

Organisation	Services	Contact
	<p>Ashford Umbrella provide weekly structured social support groups which facilitate recovery, social inclusion and personal achievement.</p> <p>The service will provide 3 online weekly sessions that will support the client to undertake art and craft and physical wellbeing activities in their home environment.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
	<p>Clarion Housing Association provide Housing Related Support. Topics include Rent & Mortgage Arrears, Repairs, Homelessness, Drugs & Alcohol, Benefits & Debts, Anti-Social Behaviour, Domestic Violence, Social Inclusion, promoting Health & Well-Being. The topics must be in relation to and be having an impact on the client's tenancy.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
	<p>J R Counselling provide One-to-one and Living in the Moment group counselling for people who want help to deal with loss of any kind such as the loss of a partner or family member, loss of employment, a home, or mobility. Counselling will offer a confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss. The counselling is person centred and responsive to the unique situation of each individual.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
	<p>Marchwood provide Adult Bushcraft sessions. The programme is for 12 weeks. There will be weekly online tutorials on green woodworking, natural tinders, tree and plant identification, shelter. Tree and plant ID guides will be uploaded to online platforms to help people identify plants and trees in their garden or whilst out for exercise. Encourage to collect natural tinders. Clients are encouraged to use closed Facebook group and Whatsapp group to share their crafts and other ideas and support with others (this is already in place).</p> <p>Well-being sessions. The programme is for 12 weeks. There will be weekly meditation and mindfulness exercises uploaded to online platforms. Encouraging clients to take daily exercise and to be mindful of their environment. Clients are encouraged to use closed Facebook group and Whatsapp group to share their crafts and other ideas and support with others (this is already in place).</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>

	<p>Women’s mental health spa. The programme is for 12 weeks. There will be weekly craft tutorials on natural crafts or crafts using everyday home objects. Tai chi and green woodworking videos will be uploaded to the online platform. Clients are encouraged to use natural materials found in their garden or whilst out for exercise. Clients are encouraged to use closed Facebook group and Whatsapp group to share their crafts and other ideas and support with others (this is already in place).</p>	
<p>Shaw Trust</p> 	<p>Community Navigator Service</p> <p>The Live Well Kent service is to help improve mental and physical health and wellbeing by connecting participants to local services and organisations that can help with everyday living such as employment, housing and financial support as well as groups and courses that support with mental health and wellbeing.</p> <p>As part of the Live Well Kent service, the participant is assigned a Community Navigator. The Navigator will meet the participant, undertake a wellbeing discovery assessment and create an action plan. The Navigator will ensure that the participant has access to the widest possible range of support and services to meet their needs. The Navigator will support the participant throughout their Live Well Kent journey.</p> <p>The services provided are:</p> <p>Housing Support on finding accommodation, Housing related benefits, Rent arrears, Guidance on tenancy management.</p> <p>Core Mental Health Support programmes. Courses to help your skills and understanding around managing common mental health conditions.</p> <p>Financial Support Support and workshops to help manage financial situations including budgeting and benefits.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>

Social Support

Can include Book clubs, singing groups, film clubs, cookery groups, arts and crafts.

Employment Support

Employment support for clients with mental health conditions helping them to access courses and paid employment. This service is an individualised, 1-2-1 approach and will include the following:

Individualised job search

1-2-1 support

CV creation

Interview preparation with mock interviews

Access to relevant work related training

Work placements

Employability course -4 weeks focussing on job expectations, interview techniques, cv writing, preparation for work.

Personal Development – 4 week course with 1 day courses in Confidence, Motivation and Assertiveness

Peer-led self-help groups

Condition related or project based peer-led self-help groups.

Bereavement and Loss

1-2-1 and group support sessions designed to provide participants with the tools to manage loss.

Natural Environment

Peer-led projects held in woodlands, parks or walled gardens. A therapeutic approach to wellbeing.

<p>Speak Up CIC</p> 	<p>Speak Up provides 8 week Art Therapy courses to an Art Therapy Model. The sessions explore suppressed feelings and allow the client to express these through art. The group get to adopt their learning and undertake art activities away from the group.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
<p>Take Off CIC</p> 	<p>Take Off provide clients with 1:1 telephone/online support to support them to use tools and resources to improve and sustain their health and wellbeing. There will be a fortnightly virtual Art and Craft group with sessions of photography included. Sessions have included making positivity jars, chromatography, mosaics, painting and more. There will be weekly Virtual Peer Support Groups. There is a Mood Group that offers support through discussion for these complex diagnoses to prevent deterioration of symptoms and promote a healthy understanding and awareness and a Depression Group that offers ongoing support in a safe space for those with Depression and Anxiety. Discussions on how to manage mental health, advising each other on coping mechanisms through the ups and downs with depression and anxiety.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
<p>West Kent Mind</p> 	<p>West Kent Mind provide One-to-one counselling for people who want help to deal with loss of any kind such as the loss of a partner or family member, loss of employment, a home, or mobility. Counselling will offer a confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss. The counselling will be highly personal and responsive to the unique situation of each individual.</p> <p>They provide a series of Life Skills courses. A CBT based psycho-educational course designed for identifying unhelpful thought patterns and to help manage or cure problematic moods and behaviour. These are designed to help clients cope with Anxiety and Depression. The programme is for 6 weeks.</p> <p>There are weekly structured social support groups which facilitate recovery, social inclusion and personal achievement. There will be a weekly virtual Creative Minds group. They will follow 6 week activity topics e.g. art genres or specific artist. They will identify what materials the group have available and may give a good opportunity to recycle materials they have available. Work will be shared between the group and action plans agreed for the next session.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>

	<p>There will be a weekly virtual Living Well group. They will 6 week activity topics e.g. cooking or exercise. They will discuss recipes and adapt according to what is available or share ideas for exercising while isolated. Activity plan agreed for the next session. There will be a weekly virtual Natural Ways to Wellbeing group. There will be a group check in and wellbeing check. There will be the opportunity to share ideas on how to maintain motivation. For those with a garden – an activity plan will be agreed to what area of their garden they will work on, what they will do/wildlife watching. For those without a garden – go on daily walk what gardens do they pass/like/see, what park will they visit, what wildlife they spot. The group will share photos and discuss the impact on environment of the current situation, e.g. less cars, less pollution. Each group will have the opportunity to share information regarding online resources. Support will be given to clients to create regular routine plans to help motivation skills.</p> <p>They will provide a Money Management counselling service. The service will cover but limited to the following, Money Management, Debt Advice, Budgeting, Benefits advice and general money issues. This service is provided over the telephone and via email.</p>	
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