

STRENGTHENING MINDS

GILLINGHAM COMMUNITY
'ROUND UP'
FEBRUARY 2021

CONTENTS

- YOUNG PEOPLES SERVICES
- COMMUNITY ACTIVITIES
- HEALTH AND WELLBEING
- VOLUNTEERING OPPORTUNITIES
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WestKent

Places to live. Space to grow.

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Community
Gillingham | 01634 28


Get Connected

Find exciting opportunities online with The Prince's Trust

Find us online

 ThePrincesTrust - South Region

 princes_trust_south

 princes-trust.org.uk

 0800 842 842

Aged 18-28?

Live in Medway?

Receive up to six months of mentoring support

Have access to an online mentor

Join weekly online sessions including workshops!

Be eligible to apply for a bursary

Develop your employability skills

Boost your chances of finding employment or training opportunities



For more information
Contact: Anna Glascott
anna.glascott@princes-trust.org.uk
07814 294391



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Building
stronger
families

Medway Active Families

Join us for our
Spring Active
Families'
programme!

Family Action is a Family Charity and runs the Active Families Service. Active Families offers a free 12 session programme offering exciting and fun ways to enjoy physical activities as a family. On top of that we provide tasty and economical recipes to cook together with help with ingredients. It's all free, so what are you waiting for! Start 2021 the fun and healthy way!



Sessions start
the week
commencing
11th of
January 2021.

If you are interested in taking part then please just email ActiveFamiliesMedway@family-action.org.uk and we'll get right back to you

We look forward to hearing from you



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The Hygiene Bank



Supporting Charities, Organisations & Schools across Medway, like a foodbank but for hygiene products, trying to meet the need locally for those in poverty or crisis.

Please visit our social media pages to see more about who we are and what we are doing locally.

<https://linktr.ee/THBStroodHooPen>



Twitter: @HygieneHoo

Facebook: The Hygiene Bank – Strood & Hoo Peninsula

Instagram: thbstroodhoo



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MUTUAL AID ROAD REPS

LET'S GET CHATTY

WORKING TOGETHER TO SUPPORT OUR COMMUNITY



If you or someone you know is in need of regular contact, then please get in touch.

MARR is there to support anyone in the community feeling lonely & isolated.

 @mutualaidmedway  /roadrepsma  mutualaidmedway.org.uk



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Please check out our FB page to see what we are up to or look on our website www.princessproject.co.uk

Contact us: Alison (Medway Community Support Worker)

07861 154439

or Emma (CEO) 07851 196770

Our vision is to love, support, bless and encourage mothers



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LIVING IN MEDWAY WITH MONEY WORRIES?



WOULD YOU LIKE HELP WITH:-

Budgeting?

Debt and arrears?

Getting the best deals for gas and electricity?

Checking benefits entitlement?

Ways to reduce spending?

Money saving tips?

Then contact Beth at Medway Voluntary Action on

E: beth@mva.org.uk or T: 07736933345

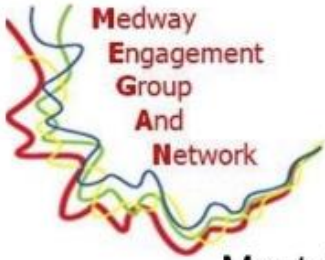
to find out about and how to arrange free 1-2-1 Financial Capability Support Sessions providing help for people and families to manage and overcome financial difficulties

*MVA's Financial Capability Project is funded by KCF
and run in partnership with Domeg Educators*



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MEDWAY RESIDENTS

Mental Health Service User Voice Project

Would you be happy to share your experience whether it be a comment, compliment, or a concern regarding local services you have accessed for your mental health or services you have accessed which have had an impact on your mental health?

Examples of services:

GP, Community Mental Health Team, Talking Therapies, Counselling, Inpatient Services/Hospitals, Pharmacies, Voluntary Sector Organisations, Drug and Alcohol Services, Autism Support, DWP, Housing, Local Council, Job Centre, etc.

What we do with your feedback?

All feedback is submitted anonymously to Engaging Kent who collate all comments from across Kent and report this to the Clinical Commissioning Groups (CCGs) who fund the health services, so that they can build a better picture and identify gaps in services.

We need your feedback to shape services for the future!

If you would like more information or would like to share your feedback confidentially then contact us on:

Tel: 01634 402077

Email: sam@megancic.org.uk

Website: www.megancic.org.uk

Facebook: MEGAN CIC

Twitter: @MeganCic



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Mental Health Support during the Covid-19 pandemic North Kent & Medway

Release the Pressure – 24 hour helpline call **0800 107 0160**
Text support – 24 hours mental health crisis support Text “Kent” or “Medway” to **85258**

Service	Support	Contact
Adult Urgent Mental health support Kent & Medway	24 hour helpline for urgent mental health support, advice and guidance. Provided by Kent and Medway NHS and Social Care Partnership Trust (KMPT).	0300 222 0123
Under 18's Mental Health support Kent & Medway	Provides emotional wellbeing and mental health advice and support for young people and their families across Kent. Call the 24 hour single point of access number.	0300 123 4496 (select option one, then option three)
NHS Talking Therapy (IAPT) Medway Dartford Swanley Swale and Medway	Talking therapy services offer time-limited, evidence-based psychological therapies. All services offer treatments such as cognitive behavioural therapy (CBT), stress management and sometimes group work. Psychological therapies can help with anxiety, depression, Stress, trauma, Phobias and other related problems. All services are operating remotely via telephone and online appointments. Therapeutic appointments are available weekdays and evenings and some weekend appointments are available. NHS England have provided evidence that online treatment is as effective as face to face and patient experience is reported as high satisfaction. Self-refer to your choice of provider.	<ul style="list-style-type: none"> • Insight Health care Call: 0300 555 5555 www.insighthealthcare.org • We are with you Call: 0300 012 0012 www.wearewithyou.org.uk • North Kent Mind 0300 0293000 www.northkentmind.co.uk/talking-therapies-iapt • IESO (Medway) www.iesohealth.com/en-gb • Medway Talking Therapies Call 0300 029 3000 www.insighthealthcare.org/our-services/talking-therapies/find-a-service/medway-talking-therapies/ • Faversham IAPT Talking Therapy Service (Swale) Call: 01795 591019 https://www.fcstalkingtherapies.org/ • Vita Health Group (North Kent) Call 0333 0153 495 www.vitahealthgroup.co.uk/nhs-services/kentmedway/self-refer/
Medway Safe Havens Kent & Medway	The Kent and Medway Safe Havens are there to support your mental health 365 days of the year. If you are struggling and need to speak to someone you can just drop in. Available 6pm – 11pm 365 days per year for anyone 16+. Drop in no appointment is needed. There are now five havens open in Kent and Medway for more information go to: www.kmpt.nhs.uk/Safehavenskentmedway	Medway: Medway.mhm@nhs.net Age UK, MacKenney Centre, Woodlands Road, Gillingham, ME7 2BX. Maidstone: Maidstone.mhm@nhs.net Mid Kent Mind, 23 College Road, Maidstone, ME15 6YH.

All services are free at the point of access and you can self-refer.

V 3 Edited December 2020 by the Kent and Medway CCG Mental health commissioning team contact:
kmccg.mentalhealth@nhs.net Mental Health Support during COVID North Kent & Medway



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Better Connected

Social Prescribing to support those 65+ to be less socially isolated

What is social prescribing?

One-to-one support from a link worker to help an individual to create their own 'social prescription' accessing the activities, advice and social networks in their community.

What is Better Connected?

Medway Public Health's social prescribing team who are funded to work specifically with those over 65 to help reduce their social isolation. We will provide:

- 1-2-1 sessions with a link worker over the phone or video call
- Face to face social distanced appointments where possible
- Support to attend/engage with new activities
- A person-centred approach
- An empowering approach to those who are socially isolated to help them to meet new people and build up their social network



Who can refer into the project?

Anyone who identifies a need for an individual aged 65+ to access more social networks and support. The individual must give their consent to be referred into the service.

Referral Criteria:

We are funded to work with those who:

- aged 65 and over
- socially isolated

Exclusion Criteria:

We cannot work with those who are:

- under 65
- whose needs are mainly clinical/care based i.e. addictions, mental health illnesses, personal care
- in palliative care
- not interested or willing to engage with the link worker

**A BETTER
MEDWAY**
together



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Better Connected

Social prescribing from Medway Public Health to support those aged 65+ to be less socially isolated

What is Social Prescribing?

One-to-one support from a link worker to help an individual to create their own 'social prescription' accessing the activities, advice and social networks in their community.

We will be working with those aged 65 and over who are socially isolated.

We are unable to work with those who are;

- under 65 years of age;
- Being referred mainly for clinical/care reasons; i.e. addictions, severe mental health problems, care needs;
- in palliative care;
- not wanting to engage with the project;

Who can refer into the project?

Anyone who identifies a need for an individual aged 65+ to access more social networks and support. The individual must give their consent to be referred into the service.

Find out how we can help.

Phone [01634 333013](tel:01634333013)

or visit medway.gov.uk/betterconnected

**A BETTER
MEDWAY**
Easier ways to be healthy



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Sexual Health Service in Medway

Kent Community Health NHS Foundation Trust provides free confidential sexual health services throughout Kent and Medway.

This includes contraception, STI testing and treatment, psychosexual therapy services and care for people living with HIV. You can also access free condoms through our clinics and partner service Metro who deliver the GET IT scheme.

Our main sexual health hub is at Clover Street in Chatham and you can find out what we do on our website, www.cloverstreet.nhs.uk

The National Chlamydia Screening Programme

As part of our service, we are responsible for delivering the National Chlamydia screening programme, to all young people aged 15 – 24 who live in Medway or are in education in Medway.

There are various ways and places young people can access a self-testing Chlamydia and Gonorrhoea screening kit free of charge. They can apply online for a kit to be sent to their home address, phone the number on the website or pick up a kit at their GP, a pharmacy, education settings, a sexual health event or some youth services.

Once the screening test has been processed by the microbiology lab, we then manage the results and support with treatment.



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VOLUNTEERS NEEDED

Can you spare a couple of hours each week to help reduce loneliness & isolation across Medway?



Get in touch today to find out more & Sign Up!
referral@mutualaidmedway.org.uk



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CHATTERS NEEDED

Can you make 1 call a week or meet for coffee once a month, to help reduce loneliness & isolation across Medway?



MA|RR
LET'S GET CHATTY

Get in touch today to find out more & Sign Up!

referral@mutualaidmedway.org.uk



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ADMIN SUPPORT NEEDED

Can you spare a couple of hours each week to help reduce loneliness & isolation across Medway?



Get in touch today to find out more & Sign Up!
referral@mutualaidmedway.org.uk



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Mon

Tues

Weds

Thurs

Fri

Sat

Sun

1
Strengthening Minds
Virtual Family Quiz
4pm - 5.30pm
6pm - 7.30pm

2
Positive Behaviour
& Emotional
Well-Being
Programme
3.30pm - 4.30pm

3
Raising Self-Esteem
Programme
3.30pm - 4.30pm

4
Kent Adult
Education
Hunt the Hidden Job
Markets
1pm - 3pm

5
Keep Fit with Joe
Wicks
4pm - 5.30pm
6pm - 7.30pm

6
Walk Tall
Out Anxiety
Saturday Morning
Zoom or phone call
group

7

8 Paper
Craft-Chinese New
Year
4pm - 5.30pm
6pm - 7.30pm

9
Positive Behaviour
& Emotional
Well-Being
Programme
3.30pm - 4.30pm

10
Raising Self-Esteem
Programme
3.30pm - 4.30pm

11
Personal
Development
Programme
3.30pm - 4.30pm

12
Gillingham
Community Hub
Foodbank
11.30am - 1.30pm

13
Walk Tall
Out Anxiety
Saturday Morning
Zoom or phone call
group

14

15

16
Positive Behaviour
& Emotional
Well-Being
Programme
3.30pm - 4.30pm

17
Raising Self-Esteem
Programme
3.30pm - 4.30pm

18
Personal
Development
Programme
3.30pm - 4.30pm

19

20
Walk Tall
Out Anxiety
Saturday Morning
Zoom or phone call
group

21

22
Emotional
Wellbeing: Art
4pm - 5.30pm
6pm - 7.30pm

23
Positive Behaviour
& Emotional
Well-Being
Programme
3.30pm - 4.30pm

24
Raising Self-Esteem
Programme
3.30pm - 4.30pm

25
Personal
Development
Programme
3.30pm - 4.30pm

26
Gillingham
Community Hub
Foodbank
11.30am - 1.30pm

27
Walk Tall
Out Anxiety
Saturday Morning
Zoom or phone call
group

28

To access any of these activities please contact:
anmariefrenchum@strengtheningminds.co.uk
07838 137747



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**GILLINGHAM COMMUNITY
'ROUND UP'
FEBRUARY 2021**

Gillingham Community Hub

11 The Vineries
Gillingham
ME7 2AD

If you would like to add to our next round up, please contact:

Annamarie Frenchum

Community Hubs and Partnerships Manager
annmariefrenchum@strengtheningminds.co.uk

07838 137747

www.strengtheningminds.co.uk



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