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<p>Activity Box</p> 	<p>The Activity Box provide individual sessions covering various forms of Arts and Crafts to Live Well Kent Clients. The Activity Box will post kits to the client and then hold online tutorials with the client for a period of 10 sessions held on a weekly basis.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
<p>Canterbury Art Studio</p> 	<p>Canterbury Art Studio 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 groups get the opportunity to exhibit their work at the end of the courses</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
<p>Canterbury Umbrella</p> 	<p>Canterbury Umbrella provide weekly structured social support groups which facilitate recovery, social inclusion and personal achievement.</p> <p>The service will provide wellbeing support sessions via the telephone to each client. This is available Mon – Fri and can be daily if the client needs this. The service will provide additional digital support through social media and their website. The accessible information will include well-being and mental health good practise There will be daily activity plans on their social media platforms with interactive content. The service will provide the following groups via an online platform. Mindfulness, Art Group, Dance and Music, Meditation and Keep Fit.</p> <p>The service are creating a telephone network of support to ensure that there is support for individuals that do not have access to the internet. This will include the function of a hotline and also booked in 1:1 sessions. This will provide a person centred support for individuals, including signposting support and linking with volunteers to provide shopping support.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
<p>Clarion Housing Association</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>Herne Bay Umbrella</p> 	<p>Herne Bay Umbrella provide weekly structured social support groups which facilitate recovery, social inclusion and personal achievement.</p> <p>There will be weekly wellbeing sessions with the client to support the client to keep engaged. The facilitator will provide support to online resources and activities. There will be various online sessions available for the client to take part in. These will include wellbeing sessions, Art sessions, meditation sessions, music therapy and gardening sessions.</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>
<p>J R Counselling</p>  <p>JULIE ROGERS COUNSELLING SERVICE</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>Maidstone and Mid Kent Mind</p>  <p>Maidstone and Mid-Kent</p>	<p>Maidstone and Mid Kent Mind provide a series of Coping with Life courses. These are designed to help clients cope with Anxiety and Depression. The programme is for 5 weeks. The online delivery is a new way of working that will provide some intensive support in a particularly difficult time for people experiencing issues with their wellbeing. All participants will also be encouraged to attend the online social groups that are we run once they have completed the five course sessions.</p> <p>There are weekly structured social support groups which facilitate recovery, social inclusion and personal achievement. The service will provide a weekly wellbeing session that will support with clients feeling isolated and work with the client to find activities they can undertake around their home environment to promote wellbeing. There will be a weekly virtual cooking session that will allow clients to receive a cooking tutorial and get the opportunity to interact with other clients accessing the group. There will be a weekly virtual arts and crafts session that will allow clients to receive a tutorial and get the opportunity to interact with other clients accessing the group. There will be a weekly virtual Mindfulness session that will allow clients to gain an understanding of tools and resources they can use to promote and maintain their health and wellbeing. There will be a weekly virtual Physical Wellbeing session that will allow</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>

	<p>the client to gain tools to be able to manage their physical wellbeing in their own home environment.</p> <p>There are weekly focused art sessions that encompass the 6 ways to wellbeing. These sessions will integrate art with physical wellbeing by using the client’s home environment and making the most of the permitted daily exercise time. Photography will form part of the sessions.</p> <p>There are monthly Peer Led sessions. The group gives clients the opportunity to connect via an internet forum for discussions around how they are coping with their mental wellbeing and share good practices with each other providing that peer support mechanism. These sessions will be overseen and facilitated by a wellbeing worker who is in recovery from their own mental health issues so that there is personal understanding of what conversations are appropriate and what are not.</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</p>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>

	<p>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>Social Support Can include Book clubs, singing groups, film clubs, cookery groups, arts and crafts.</p> <p>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</p> <p>Peer-led self-help groups Condition related or project based peer-led self-help groups.</p> <p>Bereavement and Loss 1-2-1 and group support sessions designed to provide participants with the tools to manage loss.</p>	
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	<p>Natural Environment Peer-led projects held in woodlands, parks or walled gardens. A therapeutic approach to wellbeing.</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>Tunbridge Wells & District Citizen Advice</p> 	<p>Tunbridge Wells & District Citizen Advice and their partners in Canterbury & Coastal and Maidstone provide a Money Management counselling service to enable LWK clients to have access to a range of CAB services. 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>	<p>Live Well Kent 0800 389 0226 livewellkentreferral@shaw-trust.org.uk</p>