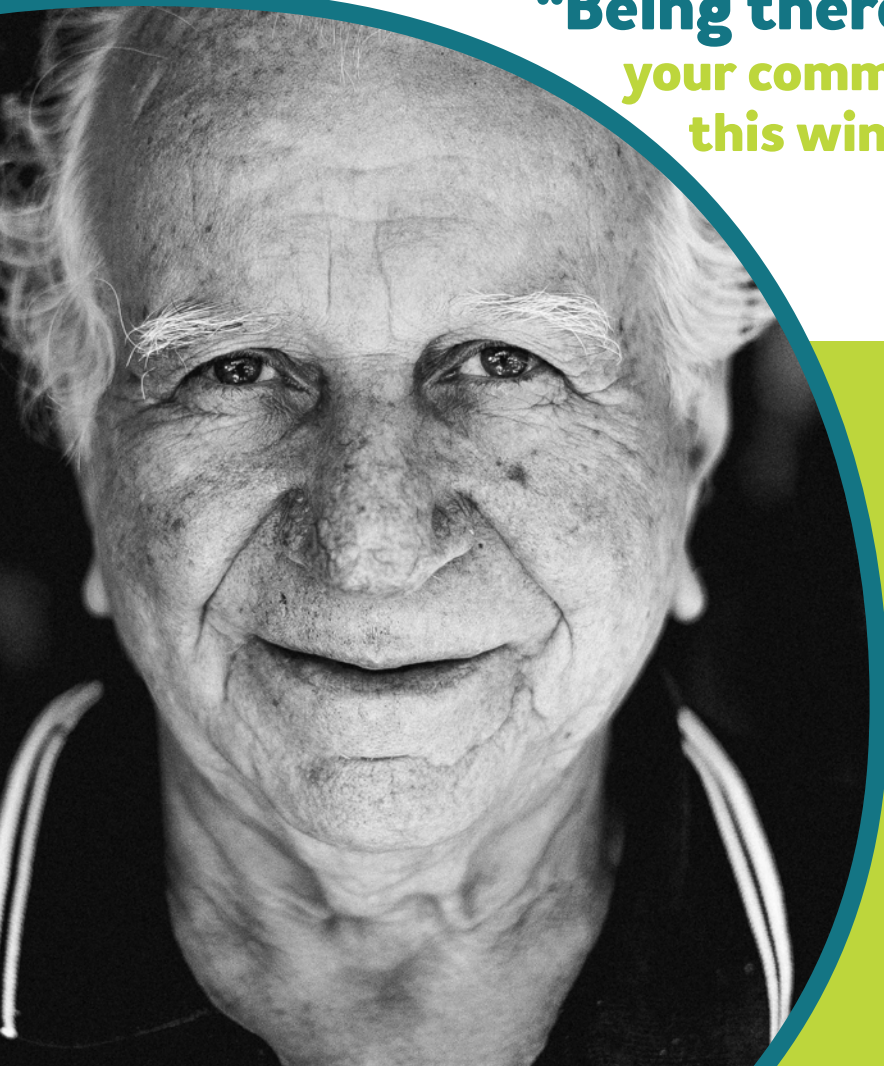


# KNOCK & CHECK



Part of Kent Community Foundation's Surviving Winter programme.

**“Being there for  
your community  
this winter.”**





**KNOCK  
&CHECK**

# WHAT IS KNOCK AND CHECK?

Kent Community Foundation (KCF) is asking the people of Kent and Medway to help save lives this winter. And the way to do this is simple – just knock and check on the elderly and most isolated in your local community.

Every year there are around 1,600 avoidable deaths in Kent and Medway and KCF want to help reduce this number by encouraging everyone across the county to reignite the community spirit seen during the first months of the COVID-19 pandemic and do something small to help those most vulnerable during the colder months.

Together we can - and will - save lives by recognising when help might be required for those most lonely and at risk.

## **Small actions, big difference.**

You may knock and check to just say a quick hello, offer to collect a little shopping, hand in a book or magazine or to pass on your contact number or information about other support available.

As part of the campaign, Kent Community Foundation is signposting services in your local area, along with useful information, such as registering as a vulnerable person with energy suppliers, which can make a huge difference to the lives of those who are most vulnerable.

**Keep safe when it comes to visitors at your door.**

Follow the guidelines from Kent County Council by clicking below or head to our site to find out more:

[Click here](#)

**Remember to follow Government guidelines at all times to keep you and your neighbours safe from Coronavirus**

**Find out more here: [www.kentcf.org.uk/knockandcheck](http://www.kentcf.org.uk/knockandcheck)**

# WHY GET INVOLVED?

First and foremost because it will make a difference to those in your local community. Secondly, because it is easy to do.

Research shows that it is likely someone living near you is either feeling lonely or needs a helping hand – and we at Kent Community Foundation have seen first-hand that people want to do what they can to help.

During the winter months, it is more vital than ever that we reach out to the people around us, to not only reduce the number of avoidable winter deaths but also combat loneliness.



Social isolation can **increase** the risk of having a stroke by a third

(Health Foundation, December 2018)

## Did you know?



There were **1610 avoidable deaths** in Kent and Medway in winter 2017/18  
(Kent County Council)

Older people living alone are **50%** more likely to visit A&E than those that live with others (Health Foundation, December 2018)



Over **a million** older people say they **go more than a month without** speaking to a friend, neighbour or family member (Age UK, 2019)



Approx. **10%** of those aged 65+ say they **feel lonely** all or most of the time (Age UK)



# HOW TO GET INVOLVED

**Volunteer** for one of the many fantastic voluntary organisations in Kent and Medway

**Knock on the door** to deliver Christmas cards, rather than just posting through the letterbox

**Bake** a cake or make up an extra plate of food

**Pass on** magazines or books

**Simply knock** on a door to show a familiar face

**Offer** to pick up some shopping or drop off a frozen meal

**Pop a note** through their door with your contact number or details of other local support, activities and helplines\*



**Head to the Knock and Check page on the Kent Community Foundation [website](https://www.kentcf.org.uk) for more ideas and information on how to get involved.**

\*It is vital that elderly people know about support available, particularly when it comes to areas such as the supply of essential utilities and financial assistance. Take a look at our handy resource directory on our website. Go online for further ideas and information, including support, services and activities for the elderly in your local area.

# SHARE

## your neighbourly news and help spread the word

We would love to see you out and about in the community.

Send or share your photos, videos or stories of small acts of kindness you have done for your neighbours.

Join us on Twitter, Facebook and LinkedIn.  
Like, Love post and share.

**Email us directly - [stacey@kentcf.org.uk](mailto:stacey@kentcf.org.uk)**



Tweet @KentCommunity



Post to our timeline or tag us  
@KentCommunity



Mention us in your posts  
'Kent Community Foundation [KCF] – UK'

**Use the hashtag #knockandcheck**

Don't forget to tell friends, family and colleagues about Knock and Check too.

The more people involved in Knock and Check, the more avoidable winter deaths we can prevent.

## Protect yourself and others from COVID-19

Always social distance while checking on your neighbour.

Stay outside.

Wash your hands before and after your visit.

Cover your face.

# WHY

## is Kent Community Foundation leading this action?

Because it is our mission to proactively create strong local communities by connecting those who want to help with those seeking help.

This year, inspired by the compassion, strength and resilience we have seen from individuals since the start of the COVID-19 outbreak, we want to encourage people to continue to make a difference and play their part in supporting their local community, through small but meaningful actions.

We know that many have already been called upon to donate to good causes this year, which is why Knock and Check focuses on what you can do, rather than what you can give.

### What if I do want to donate?

If you wish to make a donation to help fund projects which are run by charities and groups who support the elderly and most vulnerable, you can do so through our website -

[www.kentcf.org.uk/knockandcheck](http://www.kentcf.org.uk/knockandcheck)

or by sending a cheque to  
Kent Community Foundation,  
Evegate Park Barn, Evegate Business Park,  
Ashford, TN25 6SX.



For further information:

**stacey@kentcf.org.uk or 01303 817 500**

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**[www.kentcf.org.uk/knockandcheck](http://www.kentcf.org.uk/knockandcheck)**

Kent Community Foundation,  
Evegate Park Barn, Evegate Business Park, Ashford, TN25 6SX

Charity No: 1084361 | Company No: 4088589



/KentCommunity



@KentCommunity #knockandcheck



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