

Your Local Guide to Help Survive Lockdown

FOR YOUR HOME:



The Flowerpot Nursery on Frant Road have a good selection of plants, compost etc. It can be bought online and delivered to you. Telephone: 01892 510190
<https://flowerpotnursery.co.uk/>

The Blue Diamond Garden Centre (previously Wyevale) have a large selection of products for home delivery. Telephone 01892 515234
<https://www.bluediamond.gg/garden-centre/tunbridge-wells-garden-centre>

- For DIY enthusiasts – **The Range** and **Wilko** have a good selection of decorating and household items.
- **Farrow and Ball** will still also deliver paint to your door!

FOR YOUR LOVED ONES:

Autumna give independent, free advice on **Care Homes**, home care or live-in care in and around Kent. Whatever your concern their expert advisors can help you: www.autumna.co.uk 01892 335330 or debbie@autumna.co.uk.

FOR THE LITTLE ONES:



Walk around your neighbourhood and see the rainbow paintings in windows, on fences and trees.

Baby Explorers – you can sign up for online baby sensory classes
<https://babyexplorers.com/videos/>

David Walliams – is doing on line readings of his books
<https://www.worldofdavidwalliams.com/watch-and-listen/>

Chipper - your new home-school buddy. Every week Chipper will set a challenge to entertain and inspire children at home. You can send in pictures of your completed challenges and they will feature them in the local paper, their sites and on InYourArea. To join the Chipper Club, sign up at <https://form.jotformeu.com/200833693845361>

Make Time 2 Play – an app you can download onto your phone with fun, non-device related activities:
<https://www.maketime2play.co.uk/>

Dramatots are hosting their imaginative music and drama classes online <https://www.dramatots.co.uk/#welcome>

If someone is having a birthday during lockdown, **Jeremy's Home Store** is delivering balloons and party provisions. 01892 525976 <https://jeremysomestore.co.uk/>. And Whirligig Toys are doing free home delivery for all online orders, see <https://www.whirligigtoys.co.uk/>

FOR INNER CALM:

There are numerous platforms to watch and listen to informative and cultural news and even online city tours. Below are links to our favourites:

- <https://www.tate.org.uk/art/podcasts>
- <https://www.royalacademy.org.uk/articles/tag/videos>
- <https://www.bbc.co.uk/programmes/p083t547>



MADDISONS

RESIDENTIAL

- <https://travelcurious.com/#!/staycurious>
- <https://www.goodhousekeeping.com/life/entertainment/g28509486/best-comedy-podcasts/>
- <https://www.goodhousekeeping.com/life/entertainment/g28353940/best-podcasts/>

FOR YOUR HEALTH AND WELLBEING:



- **Colonnade Florist** are an award winning studio florist who continue to deliver Outstanding and memorable floral designs. Telephone 01892 549919 or see www.colonnadeflorist.co.uk
- **A E Hobbs Pharmacy**, Mount Pleasant Road is open Monday-Saturday 9am-5.30pm <http://www.aehobbs.com/>
- **Boots**, Calverley Road is open Monday-Saturday 9am-6pm and Sunday 10.30am-4.30pm
- **Imperial** on the Pantiles is open Monday-Saturday 9am-1pm and 2pm-5pm <https://www.imperialpharmacy.co.uk/>

Local personal trainer Gemma, runs **Mammafitt** and has moved all of her fitness classes on-line (including pre and postnatal). They feature lively music and are a really friendly, a great way to kick start the day. <https://www.mammafitt.co.uk/book-a-class>

Alison Exall-Whitlock of **Tonality Dance** is hosting easy to follow, energising, uplifting and fun choreographed classes, for all ages and abilities. She hosts a free via Zoom every Wednesday at 6.00pm. Email Alison@tonalitydance.com or contact <https://en-gb.facebook.com/tonalityfitness/>. Further classes are also held on Monday 8pm and Friday 9.30am (with an £8 per class charge).

On YouTube there is a huge selection of popular and free 30-minute or less, online yoga classes. There are styles suitable for everyone. Classes include beginner yoga classes, vinyasa yoga, hatha yoga, free meditation classes, yin yoga, and yoga for stress relief and relaxation.

<https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>

TFI Reiki offers gentle yet powerful online healing sessions in a down to earth manner to help relieve stress, boost immunity and gain clarity to move forward in life. Check out the multiple 5* recommendations on our Facebook page www.facebook.com/TFIReiki then drop us a message to book your first session for free! www.theodorafizzard.com



FOR THE FURRY ONES:



Wolfit Pet Food on Monson Road is open Monday-Saturday 9am-5pm 01892 526802 <http://wolfit.co.uk/>

Pets at Home on the industrial Estate is open Monday-Saturday 9am-6pm, Sunday 10.30am-4.30pm. From date of order, collection from the store is ready in 5 days and home delivery in 10 days. <https://www.petsathome.com/>

FOR YOUR BUSINESS:

For **business support** and advice on how to grow and develop your business, with tips to survive the coronavirus, contact Julian Weekes, www.actioncoach.co.uk/julianweekes



Sharp Minds Communications are marketing and PR experts, offering free marketing consultancy to local businesses of all shapes and sizes, They also have a heap of marketing tips for businesses of all shapes and sizes – including ideas that won't cost you a penny – on the #SharpTips pages of their website www.sharpminds.agency – and look out for daily ideas to help you get your business ahead on their YouTube channel.

Sandhya Iyer for HR advice. The Sevenoaks Chamber of Commerce has free webinar furlough updates (next one on 29th April, 10.30 -11.30am) <https://sevenoakschamber.com/events/> She also offers HR support to employers during Covid 19 at <https://www.hrdept.co.uk/sevenoaks-tonbridge-tunbridge-wells/> or email Sandhya.iyer@hrdept.co.uk

Snelsky Studios, the contemporary video production company, are offering advice on how to properly set up your webcam or VLOGS to ensure you are looking like a virtual professional in the new virtual world info@snelsky.com

FOR ALL FOODIES:



There are a numerous restaurants and farm shops offering a home delivery service of their meals, locally sourced groceries, meats, hampers, wine ...

- **Basil**, 1-3 Lime Hill Rd, Tunbridge Wells TN1 1LJ - 01892 541566 <https://foodbybasil.com/>
- **Bengal Brasserie** – 01892 535164/521142 <https://bبتw.co.uk/wp-content/endurance-page-cache/index.html>
- **Cook**, 4-6 Monson Road, 01892 523840 <https://www.cookfood.net/shops/TunbridgeWells>
- **Dragon Tan**, 83 Calverley Rd, Tunbridge Wells TN1 2UY - 01892 532822 <https://www.dragontantw.com/>
- **Estro Pizza**, 76 Mount Pleasant Rd, Tunbridge Wells TN1 1RJ - 01892 320443 <https://estropizza.co.uk/>
- **George and Dragon**, gastro-pub, 17 Shipbourne Rd, Tonbridge TN10 3DN - 01732 355194 <https://www.ganddtonbridge.co.uk/>
- **Italiart**, 49 Grosvenor Rd, Tunbridge Wells TN1 2AY - 01892 459219 <https://italiartrestaurant.com/>
- **Junahki**, great curry house 63 St John's Rd, Tunbridge Wells TN4 9TT - 01892 615200 <http://www.junahki.com/>
- **Kai's Kitchen** for authentic Thai - 01892 534497 <https://www.facebook.com/Kais-Kitchen-166269003556353>
- **Kitsu** for sushi and Japanese takeaway - 07542 590395 - order well in advance as popular <http://www.kitsu.co.uk/>
- **Marino's Fish Bar** - 01892 514008 <http://www.marinoshop.co.uk/pages/highbrooms.html>
- **Rendezvous** - 01892 525830 <http://www.rendezvoustw.co.uk/>
- **Saint John's Yard**: fab burgers! 66 St John's Rd, Tunbridge Wells TN4 9PE <https://www.saintjohnsyard.com/>
- **St John's Fish Bar** - 01892 521040 <https://deliveroo.co.uk/menu/royal-tunbridge-wells/royal-tunbridge-wells/st-johns-fish-bar>
- **Fuller's Butchers and Farm Shop** – for locally sourced produce, meats, dairy etc <https://www.fullers-tw.co.uk/>
- **The Greyhound**, Charcott, Tonbridge TN11 8LG - 01892 870275 <https://www.thegreyhoundcharcott.co.uk>
- **The Halfway House**, Horsmonden Rd, Brenchley, Tonbridge TN12 7AX - 01892 722526 <https://www.halfwayhousebrenchley.co.uk/>
- **The Hopbine Inn**, Petteridge Lane, Matfield, Tonbridge TN12 7NE - 01892 722561 <https://www.thehopbine.pub/>
- **The Poacher & Partridge** in Tudeley: you can click and collect from their menu, food, drink and hampers. 01732 358934 <https://elitepubs.com/the-poacher-and-partridge-home/>
- **The Secret Cellar** – Independent Wine Merchant 01892 537981 <https://www.theseccellar.co.uk/>
- **The Small Holding** – Have a selection of hampers filled with locally sourced foods and wine (for a spoiling treat!) <https://thesmallholding.restaurant/>
- **The Zero Waste Company** – one of our great neighbours, selling fresh organic fruit, vegetables and flour. 01892 457860 <https://www.thezerowastecompany.com/>
- **Yeung's Kitchen**, 40 Shipbourne Rd, Tonbridge TN10 3DS - 01732 359386 <http://yeungskitchen.co.uk/>
- **Zorba Meze Grill** - <https://www.zorbamezegrill.com/>