

## Halloween and Bonfire Night

This year is going to be very different, and although there have been no specific Government guidelines regarding Halloween and Bonfire Night, there are still COVID-19 restrictions that are in place.



### Halloween

Trick or treating. Ideally you should be staying safe and not going out. However, if you do then keep to the rule of 6.

Most participants will not answer doors and have mentioned via local community groups that wrapped sweets will be outside for parents with their children to have. Please check your local community groups to see what is happening in your area. Some communities have done a virtual trick or treat for residents or have done a Halloween walk. Please remember to social distance at all times and wear face masks and take hand sanitiser with you.

### Bonfire/Fireworks Night

We have been liaising with local Town and Parish Councils and as you may expect sadly most firework displays have been cancelled this year. Please check your local Council website for more information. If you are holding a smaller display at your property, please following the below guidance and remember COVID-19 guidelines of no more than 6 and social distancing.

Stand well back

Keep pets indoors

Keep fireworks in a closed box

Only buy fireworks that are CE marked

Light at arm's length, using a taper

Follow the instructions on each firework

Never give sparklers to a child under five

Don't drink alcohol if setting off fireworks

Always supervise children around fireworks

Light sparklers one at a time and wear gloves

Never put fireworks in your pocket or throw them

Never go near a firework that has been lit - even if it hasn't gone off it could still explode

It is against the law to set off or throw fireworks, including sparklers, in the street or other public places.

Time restrictions also apply for fireworks. It is illegal to set off fireworks between 11pm and 7am



# Support for Domestic Abuse



## Support for victims of domestic abuse

Home should be a place of safety, but for some, this is not the case.

During the COVID-19 pandemic, there's been a sharp rise in the number of domestic abuse reports, especially during lockdown and as more people work from home. But help is available if you need it.

We work closely with DAVSS (Domestic Abuse Volunteer Support Services) who offer free and confidential help and advice. They can also refer you to local organisations who provide the practical assistance you need.

Call the DAVSS helpline on **01892 570538** (available 10am to 4pm weekdays), email [office@davss.org.uk](mailto:office@davss.org.uk) or visit [www.davss.org.uk](http://www.davss.org.uk)

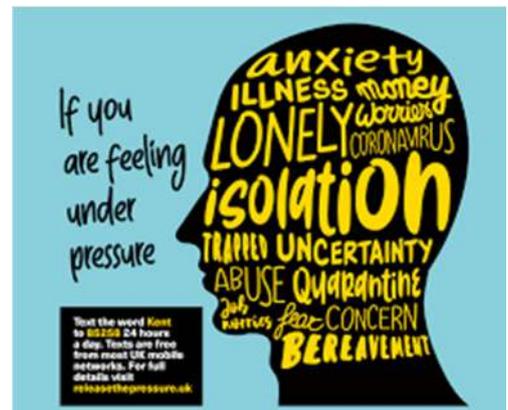
If you are ever in immediate danger, call the police on 999.

# Support for your Mental Health

Kent County Councils Website has information to address how you may be feeling in these uncertain times. All the below can be found at

[www.kent.gov.uk/social-care-and-health/health/mental-health/get-mental-health-help-now](http://www.kent.gov.uk/social-care-and-health/health/mental-health/get-mental-health-help-now)

For immediate help call **0800 107 0160** to speak to someone in their experienced Mental Health Matters team. The Mental Health Matters phone line is free, confidential and open 24 hours a day, 365 days a year. The service is provided by an independent charity and funded by KCC.



Samaritans—Call the Samaritans for free on 116 123 for 24 hour support. They also offer support by email, letter and face-to-face.

Support from the NHS, via your GP

Your GP should be your first point of call for any non-emergency medical concerns including mental health. After speaking to you about your concerns, your GP will be able to signpost you to appropriate services.

Self-referral. The NHS offer a range of services and treatments for mental health, some of which do not require a GP referral.

Kent and Medway NHS Partnership Trust (KMPT)

KMPT also provide secondary mental health services and support including: community mental health, crisis resolution, telephone support.

[www.sevenoaks.gov.uk/publicsafety](http://www.sevenoaks.gov.uk/publicsafety) | Follow us on twitter @SDC\_CSP

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