

STRENGTHENING MINDS

GRAVESEND COMMUNITY
'ROUND UP'
FEBRUARY 2021

CONTENTS

- YOUNG PEOPLES SERVICES
- COMMUNITY ACTIVITIES
- HEALTH AND WELLBEING
- TIMETABLE OF EVENTS



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APPRENTICE KENT

Information Event

On Thursday 4 February 2021, The Education People's ApprenticeKent team will be hosting an information evening for young people and their parents/carers from 4pm to 8pm.

The purpose of the event is to provide key information about apprenticeships and how to search and apply for apprenticeship vacancies.

The event will consist of a series of live webinars hosted by employers and apprenticeship training providers. Alongside these live webinars, we will have information pages on the different apprenticeship sectors, with videos and resources to help you explore the apprenticeship opportunities available to you.

FIND OUT MORE AND REGISTER AT:
APPRENTICEKENT.INFO/NKAE21

School Improvement,
Secondary, Special & PRU /
Skills & Employability

Delivered by

**THE EDUCATION
PEOPLE**

On behalf of



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● Get in touch

You can refer yourself, refer someone else or ask somebody to refer you by filling in the form on this leaflet, contacting our free helpline on **0800 567 7699** or emailing **info@livewellkent.org.uk**



Live Well Kent is delivered on behalf of **Kent County Council** and the **NHS** by two charities:

Porchlight works across Kent to address people's housing, social, economic and health issues. Registered charity no. 267116

Shaw Trust is a national charity helping people to achieve their ambitions and gain greater independence. Registered charity no. England and Wales: 287785, Scotland: SC03985

For more information, please visit **livewellkent.org.uk**

If you require this leaflet in a different format, call **01227 760078**

Live well **Kent**
Community wellbeing

Dartford, Gravesham & Swanley

On behalf of



by



V5 February 2020



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DARTFORD, GRAVESHAM AND SWANLEY 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:

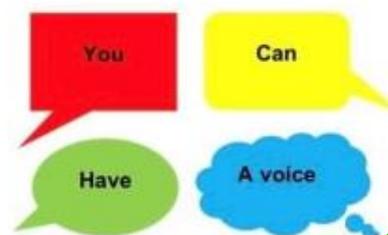
Tel: 01634 402077

Email: Feedback@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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DARTFORD, GRAVESHAM AND SWANLEY

Organisation	Services	Contact
<p>Community Link Service</p> 	<p>Support and help to get appropriate help for issues that are affecting your wellbeing:</p> <p>One to one support by phone or video call.</p> <ul style="list-style-type: none"> Support on the things most important to you. The most supported issues are income, debt, housing, or isolation. We also support with accessing appropriate support for mental or emotional health. We can advocate or liaise with agencies on your behalf We can link with activities or support in your local community. Can support with accessing mobile phones and using digital applications to connect with people services will continue to be delivered remotely where we can, and as long as this can effectively support clients. 	<p>Live Well Kent 0800 567 7966 info@livewellkent.org.uk</p>
<p>North Kent Mind Wellbeing Services</p> 	<p>Support and activities to promote good mental health and wellbeing</p> <ul style="list-style-type: none"> Online Coping with Life Sessions, these are 'one-off' overview sessions on set subjects. Online Mindfulness course Online Peer Support groups, including coffee morning, chat, quizzes and activities, and a Saturday Friendship Group Various Young Persons' services, including individual support, emotional resilience webinars and online peer support group Supporting Emotional Wellbeing during COVID Individual Support over the telephone or via Zoom Online Men's Group Online Time 2 Change, psycho-educational group Various webpages dedicated to keeping well and active during COVID 19, including how to manage anxiety, stress and depression, how to keep active in lockdown, having a routine, links to mindfulness practice and coping strategies. Website pages celebrating 'Kindness', Creative Space and more IAPT NHS Free talking therapies facilitated over the telephone and digitally 	<p>admin@northkentmind.co.uk 01322 291380</p>



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<p>Invicta Health Care</p> 	<p>Primary Care Mental Health Specialist service for patients in primary care with mental health needs including depression, anxiety and mood disorders. Referrals can be made by GPs and other organisations including Live Well Kent, NHS talking therapies and Community Mental Health teams.</p> <p>Staff are trained to help understand, cope with, and overcome mental health and emotional problems and offer:</p> <ul style="list-style-type: none"> • a full mental health assessment • treatment plan • short term follow up • referrals to Community Mental Health teams, NHS talking therapies or Live Well Kent <p>Telephone review for existing patients, ongoing support by phone or video. New patients screened within 48 hours and first assessments by phone. Patients are seen in clinical settings or at home in exceptional circumstances only.</p>	<p>invictahealth.mentalhealthreferrals@nhs.net 0800 242 5199 (option 1)</p>
<p>Rethink Sahayak</p> 	<p>Rethink Sahayak services is a BAME (black and minority ethnic) service</p> <p>One to one support by telephone Sangam group – peer support through one-to-one phone support on a weekly basis</p> <ul style="list-style-type: none"> • to explain NHS guidelines for the covid19 pandemic • Support with Domestic violence for BAME communities • to make sure members complete exercises like walking or a simple work out at home • to encourage healthy eating • to hobbies such as the knitting initiative. 	<p>01474 364837</p> <p>01474 364498 sangamgroup@rethink.org</p>
<p>Rethink Asian Mental Health Helpline</p> 	<p>A free and confidential Asian Mental Health helpline offering caring, non-judgemental, and empathetic support covering mental health and domestic abuse issues. You can speak to us in Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or in English.</p> <ul style="list-style-type: none"> • Mondays and Wednesdays 4pm to 7pm • Tuesdays and Thursdays 12pm to 3pm 	<p>0808 800 2073</p>



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<p>Community Housing Service</p> 	<p>Support for people with housing and mental health issues</p> <p>One to one telephone/ video support</p> <ul style="list-style-type: none"> • Housing advice individually tailored to meet your need. • Liaising with local authorities • Liaising with housing associations and private landlords • Advocacy and guidance on specialist matters • Support to access appropriate legal advice if required • Can support with accessing mobile phones and using digital applications to connect with people. • Services will continue to be largely delivered remotely where we can, and <u>as long as</u> this can effectively support clients. 	<p>Live Well Kent 0800 567 7966 info@livewellkent.org.uk</p>
<p>North Kent Mind Springboard Employment Service</p> 	<p>Support into employment</p> <p>Springboard offers a full service by telephone including</p> <ul style="list-style-type: none"> • Webinar Computer group followed by Zoom chat • IT phone support through the Computer group • Preparing to Work course via Webinar and Zoom group chat • ongoing support • signing up new registrations • job searching • emails of vacancies • CVs and mock interviews • Advice/guidance • Online courses 	<p>admin@northkentmind.co.uk 01322 291380</p>
<p>Megan CIC - Personality Disorder Peer Support</p> 	<p>Personality disorder peer support</p> <ul style="list-style-type: none"> • Weekly Online Peer Support Group for People with Personality Disorders – every Thursday • Peer support through the Megan CIC Facebook page 	<p>enquiries@megancic.org.uk 01634 402077</p>
<p>SpeakUp CIC Night Owls</p> 	<p>Night Owls – Support for people who are finding it difficult to sleep</p> <p>It is a closed moderated Facebook group for people who are awake at night and want to</p> <ul style="list-style-type: none"> • post in a safe place • see if anyone else is awake and up for a chat <p>Night Owls site is especially valued during this difficult period</p>	<p>Maggie Gallant Maggie@speakupcic.co.uk Kay Byatt Kay@speakupcic.co.uk 07543 977670</p>



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Community Inclusion Service



Support and Advice on where to get help and access digital community groups

- One to one telephone support or WhatsApp video calls.
- Tailoring support to their individual needs.
- linking to other online groups and resource in the community, including exercise groups via zoom by community providers
- Support to access these online courses.
- Digital Coffee Morning
- Digital Group Quiz
- Digital Managing anxiety workshop (6-week course)
- Other activities designed around the need of the client group.
- Can support with accessing mobile phones and using digital applications to connect with people.
- remotely where we can, and if this can effectively support clients.

Live Well Kent

0800 567 7966

info@livewellkent.org.uk



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Mon Tues Weds Thurs Fri Sat Sun

<p>1 Strengthening Minds Virtual Family Quiz 4pm - 5.30pm 6pm - 7.30pm</p>	<p>2 Positive Behaviour & Emotional Well-Being Programme 3.30pm - 4.30pm</p>	<p>3 Raising Self-Esteem Programme 3.30pm - 4.30pm</p>	<p>4 Kent Adult Education Hunt the Hidden Job Markets 1pm - 3pm</p>	<p>5 Keep Fit with Joe Wicks 4pm - 5.30pm 6pm - 7.30pm</p>	<p>6 Walk Tall Out Anxiety Saturday Morning Zoom or phone call group</p>	<p>7</p>
<p>8 Gravesend Community Hub Foodbank 11.30am - 1.30pm</p>	<p>9 Positive Behaviour & Emotional Well-Being Programme 3.30pm - 4.30pm</p>	<p>10 Raising Self-Esteem Programme 3.30pm - 4.30pm</p>	<p>11 Personal Development Programme 3.30pm - 4.30pm</p>	<p>12 Family Cooking: Passport around the world: Chinese New Year 4pm - 5.30pm 6pm - 7.30pm</p>	<p>13 Walk Tall Out Anxiety Saturday Morning Zoom or phone call group</p>	<p>14</p>
<p>15</p>	<p>16 Positive Behaviour & Emotional Well-Being Programme 3.30pm - 4.30pm</p>	<p>17 Raising Self-Esteem Programme 3.30pm - 4.30pm</p>	<p>18 Personal Development Programme 3.30pm - 4.30pm</p>	<p>19</p>	<p>20 Walk Tall Out Anxiety Saturday Morning Zoom or phone call group</p>	<p>21</p>
<p>22 Gravesend Community Hub Foodbank 11.30am - 1.30pm</p>	<p>23 Positive Behaviour & Emotional Well-Being Programme 3.30pm - 4.30pm</p>	<p>24 Raising Self-Esteem Programme 3.30pm - 4.30pm</p>	<p>25 Personal Development Programme 3.30pm - 4.30pm</p>	<p>26 Family Cooking: Passport around the world: American smoothies 4pm - 5.30pm 6pm - 7.30pm</p>	<p>27 Walk Tall Out Anxiety Saturday Morning Zoom or phone call group</p>	<p>28</p>

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



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GRAVESEND COMMUNITY 'ROUND UP' FEBRUARY 2021

Gravesend Community Hub

7 Warrior Avenue
Gravesend
DA12 5NA

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

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07838 137747

www.strengtheningminds.co.uk



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