

# Do you live in rural Kent or Medway and need help in getting around?

Are you without a car, disabled, elderly  
or find public transport difficult?



There are nearly 100 volunteer transport schemes in  
the County who may be able to help you get out and about ...  
to the shops, to health centres, to meet others

There could be a scheme near you !

For more information log onto [www.ruralkent.org.uk](http://www.ruralkent.org.uk)  
and click on 'our work' then 'rural transport'  
or telephone Action with Communities in Rural Kent on 01303 813790

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