



Sandra Bray 07740488576
sandra-bray@together-uk.org
Project Manager

Donna Ashworth
07515099191
donna-ashworth@together-uk.org . Fitness, Cooking, Food



Jenny Gibson 07850601939
jenny-gibson@together-uk.org
Art Deco, Life Skills ,
Card Making , Glass Craft.

Matt Bromley 07880039578
matthew-bromley@together-uk.org
Peer Support Co-ordinator .



Ray Jeffrey 07880 039 581
raymond-jeffrey@together-uk.org
Allotment & IT

The Geese Project

Counselling
Angela Fowler

Saturday's
The Healthy Living
Centre
Sheerness
Tel: 07487666254

Are you or have you experienced mental health issues and need support?
Or
Interested in becoming a Peer Support Volunteer?

Have you experienced mental distress or mental health issues?

Would you like to use your own experiences to support others who are going through something similar?

For further information, or if you would like to meet up to discuss the role, please contact **Matt Bromley** on 07880039578
email: matthew-bromley@together-uk.org

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Tel: 07880039578
Email: matthew-bromley@together-uk.org
www.together-uk.org

Additional Trip Activities

£5.00 Non refundable deposit
secures your place on any of these trips.

Made in Dagenham
26th April 2017

Keep Dancing
20th May 2017

Evita
3rd June 2017

Hairspray
2nd September 2017

Cinderella
29th Dec 2017

Kingfisher
19th June, 17th July & 7th Aug 2017

Adams Family
4th Nov 2017

Christmas Dinner
22nd Dec 2017 @ Abbey Motel

The Key Group

2nd & 4th Thursdays of the Month
@ The Quays Sports Hall
10am—11am
Discussion Group
With KMPT Chaplain
Rev Pam Beckinsale

Activity Locations Sittingbourne.

The Quays - Crown Quay Lane
Sittingbourne Kent ME10 3JN.
01795 471376.

Swallows Leisure - Centre Central Avenue
Sittingbourne, Kent ME10 4NT.
01795 420420.

Job Centre Plus - 9 Roman Square 17 - 19
The Square Sittingbourne, Kent. ME10 4BP
0845 608 8501.

Activity Locations Sheerness.

Healthy Living Centre -Off Royal Road
Sheerness Kent ME12 1HH.
01795 583547 / 585335.

Sheppey Gateway -38-42 High Street
Sheerness, Kent. ME12 1NL.
01795 417850.

Additional Activities at the Quays .
Careers Advisor Wednesday's 10.00-16.00
Book in at the reception desk.

Quays Gym session's
9.30 – 11.30 Mon –Sat **ladies only**
14.00 - 15.00 Mon – Sat open to all
16.00 –19.00 Tues – Sat open to all
(not Mondays football training)

Live well Kent
Community wellbeing
info@livewell.org.uk - 08005677699

seAp
advocacy
Support Empower Advocate Promote
kent@seap.org.uk - 0300 3435714

together
FOR MENTAL WELLBEING

Together was formed in 1879, we believe that people with mental health issues have the right and the abilities to lead independent, fulfilling lives as part of their communities.

The people who use our services are at the heart of everything we do. They influence and shape the support they receive from us, and the way our services are run.

Together's vision is a world where each individual can play their part in breaking down the barriers that exist through ignorance and lack of understanding, and live their life without prejudice.

Our **seven** core values give us the principles that ensure we deliver our services in a way that is consistent with our philosophy are:

1. Individual-centred and holistic.
2. Choice.
3. Working alongside.
4. Listening, learning and adapting.
5. Valuing and involving.
6. Quality.
7. Future positive.
















Porchlight

Changing attitudes • Changing lives



Sheppey

Sittingbourne

MONDAY	Connect	Total Tone Studio HLC 10.30am – 11.30am* 	Informal Drop In H.LC Hub 10.00–12.00am Ray 	Keepsake Cards Abbey Room HLC 12.00pm-3pm. Jenny 	Football Therapy Toni Oasis Academy 5-7pm 	Massage & Alternative Therapies Call for an appointment Wendy 07445451690
TUESDAY	1-2-1's By Appointment HLC 10am– 12.00 Jenny	Body Pump Studio 10.15—11.15 2pm–2.30pm NHS Health Trainer HLC. Gym Julie Calder 	Allotment Transport 10.20am-14.30pm Blackburn Lodge Ray, Mike & Phil  	Sheppey Gateway High Street 10.00am– 12.00pm Loz	Weight Loss Support / Relaxation Therapies Tuesday Mornings Joan 07944231106	Jake's Joggers The Quays 6pm-7.30pm Jake 
WEDNESDAY	Body Sculpt Studio HLC 930am-10.30am* 	Art Deco Abbey Room HLC 12pm-3pm Jenny 	Connect	Take Notice	Keep Learning	Be Active
THURSDAY	Just Jhoom Studio HLC 9.30—10.30am* 	Low Impact Aerobics Studio HLC 1130am-12.30am* 	Low Impact 50+ Dance Studio HLC 11.30am – 12.25pm*	Free Counselling Call for an appointment Mooney Call Wendy 07445451690	Be Active	Connect
FRIDAY		Stretch & Tone Studio HLC 10.30am – 11.30am* 	Keep Learning	Care	Take Notice	Give
MONDAY	9.30am – 12.30pm NHS Health Trainer The Quays Siphime		Keep Learning	Take Notice	Be Active	Give
TUESDAY	1-2-1's By Appointment The Quays 9am-11am Donna	Supported Gym Session The Quays Ladies only 9.30am-11.30am Jake 	Creative Writing The Quays 11am – 1pm Donna  	MDF Creations The Quays 1.15pm-3.30pm Donna 	Allotment Transport 10.50am pick up Sittingbourne Train Station Return 2pm Ray, Mike & Phil  	Keep Learning
WEDNESDAY	Healthy & Hearty Cooking The Quays 10.30am – 2pm Donna 	Supported Gym Session The Quays Ladies only 9.30am-11.30am Jake 	Sittingbourne Job Centre+ Referral, meet and greet. 10.30am-1pm Ray	12pm – 3pm NHS Health Trainer Swallows Gym Julie Calder	Informal Drop-in The Quays 2pm –4pm Supported Gym Session The Quays 2pm –3pm Jake  	Jake's Joggers The Quays 6pm-7.30pm Jake 
THURSDAY	Breakfast Club The Quays 8.30am-10.30am Donna 	Art Deco The Quays 12pm-3pm Jenny 	Supported Gym Session The Quays Ladies only 9.30am-11.30am Jake 	Ballet Fit * 11am – 12pm Swallows Leisure Centre 	Hatha Yoga* 12pm – 1pm Swallows Leisure Centre 	Turn Up & Play Football Milton Rec 6pm—7.30pm Toni & Jake  
FRIDAY	Card Making Group The Quays 9am-12pm Jenny 	Supported Gym Session The Quays Ladies only 9.30am-11.30am Jake 	Working with Glass The Quays 12.30-15.30. Jenny 	Healthy & Hearty Cooking The Quays 10.30 - 2pm Donna 	Connect	Give