





# Live well


Kent and Medway


TIER 2 DELIVERY NETWORK	
PROVIDER	CURRENT OFFER
<p>SHAW TRUST</p>  <p>*Ashford *Canterbury &amp; Coastal *West Kent</p>	<p><u>EMPLOYMENT SUPPORT</u></p> <p>1-2-1 employment-related support for individuals with a mental health or wellbeing need, who are ready to move into paid employment.</p> <p>Support includes but is not limited to:</p> <ul style="list-style-type: none"><li>• updating CVs and writing cover letters</li><li>• job searching and completing job applications</li><li>• interview skills</li><li>• in work support for 6 months</li></ul>
<p>CHOICE SUPPORT</p>  <p>*Maidstone</p>	<p><u>EMPLOYMENT SUPPORT</u></p> <p>1-2-1 employment-related support for individuals with a mental health or wellbeing need, who are ready to move into paid employment.</p> <p>Support includes but is not limited to:</p> <ul style="list-style-type: none"><li>• updating CVs and writing cover letters</li><li>• job searching and completing job applications</li><li>• interview skills</li><li>• in work support for 6 months</li></ul>



<p><b>CLARION HOUSING</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p><u>HOUSING SUPPORT</u></p> <p>1-2-1 housing-related support for individuals with a mental health or wellbeing need, who have an issue in relation to / directly impacting upon, their tenancy.</p> <p>Issues can include but are not limited to:</p> <ul style="list-style-type: none"> <li>• rent and mortgage arrears</li> <li>• risk of homelessness / threat of eviction</li> <li>• repairs</li> <li>• unsuitable accommodation</li> <li>• benefits and debts</li> <li>• anti-social behaviour</li> <li>• domestic violence</li> </ul> <p>*This is a floating support offer around tenancy sustainment – an individual <u>must</u> have an existing tenancy to be eligible for support. *This service is <u>unable</u> to support individuals with student tenancies.</p>
<p><b>WEST KENT HOUSING</b></p>  <p>*Maidstone *West Kent</p>	<p><u>HOUSING SUPPORT</u></p> <p>1-2-1 housing-related support for individuals with a mental health or wellbeing need, who have an issue in relation to / directly impacting upon, their tenancy.</p> <p>Issues can include but are not limited to:</p> <ul style="list-style-type: none"> <li>• rent and mortgage arrears</li> <li>• risk of homelessness / threat of eviction</li> <li>• repairs</li> <li>• unsuitable accommodation</li> <li>• benefits and debts</li> <li>• anti-social behaviour</li> <li>• domestic violence</li> </ul> <p>*This is a floating support offer around tenancy sustainment – an individual <u>must</u> have an existing tenancy to be eligible for support. *This service is <u>unable</u> to support individuals with student tenancies.</p>

## TIER 3 DELIVERY NETWORK

PROVIDER	CURRENT OFFER
<p style="text-align: center;"><b>ACTIVITY BOX</b></p>  <p style="color: red;">*Canterbury &amp; Coastal</p>	<p>The Activity Box provide tailored packages of art &amp; craft activities, with the aim of promoting positive wellbeing and boosting mental health. The activities are designed to help clients develop new skills and enhance their sense of achievement and self-belief.</p> <p>Each client receives an initial 'welcome' phone call, during which their interests and capabilities are discussed; Abi &amp; Barb then work with them to develop a personalised 10-week activity plan. Kits are then put together and delivered to the client's home address in two batches; batch one includes the activities for weeks 1-5, and batch two includes the activities for weeks 6-10.</p> <p>Included within each kit is a schedule of dates/times; clients are contacted as per the agreed schedule, via telephone or video call, and are supported to work through the allocated activity for the relevant week.</p> <p>The intention is that post-lockdown (when all restrictions are lifted) all clients will be invited into the studio (in groups) to have a cup of tea with Abi &amp; Barb and to share their art &amp; craft therapy experiences with each other.</p>
<p style="text-align: center;"><b>ASHFORD UMBRELLA</b></p>  <p style="color: red;">*Ashford</p>	<p><del>Weekly 1-2-1 wellbeing calls.</del></p> <p><del>Signposting to useful information / guidance around maintaining health &amp; wellbeing.</del></p> <p><u>VIRTUAL TAI CHI SESSIONS</u> (currently open to all areas)</p> <ul style="list-style-type: none"> <li><del>• these run for blocks of 6 weeks at a time and take place on Zoom</del></li> <li><del>• clients do not need much space or require specialist equipment to take part</del></li> <li><del>• the exercises are suitable for people of all abilities</del></li> <li><del>• sessions are recorded and then made available to view on the facilitator's private YouTube account for the following 1-2 weeks</del></li> </ul>

	<p><u>VIRTUAL 'MANGAVE MONDAY' GROUP</u> (currently open to all areas)</p> <ul style="list-style-type: none"> <li>• an informal chat group for men which takes place on Zoom</li> <li>• a safe space where participants can catch up about what they have been doing during the previous week and discuss things that have positively impacted their wellbeing</li> <li>• a place where participants can discuss activities that have made them feel good and give each other recommendations for books, films, podcasts, etc.</li> </ul>
<p><b>BLACKTHORN TRUST</b></p>  <p>*Maidstone (clients in West Kent are also welcome if they can get there)</p>	<p>All groups/courses are delivered face-to-face at the Blackthorn Trust site in Maidstone. This is situated in a walled organic garden which is open to the public. The site is within easy reach of Maidstone town centre, with good public transport links. All groups/courses are peer supported and offered for <u>8 weeks</u>.</p> <p>Please note that Blackthorn Trust will <b>not</b> accept referrals for clients who require one-to-one supervision, or who have any of the following:</p> <ul style="list-style-type: none"> <li>• recent history or current tendency to violence</li> <li>• history of sexual offences</li> <li>• current alcohol/substance misuse or addiction</li> </ul> <p><u>GARDENING</u> (Mondays/Tuesdays/Thursdays 10:30-12:30 or 13:00-15:00)</p> <ul style="list-style-type: none"> <li>• plant care, seed sowing, labelling, growing, harvesting, hanging baskets, plant division, propagation</li> <li>• learning plant cycles</li> <li>• interacting with nature</li> <li>• safe working practices</li> </ul> <p><u>STAINED GLASS</u> (Mondays 10:30-12:30 or 13:00-15:00)</p> <ul style="list-style-type: none"> <li>• making stained glass pieces</li> <li>• learning design, cutting, and soldering skills</li> <li>• working safely with glass and soldering equipment</li> </ul>

	<p><u>CRAFT</u> (Thursdays 10:30-12:30 or 13:00-15:00)</p> <ul style="list-style-type: none"> <li>• making various craft items (including cards, handmade bags, jewellery, candles)</li> <li>• learning various techniques (including felt, paper, pastel, paint)</li> </ul> <p><u>WOOD WORKSHOP</u> (Mondays/Tuesdays 10:30-12:30 or 13:00-15:00 &amp; Fridays 10:30-12:30)</p> <ul style="list-style-type: none"> <li>• wood skills</li> <li>• making small items for sale and commissions for customers</li> <li>• site maintenance</li> </ul> <p><u>COOKING</u> (Thursdays/Fridays 13:00-15:30)</p> <ul style="list-style-type: none"> <li>• basic &amp; advanced cooking &amp; bakery skills</li> <li>• food &amp; safety</li> <li>• how to cook a nutritious meal on a budget</li> <li>• various cooking methods</li> <li>• food presentation</li> </ul>
<p><b>CANTERBURY ART STUDIO</b></p>  <p>*Canterbury &amp; Coastal</p>	<p><u>GROUP ART THERAPY</u> (Sessions are run in blocks of 8 weeks and take place at set times throughout the year.)</p> <ul style="list-style-type: none"> <li>• group art therapy taking place face-to-face</li> <li>• sessions are held at The Beaney House of Art &amp; Knowledge (library and museum in Canterbury)</li> <li>• 8 sessions over 8 consecutive weeks – usually on a Wednesday</li> <li>• there is no need for the client to be ‘good at art’ or have any previous art experience</li> <li>• a place where clients can start to make sense of the life events that have had an impact upon their mental health and wellbeing</li> <li>• helping clients to find a voice for their experiences</li> </ul>

<p><b>CANTERBURY UMBRELLA</b></p>  <p>*Canterbury &amp; Coastal</p>	<p>Weekly 1-2-1 wellbeing calls.</p> <p>Various weekly structured social support groups which facilitate recovery, social inclusion, and personal achievement.</p> <p>Additional digital support through social media and the Canterbury Umbrella website.</p> <p><u>WAKE UP TO YOGA</u> (Wednesdays at 09:30) *weekly online yoga sessions</p> <p><b>*OTHER ACTIVITIES TO BE ADDED ONCE CONFIRMED*</b></p> <p>Canterbury Umbrella are running several face-to-face groups at/from the centre, including Yoga, Mindfulness, Gardening, Walk &amp; Talk, Get Smart with Sasha, Express Yourself Through Drama, and Create with Kayleigh.</p> <p>More information to follow.</p>
<p><b>FEGANS</b></p>  <p>*Maidstone</p>	<p><u>SPECIALIST BEREAVEMENT &amp; LOSS COUNSELLING</u></p> <p>1-2-1 counselling for people who want help to deal with loss of any kind – this could include but is not limited to:</p> <ul style="list-style-type: none"> <li>• loss through bereavement</li> <li>• loss of a job or home</li> <li>• loss of mobility or health</li> <li>• loss of confidence or sense of self</li> </ul> <p>A confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss.</p> <p>The counselling is highly personal and responsive to the unique situation of each individual.</p> <p>This support is currently being offered via telephone or online.</p>

**HERNE BAY UMBRELLA**



\*Canterbury & Coastal

Weekly 1-2-1 wellbeing calls.

PAGE TURNER THURSDAY (currently open to all areas)

Virtual 'book club'; a weekly get-together to discuss a book, poem, magazine, article, podcast, or audiobook that you have chosen to read or listen to and share your opinions and recommendations with others in the group.

Thursdays at 2pm, on Zoom.

COPING THROUGH COVID (currently open to all areas)

A safe and supportive space where people can share their experiences of coping through the pandemic and support each other by sharing wellbeing tips, coping strategies, or ideas for new hobbies / meaningful ways to utilise their time at home.

Some questions that the group will be considering:

- \*How has the pandemic changed you?
- \*Have you been able to take any positives from the experience?
- \*What techniques have you used to tackle sadness or boredom?
- \*Have you found it helpful to maintain a structure or routine?
- \*Do you feel more or less connected to other people than you did before the pandemic?
- \*Have you been connecting with people online? And if so, have you found this helpful?

Wednesdays at 2pm, on Zoom.

**J R COUNSELLING**




JULIE ROGERS COUNSELLING SERVICE

\*Ashford  
\*Canterbury & Coastal

SPECIALIST BEREAVEMENT & LOSS COUNSELLING

1-2-1 counselling for people who want help to deal with loss of any kind – this could include but is not limited to:

- loss through bereavement
- loss of a job or home
- loss of mobility or health
- loss of confidence or sense of self

	<p>A confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss.</p> <p>The counselling is highly personal and responsive to the unique situation of each individual.</p> <p>This support is currently being offered via telephone or online.</p> <p><u>LIVING IN THE MOMENT WORKSHOP</u> (Group sessions to follow on from 1-2-1 counselling – sessions are run in blocks of 6 weeks.)</p> <p>The Living in the Moment workshop is designed to encourage clients to start living a healthier lifestyle.</p> <p>They are taught to accept themselves instead of being stuck in unhealthy patterns.</p> <p>The aim is to empower clients to become who they really are and not who everyone wants or expects them to be.</p> <p>The groups provide a safe space where clients can relax, get creative, share their feelings, support each other, and grow in confidence.</p>
<p><b>KENT HIGH WEALD</b></p>  <p>*West Kent</p>	<p><u>CONNECT WITH NATURE</u> (currently open to all areas)</p> <p>A 9-week online course for anyone wishing to connect with nature and enjoy its wellbeing benefits - weekly online group sessions which involve discussion and learning about different nature-based topics. In between the sessions, clients will have the option to take on small, easy, and enjoyable nature challenges - these will be agreed each week during the group discussion.</p> <p><u>PARK TIME</u></p> <p>"Grow your wellbeing in nature by taking part in our 8-week gardening programme. Enjoy gardening activities in a beautiful park with a friendly group of people. No experience needed." *takes place at Dunorlan Park, Tunbridge Wells (FACE-TO-FACE)</p>



## MARCH WOOD PROJECT



\*Ashford

The following 3 groups are delivered face-to-face at the March Wood Project site in Ashford:

(Sessions are run in blocks of 12 weeks and take place at set times throughout the year. Minibus pick-up from The Gateway in Ashford, 20 minutes before the start of the session.)

### 'INTO THE WILD' WOODLAND BUSHCRAFT

(Mondays 2.30pm to 4.30pm)

- fire lighting techniques
- foraging & camp cooking
- natural shelter
- woodland management & conservation

### WOMEN'S MENTAL HEALTH FOREST SPA

(Thursdays 10.30am to 12.30pm)

- natural crafts & green woodworking
- wild food foraging & camp cooking
- tai chi & qi gong

### WOODLAND WELLBEING

(Wednesdays 10:00am to 12:00pm)

- mindfulness & meditation
- forest bathing & woodland walks
- camp cooking
- natural art

The following 2 groups are delivered online:

### MINDFULNESS DISCUSSION (currently open to all areas)

(Wednesdays at 17:30)

- weekly tasks and meditations
- YouTube videos on mindfulness, meditation, and general wellbeing

### TAI CHI AND QI GONG (currently open to all areas)

(Thursdays at 18:00)

- tai chi and qi gong with relaxation techniques for health and wellbeing

## MID KENT MIND



\*Canterbury & Coastal

\*Maidstone

The following are currently being delivered face-to-face:

### GARDENING GROUP - HOLLAND ROAD, MAIDSTONE

(Mondays at 14:00)

- gardening activities taking place face-to-face
- 25 people maximum while restrictions remain in place

### WALKING GROUP - MOTE PARK, MAIDSTONE

(Fridays at 14:00)

- meet at the Mote Park Café before enjoying a walk around the park
- element of photography included for those who enjoy taking pictures
- 25 people maximum while restrictions remain in place

### ART & CRAFT GROUP - COLLEGE ROAD, MAIDSTONE

(Wednesdays at 14:30)

- art & craft activities taking place face-to-face
- 8 people maximum while restrictions remain in place
- groups may be offered fortnightly while restrictions remain in place (in order to accommodate more people)

### MINDFULNESS GROUP - COLLEGE ROAD, MAIDSTONE

(Thursdays at 14:30)


- mindfulness activities taking place face-to-face
- 8 people maximum while restrictions remain in place
- groups may be offered fortnightly while restrictions remain in place (to accommodate more people)



The following are currently being delivered online (via Zoom):



### COPING WITH LIFE COURSE

(Sessions are run in blocks of 5 weeks and take place at set times throughout the year.)

This course utilises cognitive behavioural coaching techniques; it is designed to give clients the tools they need to maintain their wellbeing, by supporting them to develop strategies for dealing with mental health problems which effect their day-to-day life.

	<p><u>BAKING GROUP</u> (Tuesdays at 14:00) Virtual cooking activities.</p> <p><u>ART &amp; CRAFT GROUP</u> (Wednesdays at 13:00) Virtual art &amp; craft activities.</p> <p><u>MINDFULNESS GROUP</u> (Thursdays at 13:00) Virtual mindfulness activities.</p> <p><u>PEER SUPPORT SIX WAYS TO WELLBEING GROUP</u> (Wednesdays at 10:00) A weekly peer support group structured around the Six Ways to Wellbeing (Be Active / Keep Learning / Give / Connect / Take Notice / Care for the Planet) and which facilitates recovery, social inclusion, and personal achievement.</p> <p><u>PEER SUPPORT &amp; RECOVERY GROUP</u> (third Thursday of every month at 10:00) The group provides an opportunity for clients to seek support and talk to other people who may relate to their experiences. It has been designed to get like-minded people together so that they can share their experiences around mental health and support each other with coping strategies which they may have found useful. The hope is that this will also provide an opportunity for people to share information about services which they have accessed, and their experiences with them.</p>
<p style="text-align: center;"><b>SPEAK UP</b></p>  <p>*Ashford</p>	<p><u>GROUP ART THERAPY</u> (Sessions are run in blocks of 8 weeks and take place at set times throughout the year - maximum of 8 clients per group.)</p> <ul style="list-style-type: none"> <li>• individual assessment (via telephone)</li> <li>• 8-week art therapy group (via Zoom) - sessions last for 2 hours</li> <li>• photographs of completed artwork to be shared with the facilitator (via email/phone)</li> <li>• each client is provided with a package of art materials (delivered to their home address)</li> </ul>

<p style="text-align: center;"><b>TAKE OFF</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p>Weekly 1-2-1 wellbeing calls.</p> <p>Online (Zoom) peer support groups, including:</p> <p>Depression Group - Mondays 15:00 to 17:00 (weekly)          Depression Group - Saturdays 16:00 to 18:00 (weekly)          Depression Group - Thursdays 18:00 to 20:00 (weekly)          Depression Group - Wednesdays 11:00 to 13:00 (weekly)          Creative Group - Tuesdays 14:00 to 16:00 (fortnightly)          Mood Group - Tuesdays 15:30 to 17:30 (fortnightly)</p> <p>Referrals to all Take Off interventions are currently on hold while Take Off navigate the transition back to face-to-face support. Interventions will be updated accordingly as soon as a plan has been finalised.</p>
<p style="text-align: center;"><b>TW&amp;D CITIZENS ADVICE</b></p>  <p>*Canterbury &amp; Coastal *Maidstone *West Kent</p>	<p style="text-align: center;"><u><b>MONEY MANAGEMENT COUNSELLING SERVICE</b></u></p> <p>The 'Money Management' counselling service offers LWK clients, access to a range of CAB services.</p> <p>This includes (but is not limited to) the following:</p> <ul style="list-style-type: none"> <li>• money management workshops ('Be Money Smart')</li> <li>• debt advice</li> <li>• budgeting advice</li> <li>• benefits advice</li> <li>• support around general money issues</li> </ul> <p>All referrals are received centrally; these are then distributed to the appropriate CAB, at which point contact is established with the client and a plan is put in place around how/when support will be delivered.</p> <p>Historically, clients were invited to attend the 'Be Money Smart' workshop BEFORE being offered support around their specific issues. This has now been reviewed and clients are being supported around their individual needs FIRST, before being invited to participate in the workshop as a follow-on from this support.</p>

<p><b>TW MENTAL HEALTH RESOURCE</b></p>  <p>*West Kent</p>	<p><u>MENTAL HEALTH RESOURCE EMOTIONAL WELLBEING</u></p> <p>Mental Health Resource are currently providing emotional wellbeing support through regular 1-2-1 telephone conversations.</p> <p>This includes giving tips &amp; advice around the importance of looking after physical and emotional wellbeing.</p> <p>They are encouraging clients to eat well, to get their daily exercise (if able) and to connect with others through various online forums.</p> <p>A peer support WhatsApp group is available for those who want to join.</p> <p>In addition, they have developed a Facebook page and also send out regular online bulletins, via email.</p> <p><u>MENTAL HEALTH RESOURCE 'CREATIVE ARTS' ART THERAPY</u></p> <p>Structured (group) art therapy sessions facilitated by an experienced Art Psychotherapist, taking place over 12 consecutive weeks.</p> <p>*this was cancelled due to lack of referrals and is unlikely to run again before October at the earliest</p>
<p><b>WEST KENT MIND</b></p>  <p>*Ashford *West Kent</p>	<p><u>MONEY MANAGEMENT COUNSELLING SERVICE (ASHFORD ONLY)</u></p> <p>A 'Money Management' counselling service giving LWK clients access to a variety of tools and supporting them to manage their finances in an improved way – currently being delivered via telephone and email.</p> <p>The service will cover (but not be limited to) the following:</p> <ul style="list-style-type: none"> <li>• money management</li> <li>• debt advice</li> <li>• budgeting</li> <li>• benefits advice</li> <li>• general money issues</li> </ul>

	<p><u>SOCIAL SUPPORT GROUPS</u></p> <p>Weekly structured social support groups, which facilitate recovery, social inclusion, and personal achievement – delivered via Zoom.</p> <ul style="list-style-type: none"><li>• Living Well - Edenbridge, Sevenoaks, and Tonbridge (healthy eating / relaxation techniques / sleep hygiene &amp; fitness)</li><li>• Creative Minds - Ashford, Edenbridge, Sevenoaks, and Tonbridge (art &amp; craft activities)</li><li>• Natural Ways to Wellbeing - Ashford, Sevenoaks, and Tonbridge (nature / growing things / the natural world)</li></ul> <p><u>PEER SUPPORT GROUPS</u></p> <p>Fortnightly structured peer support groups where clients can share their life experience with others in a safe environment – delivered via Zoom.</p> <ul style="list-style-type: none"><li>• Peer Support Art Group - Sevenoaks (various art activities - group meets fortnightly to discuss and share the artwork that they create individually in between sessions)</li><li>• Peer Support Sports Awareness - Sevenoaks (focus is on wellbeing conversations - group meets fortnightly to share information about walks they have been on / physical activities that they have been doing)</li></ul>
	<p><u>LIFE SKILLS COURSE</u></p> <p>A CBT based psycho-educational course designed to identify unhelpful thought patterns and help manage or cure problematic moods and behaviour – delivered via Zoom.</p> <p><b>*WE ARE AWAITING CONFIRMATION OF FUTURE LIFE SKILLS DATES</b></p> <p><b>*please ensure that you have read through the 'West Kent Mind Life Skills - guide for Community Health &amp; Wellbeing Navigators' document BEFORE referring your client (if you need a copy of this then let me know)</b></p>

## SPECIALIST BEREAVEMENT & LOSS COUNSELLING

(BRIGHTER FUTURES PROGRAMME)

1-2-1 counselling for people who want help to deal with loss of any kind – this could include but is not limited to:

- loss through bereavement
- loss of a job or home
- loss of mobility or health
- loss of confidence or sense of self

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 highly personal and responsive to the unique situation of each individual.

This support is currently being offered via telephone or online.

West Kent Mind Brighter Futures - guide for Community Health & Wellbeing Navigators

\*please ensure that you have read through the 'West Kent Mind Brighter Futures - guide for Community Health & Wellbeing Navigators' document BEFORE referring your client (if you need a copy of this then let me know)