

Get in touch to find out   
more about how we   
can help:

Call us on: 07740488576

Email us at:

[swale-yourway@together-uk.org](mailto:swale-yourway@together-uk.org)

**Swale Your Way Wellbeing Café**

**The Quays**

**Fridays 6-8pm**

**Alternate Sunday’s 3-5pm**

**Crown Quay Lane**

**Sittingbourne**

**Kent ME10 3JN**

**01795 471376**

**Waterfront Café**

**Fridays 6-8pm**

**Alternate Saturday’s 12.30-2.30 pm**

**Sheppey Healthy Living Centre**

**Off Royal Road**

**Sheerness**

**Kent ME12 1HH**

**01795 668061**

**Out of hours Mental Health Support**

A space to feel safe in the company of like-minded people & seek advice & Guidance from trained Peer Supporters and qualified staff.