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Six Ways To Wellbeing



- Physical Activity
- Alcohol
- Smoking
- Healthy eating
- Sexual health

Porchlight
Changing attitudes • Changing lives



Additional Activities

£5.00 Non refundable deposits are required.

Pick up and drop off points are Sheerness Train Station & Morrison's Sittingbourne Excluding*

*Xmas Meal The Abbey 20th Dec**

*Panto Peter Pan
16th Dec & 29th Dec*

*The Bodyguard
16th January 2020*

*The Music of Bob Marley
9th February 2020*

*The Rocket Man
21st April 2020*

*Jack Dee
17th May 2020*

*Pick up's drop off' will be Sheerness Train Station & Morrison's at
Sittingbourne for all trips &/or activities*

Activity Locations Sittingbourne.

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

01795 471376

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

01795 420420

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

Oasis Academy West Campus -
Marine Parade, Sheerness
ME12 2BE

For training venues call
Toni Golden



Supporting Victims of Domestic Abuse within the Local Community

m. 07724912724

e. marda@newleafsupport.org

w. www.newleafsupport.org



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:

Individual-centred and holistic.

Choice.

Working alongside.

Listening, learning and adapting.

Valuing and involving.

Quality.

Future positive.



Live well Kent
Community wellbeing

info@livewell.org.uk - 08005677699

Peer Support

“Peer support means receiving support and understanding from someone who’s equal, has had similar experiences and insight”

Have you experienced mental distress
Or
Mental health issues & need Support?

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

Call us on 07880039578
Email us on:
joanne-francis@together-uk.org

Sheppey

Sittingbourne

MONDAY	1-1 Support & Referrals By Appointment HLC 13.30– 15.30 Jenny	Informal Drop In HLC Hub 10.00 - 12.00 Loz	Total Tone Studio HLC 10.30 - 11.30* Swale Leisure	Cards & Paper Craft Abbey Room HLC 10.00 - 13.00 Jenny	Football Therapy Sheerness Toni 0770446001 18.00 - 20.00 
TUESDAY	Weight Loss Support / Relaxation Therapies 09.00 - 14.00 Joan 07944231106	Body Pump Dance Studio HLC 10.15 - 13.15 *	Allotment Transport Sheerness Station (Pick Up / Drop Off) 10.20 - 14.30 Mike	Sheppey Gateway High Street 10.00 - 12.00 Loz	1-1 Support & Referrals By appointment HLC 10—15.00 Jenny
WEDNESDAY	1-1 Support & Referrals By Appointment HLC 13.30-15.30 Jenny	Art Deco Abbey Room HLC 10.00-13.00 Jenny	Thought Filled Therapies By appointment only Mooney 07445451690		
THURSDAY	Thought Filled Therapies By appointment only Mooney 07445451690	Just Jhoom Dance Studio HLC 09.30 -10.30* Swale Leisure	Low Impact Aerobics Dance Studio HLC 1130 -12.30* Swale Leisure		Allotment Transport Sheerness Station (Pick Up / Drop Off) 10.20 - 14.30 Mike (July-Oct) Only
FRIDAY	Stretch & Tone Studio HLC 10.30 -11.30* Swale Leisure	De-Frazzle Café HLC, Waterfront room 10-12 3rd Friday of each month Loz			
MONDAY		Gym Sessions The Quays Please call for times 01795 471376		Sea Glass Art The Quays 13.00-16.00 Claire	
TUESDAY		Gym Sessions The Quays Please call for times 01795 471376	Allotment Transport 10.50 - 14.45 Morrison’s at Sittingbourne (Pick Up / Drop Off) Mike	Mixed Crafts The Quays 13.00-15.00 Maria	
WEDNESDAY	H.E.L.P.S Peer Support Group 12-1.30pm The Quays Lorraine	Gym Sessions The Quays Please call for times 01795 471376	Informal Drop In The Quays 14.00 – 16.00 Nicky		
THURSDAY	Breakfast Club The Quays 08.30 -10.00 Lisa/Donna Free Legal Advice Karina Chetwynd 8.30-10.00	De-Frazzle Café Sittingbourne Jobcentre 10.30-12.30 1st Thursday of the month Donna	Shed Project Every other Thursday at the Quays 10-4 Martin Kent Wildlife Trust	1-1 Support & Referrals By appointment Quays Jenny & Donna	M.A.R.D.A 1-1 Support and Referrals Sittingbourne Jobcentre 10.30am - 12.30pm Donna
FRIDAY	Card & Paper Craft The Quays 09.00 -12.00	Ladies Only Gym Session 11am-12pm The Quays 01795 471376 Donna	Mixed Crafts /Art Deco The Quays 12.00 –15.00 Jenny	Creative Writing The Quays 11.00—13.00 Service user led	Healthy & Hearty Cooking Group The Quays 10.30 – 14.00