

STRENGTHENING MINDS

SITTINGBOURNE COMMUNITY
'ROUND UP'
FEBRUARY 2021

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- HEALTH AND WELLBEING
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Community Hub
Sittingbourne | 01795 477763
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Are you fed up of everything going on around you?

Are your children harder to manage?

Do you just need someone to talk to?



Join us for:

2020

Let's talk about it!

A series of friendly coffee mornings on a Tuesday, from the comfort of your own home!

Understand the impacts of stress on you and your children.

Talk to others who feel the same way and find ways to bounce back from these challenging times.

Visit our website for more info:
www.swalespacechampions.co.uk

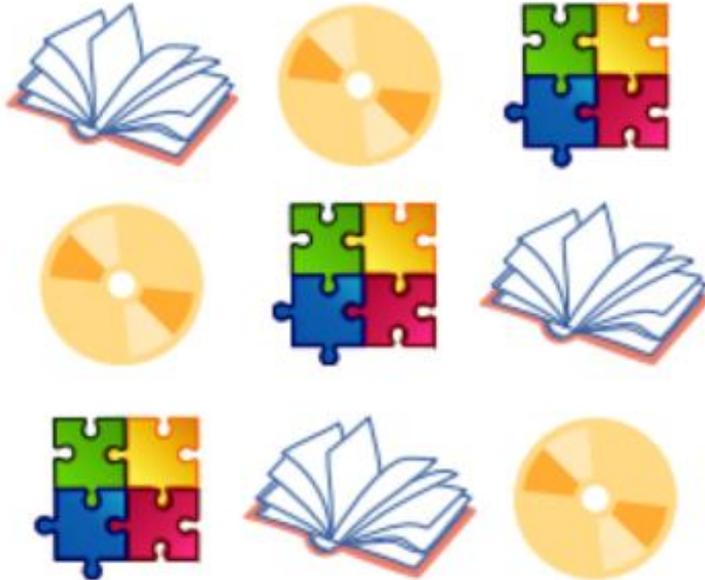


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**WOULD YOU LIKE TO EXCHANGE BOOKS, PUZZLES
OR DVDS AND RECEIVE ANOTHER IN RETURN?**



BOOK, PUZZLE & DVD EXCHANGE

FOR ELDERLY, SOCIALLY ISOLATED RESIDENTS IN SWALE

**One of our friendly volunteers will come and pick up your
items whilst delivering a new one for you.**

**Don't have anything to exchange? No need to worry,
we have a small selection of items you could choose from.**

**If you are interested, please contact LOUISE at SwaleCVS for a
quick chat about the scheme and how you can get involved:**

01795 473828



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Swale Community & Voluntary Services

Working in the heart of your community



BEFRIENDING SERVICES

TEL. 01795 473828

KEEPING YOU IN TOUCH



Registered Charity Number 1179734

The Befriending Service is **NOT** able to:

- Provide services which are the responsibility of the statutory sector.
- Carry out any personal care, housework or other domestic tasks.
- Undertake caring responsibilities.
- Provide emergency or acute support and cannot offer services to people with specific mental health needs.

Swale Community and Voluntary Services operates an equal opportunities policy in all of our activities and services

For more information:

Telephone: 01795 473828

Email:

louise.johnson@swalecvs.co.uk



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SWALE

| 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 commonly 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 largely 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>Swale Your Way Wellbeing Services</p>  | <p>Support and activities to promote good mental health and wellbeing</p> <p>Emotional support via telephone Regular support with timeframes agreed with client Member Facebook page conversations and video calls Social media connections with other clients monitored by staff Advice around</p> <ul style="list-style-type: none"> • current government recommendations to stay alert and reduce potential for infection • looking after wellbeing • creating coping strategies for those dealing with mental distress • coping with the impact of isolation • benefit entitlements, debt or housing issues • Timetable of online groups including: <ul style="list-style-type: none"> • Mindfulness • Coffee and catch up • Meditation • Upcycling projects • Virtual walking group • Creative writing • Online Peer Support Training | <p>07515 099191 donna-ashworth@together-uk.org</p> |



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| <p>Community Inclusion Service</p>  | <p>Support and Advice on where to get help and access digital community groups</p> <ul style="list-style-type: none"> • 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 • Services will continue to be largely 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>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 • Services will continue to be largely 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>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</p> <p>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>invictahealth.mentalhealthreferrals@nhs.net 0800 242 5199 (option 1)</p> |



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| <p>Shaw Trust Employment Services Swale</p>  | <p>Support into employment</p> <ul style="list-style-type: none"> • One to one telephone support for employment • Groups run virtually through Microsoft teams include: <ul style="list-style-type: none"> - Interview skills groups - Job action groups - Work preparation skills - Virtual mindfulness - Courses for coping with uncertain times - Peer support groups | <p>Natasha.murphy@shaw-trust.org.uk Michael.foster@shaw-trust.org.uk</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 • Online peer support through social media • Peer support through the Megan CIC Facebook page • Digital meet and chat group | <p>enquiries@megancic.org.uk 01634 402077</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> |
| <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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● 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

A photograph of a woman with curly hair, wearing a blue denim shirt, smiling broadly while holding a white coffee cup. The background is slightly blurred, suggesting an indoor setting.

Swale



V5 February 2020



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● In your area

To learn more, contact the services directly or call Live Well Kent on **0800 567 76 99**.

Help finding the right support

We can meet you to discuss issues related to mental health, finance, housing, employment and more.
Run by Porchlight's community link team
porchlight.org.uk or 0800 567 7699

Mental health support

Help to improve your mental and physical wellbeing with group activities and one-to-one support from people who have similar experiences.
Run by Together Swale Your Way
together-uk.org or 0751 509 9191

Help into employment

Looking for work but feel as though your mental health has become a barrier? Get personal support, help with job hunting, interview skills training, and help when you do find a job.
Run by Shaw Trust
shaw-trust.org.uk or 0300 790 0532

Personality disorder support

If you have a diagnosed personality disorder or experience personality difficulties, this support group can help. It's run by people who have experienced (and may still experience) the condition themselves.
Run by Megan CIC
meganic.org.uk or 01634 402077

Feeling lonely or cut off

Sometimes meeting others can make life a little easier. This service will help you reconnect with people.
Run by Porchlight's community inclusion team
porchlight.org.uk or 0800 567 7699

Housing issues

Support if you have housing needs related to your mental health.
Run by Porchlight's community housing team
porchlight.org.uk or 0800 567 7699

Support in the night time

Have trouble sleeping and want to chat with someone? Night Owls is a private online support group where you can share what's on your mind. It's moderated by SpeakUpCIC staff and volunteers who use SpeakUpCIC's services.
Run by SpeakUpCIC
To join, email kay@speakupcic.co.uk or call 01843 448384 (during daytime hours)

Culturally sensitive mental health and domestic violence help for Asian communities

Free and confidential helpline for people in Asian communities. Staff speak Asian languages (Gujarati, Punjabi, Hindi and Urdu) and English.
Run by Rethink Sahayak
Call 0808 800 2073

Primary Care Mental Health Specialist (support for people with serious mental health issues)

Your GP or the Community Mental Health Team can refer you to us for support with your mental health.
Run by Invicta Health
invictahealth.co.uk or 0800 242 5199 (option 1)

Therapy and Counselling

If you are struggling emotionally, you can access free NHS talking therapy or counselling.
Insight Healthcare 0300 555 5555
Faversham Counselling 01795 591019



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TIMETABLE OF VIRTUAL ACTIVITIES AND SUPPORT

| Mindfulness Monday | Talking Tuesday | Wellbeing Wednesday | Thrifty Thursday | Feel-Good Friday |
|---|--|--|---|--|
| | Virtual Coffee & Catch up via Face-book Rooms 11-12.30 With:-  | Led Meditation Via Face-book Rooms 10-11 With:- Donna | | Virtual Walk & Talk Via Face-time Groups 11.30-12.30 With:- Donna |
| An Introduction into Mindfulness Workshop Via Face-book Rooms 2-4 With:- Michael | Creative Writing via Face-book Rooms 1-2.30 With:- Michael | | Upcycling projects Sent fortnightly by post, Live video demonstration via Face book With:- Jenny | Fun Quiz Via Face-time Rooms 7.30-8.30 With:- Mike |

Once you have completed a referral to Swale Your Way, you can join the closed Facebook page where virtual groups are held.

For information please contact:

Donna Ashworth: 07515099191

donna-ashworth@together-uk.org



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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 Swale?

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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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 Megan CIC: Personality Disorder Peer Support Group - via Facebook | 5 Virtual Keep Fit with Joe Wicks 4pm - 5.30pm 6pm - 7.30pm | 6 | 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 Community Hub Foodbank 11.30am - 1.30pm | 11 Personal Development Programme 3.30pm - 4.30pm | 12 Family Cooking: Passport around the world: Chinese New Year 4pm - 5.30pm 6pm - 7.30pm | 13 | 14 |
| 15 Swale Your Way: An Intro to Mindfulness 2pm - 4pm | 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 Swale Your Way: Virtual Walk & Talk 11.30am - 12.30pm | 20 | 21 |
| 22 Emotional Wellbeing: Art 4pm - 5.30pm 6pm - 7.30pm | 23 Positive Behaviour & Emotional Well-Being Programme 3.30pm - 4.30pm | 24 Community Hub Foodbank 11.30am - 1.30pm | 25 Personal Development Programme 3.30pm - 4.30pm | 26 Family Cooking: American Smoothies 4pm - 5.30pm 6pm - 7.30pm | 27 | 28 |

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



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**SITTINGBOURNE COMMUNITY
'ROUND UP'
FEBRUARY 2021**

Sittingbourne Community Hub

33 Cavell Way
Sittingbourne
ME10 1BL

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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