



13/12/2021


Live well

Kent and Medway

LOT 3 ASHFORD / CANTERBURY & COASTAL)

(1ST OCTOBER 2021 - 31ST MARCH 2023)

TIER 2 DELIVERY NETWORK	
PROVIDER	CURRENT OFFER
<p>SHAW TRUST</p>  <p>*Ashford *Canterbury & Coastal</p>	<p>EMPLOYMENT SUPPORT</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"> • updating CVs and writing cover letters • job searching and completing job applications • interview skills • in work support for 6 months
<p>CLARION HOUSING</p>  <p>*Ashford *Canterbury & Coastal</p>	<p>HOUSING SUPPORT</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"> • rent and mortgage arrears • risk of homelessness / threat of eviction • repairs • unsuitable accommodation • benefits and debts • anti-social behaviour • domestic violence <p>*This is a floating support offer around tenancy sustainment – an individual <u>must</u> have an existing tenancy to be eligible for support.</p> <p>*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;">ACTIVITY BOX</p>  <p style="color: red;">*Canterbury & Coastal</p>	<p style="background-color: #d9ead3; padding: 2px;"><u>ART & CRAFT ACTIVITIES</u></p> <p>A 6-week art & craft programme to be delivered either remotely or face-to-face (or a mixture of both) dependent on individual client need.</p> <p>(Clients will be assessed by Activity Box at the time of referral and decisions will be made around the method of delivery, based on individual circumstances.)</p> <p>The Activity Box provide tailored packages of art & craft activities, with the aim of promoting positive wellbeing and boosting mental health.</p> <p>The activities are designed to help clients develop new skills and enhance their sense of achievement and self-belief.</p> <p>The 6 activities offered as standard will be:</p> <ul style="list-style-type: none"> • bear building • decopatch • creating a positivity jar • pottery painting • crystallites & elements • 5D diamond art <p>However, kits can be adapted for each client depending on their preferences.</p> <p>Clients who are engaging with the programme remotely will have all materials and instructions delivered to their home address prior to their first session. They will then receive a 'check-in' (via their preferred communication method) at both the beginning and end of their agreed session time.</p> <p>Clients who are engaging with the programme in person will have studio sessions lasting for 90 minutes.</p>

**AMANDA GODLEY
ART THERAPY**



*Ashford

GROUP ART THERAPY

- group art therapy
- 8 sessions over 8 consecutive weeks
- sessions will either be held face-to-face at a location in Ashford, or they will take place online Via Zoom
- all clients will be assessed before being invited to join the group
- there is no need for clients to be 'good at art' or have any previous art experience
- clients will be provided with a selection of quality art materials
- each session will be structured to allow time for clients to share current issues and wellbeing, spend time making art, and then to participate in reflection time
- every week there will be a different theme for the art making process, along with a suggestion of which art materials clients may like to use - this will help them to engage creatively and express their emotional journey to recovery in a visual form
- groups will take place at set times throughout the year

CANTERBURY ART STUDIO



*Canterbury & Coastal

GROUP ART THERAPY

- group art therapy taking place face-to-face
- 8 sessions over 8 consecutive weeks – usually on a Wednesday
- sessions are held at The Beaney House of Art & Knowledge (library and museum in Canterbury)
- all clients will be assessed before being invited to join the group
- there is no need for clients to be 'good at art' or have any previous art experience
- clients will be provided with a selection of quality art materials
- the sessions will be a place where clients can start to make sense of the life events that have had an impact upon their mental health and wellbeing - helping them to find a voice for their experiences
- clients will all have the opportunity to take part in a culminating art exhibition in early 2023
- groups will take place at set times throughout the year

CANTERBURY UMBRELLA



*Canterbury & Coastal

SELF HELP FOR HOLISTIC HEALTH (FACE-TO-FACE)

The practices behind the theory for self-help and how to apply it to your life.

“We will provide a range of models and tools for individuals to use now and into the future. We will signpost to community resources for physical and mental wellbeing support, including groups, classes, activities, and external organisations. We will use the Recovery Star Model to identify goals and areas of growth; this self-evaluation will be undertaken throughout the group work process.”

Groups run for 1 month in the format of an informal chat and interactive workshop.

FINDING YOUR VOICE (FACE-TO-FACE)

Explore what makes communication effective and how you can use this in your daily life.

"We will look at defining being assertive rather than being aggressive or passive, being aware of your communication style and using it to your advantage, working out your 'script' for daily life and how it impacts your thoughts, feeling and behaviour, and undertaking a practical example in the community, e.g. making a difficult phone call, having a difficult face-to-face conversation, or engaging in community activities. We will use the Recovery Star Model to identify goals and areas of growth; this self-evaluation will be undertaken throughout the group work process.”

Groups run for 1 month in the format of an informal chat and interactive workshop.

MAKING CONNECTIONS & BUILDING RELATIONSHIPS (FACE-TO-FACE)

How to build connections with your community and break down social isolation.

"We will use the 'Element Model' by Ken Robinson (Educational Psychologist) to help participants identify their interests, passions, skills, and strengths, and support them to 'find their tribe' - where they feel safe, comfortable, welcomed, secure, and acknowledged. We will use the Recovery Star Model to identify

goals and areas of growth; this self-evaluation will be undertaken throughout the group work process.”

Groups run for 1 month in the format of an informal chat and interactive workshop.

STRESS MANAGEMENT (FACE-TO-FACE)

Explore how we experience stress both psychologically and physically. Plus, a look at the impact on our minds and our bodies and how we can gain a sense of control over both.

"By the end of the course participants will be able to identify key stressors and triggers, as well as the appropriate strategies to manage both the physical and emotional impact of stress. Our aim is for participants to accept that self-care is not selfish. We will use the Recovery Star Model to identify goals and areas of growth; this self-evaluation will be undertaken throughout the group work process.”

Groups run for 1 month in the format of an informal chat and interactive workshop.

MENTAL HEALTH AND 'THE FAMILY' (FACE-TO-FACE)


Discussion around families, how we define them, and how there can be some topics just too difficult to discuss. Plus, a look at how we can maximise the benefits of family life and boost our own and our families' resilience.



"We will support participants to identify their own 'family' support network, strategies to strengthen positive relationships, and ways to be resilient with those who may challenge their well-being. We will use the Recovery Star Model to identify goals and areas of growth; this self-evaluation will be undertaken throughout the group work process.”



Groups run for 1 month in the format of an informal chat and interactive workshop.

6 WEEK WELLBEING PROGRAMME (FACE-TO-FACE)

1. How our Thoughts and Behaviours Influence our Wellbeing

	<ol style="list-style-type: none"> 2. Overcoming Low mood with CBT Strategies 3. Managing Anxiety with CBT Strategies 4. Building Self-Compassion & Resilience with CBT Strategies 5. The Role of Sleep and Nutrition in Maintaining Wellbeing 6. Combat Negative Thinking Patterns using CBT <p>Groups run for 6 weeks in the format of an informal chat and interactive workshop.</p>
<p style="text-align: center;">CARRIE NEEVES</p> <div style="text-align: center;">  <p><i>Carrie Neeves</i> EMPOWERMENT COACHING FOR WOMEN</p> </div> <p>*Ashford *Canterbury & Coastal</p>	<p style="background-color: #e0f0e0; padding: 2px;"><u>CARRIE NEEVES EMPOWERMENT COACHING FOR WOMEN - 121</u></p> <p>Carrie Neeves Empowerment Coaching for Women supports individuals with mental health and wellbeing needs through online coaching and EAL (Equine Assisted Learning) videos. The previous age limit has now been removed.</p> <p>Specialising in women with low self-confidence, low self-esteem, feelings of worthlessness, fear of failing, lack of motivation/direction, and/or who have experienced loss or abandonment from friends/partners, the program aims to empower women to achieve freedom by helping them to discover who they are; their strengths, blueprint, beliefs, stories & actions, and how all these impact on them, others, and the world around them.</p> <p>The programme is lifetime solution focussed; teaching life skills and coping strategies, and building resilience.</p> <p>Each client will receive 8 sessions (1 per week) and each session will last for up to 2hrs.</p> <p style="background-color: #fff9c4; padding: 2px;"><u>CARRIE NEEVES EMPOWERMENT COACHING FOR WOMEN - GROUP</u></p> <p>The content of the group programme is the same, however the sessions are structured as follows:</p> <p>WEEK 1: each client will receive a 121 session lasting for up to 1hr WEEKS 2-7: group session (1 per week) lasting for up to 3hrs WEEK 8: each client will receive a 121 session lasting for up to 1hr</p> <p>*starting March 2022</p>

<p>HERNE BAY UMBRELLA</p>  <p>*Canterbury & Coastal</p>	<p><u>ART & WELLBEING (FACE-TO-FACE)</u> 12 week programme of weekly 2 hour sessions, facilitated by MH workers who encourage the beneficiaries to engage in different creative activities with the aim of increasing positive emotions and reducing feelings of stress, anxiety, and depression.</p> <p><u>COOKERY (FACE-TO-FACE)</u> 6 month programme of fortnightly sessions - more detail to follow.</p> <p><u>SINGING FOR WELLBEING (FACE-TO-FACE)</u> 6 month programme of fortnightly sessions - more detail to follow.</p> <p><u>WALKING AND TAKING NOTICE (FACE-TO-FACE)</u> 6 month programme of fortnightly sessions - more detail to follow.</p> <p><u>CRAFTING SESSION (FACE-TO-FACE)</u> 6 month programme of fortnightly sessions - more detail to follow.</p> <p><u>SOCIAL GROUP FOR MINDFUL TIME (FACE-TO-FACE)</u> 6 month programme of fortnightly sessions - more detail to follow.</p>
<p>J R COUNSELLING</p>  <p>*Ashford *Canterbury & Coastal</p>	<p><u>BEREAVEMENT & LOSS (ONLINE / TELEPHONE)</u></p> <p>121 counselling and GROUP 'Living in the Moment' workshops 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"> • 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 121 counselling is highly personal and responsive to the unique situation of each individual.</p> <p>The 6 week Living in the Moment workshop is designed to encourage clients to start living a healthier lifestyle. They are taught to accept themselves instead of</p>

	<p>being stuck in unhealthy patterns. The aim is to empower clients to become who they really are and not who everyone wants or expects them to be. The groups provide a safe space where clients can relax, get creative, share their feelings, support each other, and grow in confidence.</p> <p>****please note that the 121 counselling and GROUP 'Living in the Moment' workshops have now been combined into 1 intervention - you are welcome to recommend either type of support when referring, but it will be for Julie to assess clients and allocate them to the most appropriate type of support****</p>
<p>KENT HIGH WEALD</p>  <p>*Ashford *Canterbury & Coastal</p>	<p><u>CONNECT WITH NATURE (ONLINE)</u></p> <p>The Connect with Nature project offers opportunities for people to improve their wellbeing by doing exactly what it says on the tin – connecting with nature.</p> <p>Although not spending time directly in nature, the online Connect with Nature group offers social interaction with like-minded people along with the gentle invitation to get out in nature on one's own terms. Clients will take part in a weekly online group session where they will discuss and learn about different nature-based topics in a relaxed and informal manner. In between the sessions participants will have the option to take on small, easy, and enjoyable nature challenges set for them during the group discussion.</p> <p>The project runs in 9-week programmes with a maximum capacity of 15 clients on each programme.</p> <p>*sessions take place on a Wednesday</p>
<p>MARCH WOOD PROJECT</p>  <p>*Ashford</p>	<p>March Wood Project groups are run in blocks of 12 weeks and take place at set times throughout the year.</p> <p>Please note that clients are able to access only <u>TWO</u> courses at March Wood Project throughout the duration of their LWK journey.</p> <p><u>WOMEN'S MENTAL HEALTH SPA (FACE-TO-FACE)</u></p> <p>The women's Mental Health Spa will provide a safe space for women to learn a range of heritage and natural craft, using resources found within the woodland.</p>

They will be taught how to use a range of tools including knives, chisels, draw knives, wood burning tools, and saws, as well as using a traditional shave horse and pole lathe. Crafts can include walking sticks, bowls, spoons, planters, and bird boxes, as well as woodland art. We will also learn how to forage natural plants and use these to make natural dyes, balms, and lotions. Foraging will also be used to explore which plants can be eaten, how to prepare them, and what their health benefits are.

The programme will give women the opportunity to learn new skills, gain confidence, lessen their feelings of isolation, and create peer relationships that can continue away from the group.

Delivering this programme within the natural environment gives a sense of peace and tranquillity away from the stresses of everyday life and allows the women a space just for them.

Thursdays 10:30-12:30.

Minibus pick-up from The Gateway in Ashford, 20 minutes before the start of the session.

WOODLAND CONSERVATION, MANAGEMENT, AND BUSHCRAFT SKILLS (FACE-TO-FACE)

The woodland conservation, management, and bushcraft group will allow attendees to learn a range of skills using different tools and helping to maintain the woodland.

They will learn about biodiversity, plants, and wildlife, and how they work together for the benefit of the environment.

Using tools such as knives, axes, billhooks, slashers, and scythes, we will undertake tasks such as clearing and managing pathways and rides, creating and maintaining wildlife ponds, ditch clearing, hedgerow management, and creating habitats for wildlife, as well as building bird boxes and feeders.

Attendees will learn coppicing skills and how to use green wood for a range of crafts, how to identify and safely remove dead trees, and tree and plant identification.

The group will also learn about wildlife surveys - particularly around pond creatures and Great Crested Newts.

Bushcraft skills will include how to light fire using natural materials such as barks, plants, and fungus, as well as foraging wild plants, and campfire cooking.

Mondays 14:30-16:30.

Minibus pick-up from The Gateway in Ashford, 20 minutes before the start of the session.

WOODLAND WELLBEING (FACE-TO-FACE)

The wellbeing programme is designed to support people to find ways of dealing with life, enabling them to find new skills that can be used in their everyday.

It will include meditation and mindfulness, which will help them to create moments of inner peace and control over everyday occurrences that they find overwhelming.

There are woodland walks that allow attendees to re-connect to nature, teaching them how to use what is around them to lessen anxiety and stress.

There are open conversations within the group, which show people they are not on their own and that there is a chance of creating new positive support networks.

Attendees will learn about different cognitive skills that they can utilise moving forward, giving them the belief that their lives can change. We will do small creative projects, where they get to tap into hidden creative and childish thinking - freeing them from old restrictions and giving them tools to express themselves in a variety of ways. It is a place where attendees can be themselves, without the fear of being judged.

Wednesdays 10:00-12:00.

Minibus pick-up from The Gateway in Ashford, 20 minutes before the start of the session.

MID KENT MIND



*Ashford

*Canterbury & Coastal

COPING WITH LIFE (FACE-TO-FACE) *Ashford / Faversham / Canterbury

This course 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. It utilises Cognitive Behavioural Coaching techniques and self-analysis exercises to enable participants to:

- Manage anxiety by understanding what anxiety is and how it is triggered, learning skills to help lower anxiety and deal with fight or flight situations effectively.
- Manage depression by understanding the thoughts, feelings and behaviours that create depression, develop skills to help change this cycle and learn to use coping tools to deal with times when they feel low.
- Manage stress by identifying the causes and effects of stress and learn practical skills to help manage and reduce stress more effectively.

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

*first Ashford course starting early 2022

*Canterbury & Faversham TBC

COPING WITH LIFE (ONLINE)

As above but delivered online via Zoom.

GARDENING GROUP (FACE-TO-FACE) *Ashford / Canterbury

A 12 week 'Natural Environment' program of weekly 2hr sessions, designed for clients who are going through a difficult period in their lives and who would benefit from having some positive focus.

Through gardening and environment focussed activity, the group aims to:

- reduce depression, stress, and anxiety
- increase confidence and positive emotions
- reduce social isolation
- promote positive mental health

Each cohort of sessions will focus primarily on a specific project. This could include (but is not limited to):

- creating a sensory garden
- allotment / vegetable growing

14:30-16:30 every Tuesday.

*Ashford group starting early 2022

*Canterbury group TBC

ART GROUP (FACE-TO-FACE) *Ashford

A 12 week 'Art and Wellbeing' program of weekly 2hr sessions, designed for clients who are going through a difficult period in their lives and who would benefit from having some positive focus.

Through creative self-discovery and peer support, the group aims to:

- reduce depression, stress, and anxiety
- increase confidence and positive emotions
- reduce social isolation
- promote positive mental health

Activities include (but are not limited to):

- water colour painting
- making sun catchers
- stone painting
- weaving
- doodling

12:00-14:00 every Tuesday.

*starting early 2022

BIPOLAR SUPPORT GROUP (FACE-TO-FACE) *Ashford / Canterbury

A condition-based recovery support group for those with a diagnosis of Bi-Polar Disorder.

Group sessions will involve structured conversation around peer support and self-analysis, with the aim of building confidence and self-esteem.

We will explore the diagnosis of Bi-Polar Disorder and look at the facts vs the myths, with the aim of dispelling misinformation and stigma.

The idea is that as people become more aware of their condition, they will have a greater ability to manage it effectively moving forward.

Groups will be facilitated by staff that have lived experience.

Group sessions will last for 2hrs and will take place monthly, for a period of 6 months.

Two groups will run concurrently: one 09:30-11:30 on the first Tuesday of the month and one 09:30-11:30 on the third Tuesday of the month - clients are currently welcome to attend both monthly sessions if they wish to, capacity allowing.

*Ashford group starting early 2022

*Canterbury group TBC

BIPOLAR SUPPORT GROUP (ONLINE)

As above but delivered online via Zoom.

EUPD SUPPORT GROUP (FACE-TO-FACE) *Ashford / Canterbury

A condition-based recovery support group for those with a diagnosis of Emotionally Unstable Personality Disorder.

Group sessions will involve structured conversation around peer support and self-analysis, with the aim of building confidence and self-esteem.

We will explore the diagnosis of Emotionally Unstable Personality Disorder and look at the facts vs the myths, with the aim of dispelling misinformation and stigma.

The idea is that as people become more aware of their condition, they will have a greater ability to manage it effectively moving forward.

Groups will be facilitated by staff that have lived experience.

Group sessions will last for 2hrs and will take place monthly, for a period of 6 months.

Two groups will run concurrently: one 09:30-11:30 on the second Tuesday of the month and one 09:30-11:30 on the fourth Tuesday of the month - clients are currently welcome to attend both monthly sessions if they wish to, capacity allowing.

*Ashford group starting early 2022

*Canterbury group TBC

EUPD SUPPORT GROUP (ONLINE)

As above but delivered online via Zoom.

BAKING (ONLINE)

Online cooking group where clients can learn how to cook healthy meals in their own homes.

The 'menu' will be pre-arranged ahead of each session to allow time for clients to shop for ingredients (should they wish to join in 'live').

Fortnightly group lasting 6 months, taking place on Zoom.

14:00-15:30 every other Wednesday.

SINGING (ONLINE)

Online singing group where clients of all singing abilities can connect virtually and take part in a 1 hour fun-filled session designed to increase confidence and relieve stress.

Clients can mute themselves if they don't wish to be heard.

Fortnightly group lasting 6 months, taking place on Zoom.

14:00-15:00 every other Tuesday.

WALKING (FACE-TO-FACE) *Ashford / Canterbury / Faversham

Encouraging healthy regular exercise within a secure group.

Fortnightly group lasting 6 months.

14:00-15:00 every other Wednesday.

*Faversham group starting late November

*Ashford & Canterbury groups TBC

MINDFULNESS (FACE-TO-FACE) *Ashford / Canterbury

Mindfulness based peer support sessions introducing breathing and relaxation techniques.

Fortnightly group lasting 6 months.

MINDFULNESS (ONLINE)

Mindfulness based peer support sessions introducing breathing and relaxation techniques.

Fortnightly group lasting 6 months.

14:00-15:30 every other Wednesday.

CRAFTS (FACE-TO-FACE) *Ashford / Canterbury

Fun craft activities.

Fortnightly group lasting 6 months.

CRAFTS (ONLINE)

Fun craft activities.

Fortnightly group lasting 6 months, taking place on Zoom.

14:00-15:30 every other Tuesday.

PATHWAYS TO INDEPENDENCE



Social Interest Group



*Ashford
*Canterbury & Coastal

INSIGHT PROGRAMME (ONLINE)

The programme combines Cognitive Behavioural Theory with theatre and storytelling, inviting participants to explore themselves, developing communication and cooperation skills to improve confidence, self-esteem, and wellbeing.

Sessions equip participants with insight into their behaviour, thoughts, and feelings, providing a toolbox of exercises to use post-programme.

SESSION 1: Getting To Know You

- Introduction to the course and the rest of the group.
- Beginning to unpack what self-esteem looks like and why we need it.

SESSION 2: Self-Esteem Explained

- Exploring external factors which impact self-esteem.

SESSION 3: The Cycle Of Life

- Learning about cognitive cycles.
- Examining emotional triggers and developing key skills to help manage and maintain emotions when dealing with them.

SESSION 4: Just Think About It

- Exploring embodiment of self-esteem, body language, theory of automatic thoughts, and unhelpful thinking cycles.

SESSION 5: What Zone Am I In?

- Discussing comfort zones and how to step out of them.
- Acknowledging positive traits and the value of affirmation.
- Developing our positive traits.

SESSION 6: Back To The Future

- Creating next steps plans through examining the theory of change and engaging in reflective exercises.

Sessions are 2 hours long and will run twice weekly, for 3 weeks (on Zoom).

POETSIN

The Creative
Mental Health
Charity
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*Ashford

*Canterbury & Coastal

CREATIVE MENTAL HEALTH PROGRAMME (ONLINE)

1 x 90 minute session per week for 6 weeks.

Upon referral, clients will be assessed and then placed onto either a standard programme (for those with mild to moderate mental health needs) or an advanced programme (for those with higher level needs).

Each session is a mix of instruction, discussion, and activity, covering a variety of topics:


- depression
- anxiety
- worry
- self-care
- self-compassion
- mindfulness
- saying 'no' and setting boundaries
- happiness
- confidence building
- stress

At the beginning of each session the chosen theme will be discussed; clients will be engaged in discussion about the theme, and then techniques will be introduced to achieve the goal of either reducing or increasing the theme - i.e. reducing stress or increasing confidence.

At the end of each session activities will be provided for clients to complete at home, in order to further compound the skills and knowledge gained during the session.

Alongside the structured programmes, clients will have access to peer-to-peer support via our buddy service and creative mental health community.

Our creative mental health community runs 24/7 365 days a year. This is a free service to provide support to those struggling with their mental health and wellbeing and is a space to express difficult feelings without fear of judgement.

	<p>Our buddy service operates on a one-to-one basis covering 9am-10pm, 7 days a week. This service is particularly beneficial to those who score “very low” on WEMWBS but is open to any service user.</p>
<p>TAKE OFF</p>  <p>*Ashford *Canterbury & Coastal</p>	<p><u>DEPRESSION & ANXIETY (FACE-TO-FACE)</u> *Ashford / Canterbury</p> <p>The weekly 'Depression & Anxiety' group is peer-led, and discussion is flexible and organic - starting with a 'check-in' and ending with a 'debrief' in order to ensure that the sessions do not end on a heavy note and that everyone is mentally fit to leave the group.</p> <p>Clients can participate in the group for up to 6 months.</p> <p><u>DEPRESSION & ANXIETY (ONLINE)</u></p> <p>As above but delivered online via Zoom.</p> <p>Clients can participate in the group for up to 6 months.</p> <p><u>MOOD (ONLINE)</u></p> <p>The 'Mood' group is for those with either a formal diagnosis or suggested diagnosis of, or who are currently awaiting assessment for, one of the following:</p> <ul style="list-style-type: none"> *EUPD (Emotionally Unstable Personality Disorder) *BPD (Borderline Personality Disorder) *Bi-Polar Disorder <p>The fortnightly group is peer-led and discussion is flexible and organic - starting with a 'check-in' and ending with a 'debrief' in order to ensure that the sessions do not end on a heavy note and that everyone is mentally fit to leave the group.</p> <p>The group is delivered online via Zoom.</p> <p>Clients can participate in the group for up to 6 months.</p> <p>15:30-17:30 every other Tuesday.</p>

ON THE FARM (FACE-TO-FACE) *Nr Canterbury

The weekly 'On The Farm' group takes place at a farm in Shatterling, which is few miles outside of Canterbury, located along the A257 road about two miles east of Wingham.

Attendees have a plethora of things to see and do at the farm; there are goats, horses, donkeys, chickens, and a sweet farm dog. Many of the animals have been rescued and some have come from abusive homes. Attendees can help to build & maintain animal enclosures, and they can also work with the animals directly.

Sessions run from 09:30 to 14:00.

Clients can participate in the group for up to 3 months, at which point a discussion will take place around next steps.

GARDENING & ALLOTMENT (FACE-TO-FACE) *Faversham

The weekly 'Gardening & Allotment' group takes places across two plots in Faversham, both on the same site. The first plot is an allotment, growing apples, pears, berries, strawberries, and rhubarb. The other plot is a garden, soon to be growing flowers of different colours & scents in order to encourage a variety of birds & insects.


Attendees are welcome to join in with the physical tasks on either plot, but the main focus of the group is around socialising and reducing isolation. There is an outdoor seating area and also a building which can be utilised if the weather is not favourable.

Group sessions last for 3 hours.

Clients can participate in the group for up to 6 months.

PHOTOGRAPHY (FACE-TO-FACE) *Faversham

The weekly 'Photography' group will be based from our garden & allotment site in Faversham, where there are a variety of flowers, birds, and insects to photograph. Some sessions may also take place online.

	<p>The group will be structured over 10 weeks, with week one being an opportunity for attendees to learn how to use their camera - if attendees don't have their own smartphone or camera to use then there will be devices available for them to borrow. Attendees will learn different photography skills, for example how to make light edits.</p> <p>Dependent on the situation with COVID / government guidelines, the intention will be to end the project with a gallery event whereby attendees will be able to show their work.</p> <p>ART (FACE-TO-FACE) *Canterbury</p> <p>The fortnightly 'Art' group is peer-led and exists to support people with their mental health recovery through talking and activities.</p> <p>Activities include but are not limited to; pottery, collage, painting, cyanotype, designing tote bags, and making keyrings.</p> <p>Clients can participate in the group for up to 6 months.</p>
<p>WEST KENT MIND</p>  <p>*Ashford *Canterbury & Coastal</p>	<p>MONEY WORKS 121 (ONLINE / TELEPHONE)</p> <p>A person-centred, early intervention, holistic money management support programme that takes account of beneficiaries' mental, physical and social needs</p> <p>121 money management clinics to discuss benefits, debt management, budgeting, and better lifestyle choices. Initially, weekly for 2/3 weeks, then monthly check-ins until benefits secured, personal goals achieved, and the time is right to exit the service. Appointments will be during the working day with some evening or weekend appointments available. Average of 5 hours support provided per beneficiary. Exact content will be co-designed by each beneficiary and their wellbeing worker, based on needs/goals.</p> <p>MONEY WORKS WORKSHOPS GROUP (ONLINE)</p> <p>A series of 3 peer self-help online group sessions that cover generic money management issues and include guest speakers. Content to be co-designed with beneficiaries.</p>

WING TRAINING



*Ashford

*Canterbury & Coastal

MOVING FORWARD (ONLINE)

The intervention utilises 'Forum Theatre' teaching techniques and specialised 'Peer to Peer' teaching and learning.

The intervention is made up of 6 sessions split across a period of 1 month.

'Forum Theatre' is a proven method of powerfully addressing challenging issues and is often used to achieve social aims. It is a form of educational workshop that encourages profound group interaction and explores different options for dealing with a key issue. The 'Forum Theatre' method can be particularly effective when used by socially excluded and disempowered groups.

Groups are shown a short sequence in which a central character encounters a form of oppression or obstacle which they are unable to overcome. The subject-matter will usually be something of immediate importance to the group, often based on a shared life experience, and is then positively unpacked through the process.

Wing Training expects to tackle issues like family relationships, homelessness, unemployment, and health, along with generic mental health conditions such as anxiety, loneliness, depression, and low self-esteem.

The intervention aims to entertainingly engage, offer positive solutions, facilitate a potential change in mindset, and allow groups to organically identify key new strategies for both themselves and others.

All participants get the opportunity to discuss their own issues and barriers at length, should they wish, throughout the process.

All 'Moving Forward' interventions follow three distinct stages:

STAGE 1: Moving Forward - Let's Talk

This stage includes 2, up to 1 hour telephone conversations, where participants can talk through their general condition, circumstances, state of wellbeing and expectations, and it ends with a comprehensive 121 induction to the group stage, led by a tutor.

STAGE 2: Moving Forward - Let's Talk In Groups

This is the core of the intervention and is delivered across 4 online group sessions. Each session is delivered by 2 actor-tutors, lasts for 3 hours, and encompasses the innovative delivery techniques described above. To enhance learning, every participant is provided with their own bespoke 'Moving Forward' resource toolkit - accessed through a secure cloud-based system - which includes a comprehensive database of the most up to date local opportunities, support groups, and networks.

STAGE 3: Exit

A discreet 90-minute 121 review, where participants and tutor reflect on progress and agree (together) further courses of action - including at least one local progression wherever possible.

COMMUNITY PERFORMANCE PROGRAMME (MIXED DELIVERY)

Wing Training will be delivering a unique, performance-based programme, facilitated by actor-facilitators, where interested participants build and create a 'community performance' - a performed sharing of positive thoughts, ideas, inputs, insights, and narratives with a strong community focus.

Wing Training will provide professional creatives; writers, musicians, directors, and specialists actor-facilitators, to facilitate the process, however all ideas, concepts, insights, and eventual content, will come from participant's reflections and experiences, captured through a profound peer to peer process, possibly but not exclusively related to mental health and - from the identity of the community itself. The performance can take any shape, include any genre(s) and is expected to have profound elements whilst at the same time being engaging, thoughtful and uplifting with a suggested, central theme of kindness.

It is hoped that some participants will perform in it, however Wing Training actors can take the lead if necessary, performing on behalf of the group, facilitating the event, and ensuring at all times that the programme is manageable.

It is, equally, hoped that other individuals and groups within the community – for example choirs, bands, singers, or drama groups will also be encouraged to become involved as part of programme remit, enhancing community interaction and creating more of a 'community event'.

The programme will last 24 weeks in total with an average of two sessions per month, however we expect there to be a slight weighting of more sessions both at the beginning and the end of the programme when the hoped-for performance takes place. Key programme aims will be to assist participants to:

- measurably improve their mental health
- measurably improve their confidence, self-esteem, and wellbeing
- better interact with the local community
- build or rebuild vital new life and social skills
- agree a range of positive individual goals
- where appropriate, progress into and towards work or recognised training
- where appropriate, progress onto a local opportunity

The first two sessions will be dedicated entirely to 'peer to peer' resourcing. One or two Wing Training facilitators (depending on referral numbers) will carefully build a group dynamic and slowly resource participants into how to effectively be a part of a network group.

From here, Wing Training will - from directives generated organically by the group - build performance frameworks to be fed back at the next session. These might be in the form of short scripts, songs, a poem or even a dance. Creative specialists are engaged to develop this work where required and may be deployed on further sessions to develop the ideas further with the group.

Between sessions, it is fully expected that participants will continue to support each other in building further content, meeting - in sub-groups - to achieve set tasks and encouraging other individuals and groups to join the project. A delegated Wing Training facilitator is available at all times to offer guidance and support on agreed, scheduled calls.

As the project develops, an appropriate venue will be sourced - indoors, outdoors, possibly a local centre or school, or maybe as part of another associated community event - fully depending on the requirements and decisions of the group. As a specific remit of the programme, transferable skills will be encouraged which might lead to set building, costume making, lighting or programme design, again with a clear emphasis on keeping things manageable.

	<p>On a given day, the shared performance takes place, the programme is successfully completed, and a full Exit Review session is allocated to every participant.</p> <p>To enhance progress and development, every participant is provided with a 'Community Performance' resource toolkit - accessed through a cloud-based storage portal - which can be populated at any time, and includes full details of the programme, its aims, on-going most up to date content, key developments, schedules and a wide variety of mental health support resources, local opportunities, and information on local networks.</p>
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KEY:

XXXX = in process

XXXX = coming soon