIC ABUSE

If you are in immediate danger, call **999** and ask for the police. If you are in danger and unable to talk on the phone, call **999**, and then press **55**.

Please visit [domesticabuseservices.org.uk](http://domesticabuseservices.org.uk) to find the contact details of your local support groups.

Integrated Domestic Abuse Support covers the whole of Kent and can be reached on **0808 168 9111**

Domestic Abuse Volunteer Support Service (DAVSS) covers Sevenoaks and Swanley and can be reached on **01892 570 538**

The National Helpline (**0808 2000 247**) operates 24/7. They also have an online contact form where victims can request a safe time to be called.

[nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

Men and the LGBT community can also be victims and support for these groups can be found via

[gov.uk/report-domestic-abuse](http://gov.uk/report-domestic-abuse)

## JOBS AND BUSINESS

The Chancellor has set out a package of temporary, timely and targeted measures to protect people's jobs and income through this period of disruption caused by COVID-19.

Through the new Coronavirus Job Retention Scheme, any employer in the country – big or small, charitable or for profit – will be eligible for a grant. That means workers across the UK can keep their jobs and will be paid at least 80% of their salary, even if their employer cannot afford to pay them.

The self-employed also have the same level of support as those in work – with those eligible receiving a grant worth 80% of their average monthly trading profit over the last three years.

For more details please visit:

[gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19](http://gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19)

The central government helpline is available on **0300 456 3565**.

Sevenoaks District Council have also set up a hotline for local businesses on **03333 602300**, Monday to Friday, 8.30am to 6pm.

[sevenoaks.gov.uk/info/20004/business/511/coronavirus\\_covid-19\\_advice\\_for\\_businesses](http://sevenoaks.gov.uk/info/20004/business/511/coronavirus_covid-19_advice_for_businesses)

## CONTACT US

My office continues to support and assist constituents with all enquiries and casework. I am carrying out daily phone surgeries for the most urgent cases. Constituents can contact me by email:

[laura.trott.mp@parliament.uk](mailto:laura.trott.mp@parliament.uk)

We are also updating our website daily with guidance and advice:

[lauratrott.org.uk/covid-19-advice-constituents](http://lauratrott.org.uk/covid-19-advice-constituents)

