







Organisation	Services	Contact
<p>Blackthorn Trust <i>Maidstone</i></p> 	<p>Blackthorn Trust provide weekly 1:1 telephone wellbeing sessions for an 8 week period. The session is person centred and is guided by the needs of the client. These are facilitated by their resident Counsellors. One Counsellor will be delivering online groups that will cover various activities. These are person centred and guided by the needs of the clients. Clients receive a weekly newsletter that supports with connecting people and supporting them to online resources that may be of use to them. Blackthorn Trust's resident Gardener will be delivering online garden tutorials. The materials will be sent via the post.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Choice Support <i>Maidstone</i></p> 	<p>Choices Support provide an employment service. The service is delivered by using the telephone and email to support the client to achieve the goals detailed in the individual's action plan in relation to Employment support needs. The service is provided to adults with serious mental health needs, who identify an aspiration of paid employment.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Fegans <i>Maidstone</i></p> 	<p>Fegans 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 is person centred and responsive to the unique situation of each individual.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Kent High Weald Partnership <i>West Kent</i></p> 	<p>Kent High Weald Partnership provide 2 peer led park programme. The programme will include learning new skills, resilience building and physical exercise. The programme will focus on the 6 ways to Wellbeing with the focus being around feeling to closer to others and more engaged within the community.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Maidstone and Mid Kent Mind <i>Maidstone</i></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>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

On behalf of







by



	<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 cookery session that will allow clients to receive a cookery 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 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 Maidstone West Kent</p> 	<p><b>Community Navigator Service</b></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</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

<p>range of support and services to meet their needs. The Navigator will support the participant throughout their Live Well Kent journey.</p> <p><b>The services provided are:</b></p> <p><b>Housing</b> Support on finding accommodation, Housing related benefits, Rent arrears, Guidance on tenancy management.</p> <p><b>Core Mental Health Support programmes</b> Courses to help your skills and understanding around managing common mental health conditions.</p> <p><b>Financial Support</b> Support and workshops to help manage financial situations including budgeting and benefits.</p> <p><b>Social Support</b> Can include Book clubs, singing groups, film clubs, cookery groups, arts and crafts.</p> <p><b>Employment Support</b> 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>	
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	<p><b>Peer-led self-help groups</b> Condition related or project based peer-led self-help groups.</p> <p><b>Bereavement and Loss</b> 1-2-1 and group support sessions designed to provide participants with the tools to manage loss.</p> <p><b>Natural Environment</b> Peer-led projects held in woodlands, parks or walled gardens. A therapeutic approach to wellbeing.</p>	
<p>Tunbridge Wells &amp; District Citizen Advice West Kent</p>  <p>Welcome to Tunbridge Wells &amp; District</p>	<p>Tunbridge Wells &amp; District Citizen Advice and their partners in Canterbury &amp; 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 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Tunbridge Wells Mental Health Resource Ltd West Kent</p> 	<p>Mental Health Resource provide emotional wellbeing support through regular 1-1 telephone conversations, through which they provide tools and resources to advise clients on the importance of looking after their physical and emotional wellbeing. Clients are encouraged to eat well, to get their daily exercise if they are able and to connect with others through online forums. The service is also working on providing group sessions to allow clients to connect online and stay in touch.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>West Kent Housing West Kent</p>  <p>Places to live. Space to grow.</p>	<p>West Kent Housing Association provide Housing Related Support. Topics include Rent &amp; Mortgage Arrears, Repairs, Homelessness, Drugs &amp; Alcohol, Benefits &amp; Debts, Anti-Social Behaviour, Domestic Violence, Social Inclusion, promoting Health &amp; 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 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

<p>West Kent Mind West Kent</p> 	<p>West Kent Mind provide <b>One-to-one counselling</b> 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 <b>Life Skills courses</b>. 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 <b>Creative Minds group</b>. 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. There will be a weekly virtual <b>Living Well group</b>. 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 <b>Natural Ways to Wellbeing group</b>. 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 <b>Money Management counselling service</b>. 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 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
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