

01/08/2022

# Live well

**Kent and Medway**

**LOT 3 ASHFORD / CANTERBURY & COASTAL)**

**(1<sup>ST</sup> OCTOBER 2021 - 31<sup>ST</sup> MARCH 2023)**

TIER 2 DELIVERY NETWORK	
PROVIDER	CURRENT OFFER
<p>SHAW TRUST</p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p><b>EMPLOYMENT SUPPORT</b></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>CLARION HOUSING</p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p><b>HOUSING SUPPORT</b></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.</p> <p>*This service is <u>unable</u> to support individuals with student tenancies.</p>

TIER 3 DELIVERY NETWORK	
PROVIDER	CURRENT OFFER
<p><b>ACTIVITY BOX</b></p>  <p>*Canterbury &amp; Coastal</p>	<p><b><u>ART &amp; CRAFT ACTIVITIES</u></b></p> <p>A 6-week art &amp; 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 &amp; 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"> <li>• bear building</li> <li>• decopatch</li> <li>• creating a positivity jar</li> <li>• pottery painting</li> <li>• crystallites &amp; elements</li> <li>• 5D diamond art</li> </ul> <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 (**Wednesdays 13:30 to 15:30**)
- sessions are held at The Beany 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

## MENTAL HEALTH WORKSHOPS (FACE-TO-FACE)

A programme of 5 mental health workshops, each running for 4 weeks and focussing on a specific topic.

Workshops will run on a rolling schedule, and all sessions will be offered on both a Wednesday and a Thursday at some point across the period in order to accommodate as many people as possible.

Clients can choose to attend as many or as few of the 5 different workshops as they like, and the 5 topics are as follows:

### SELF HELP FOR HOLISTIC HEALTH

A 4-week workshop exploring 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.”

**Workshops are scheduled to start in June 2022 and October 2022.**

### MAKING CONNECTIONS & BUILDING RELATIONSHIPS

A 4-week workshop exploring 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.”

**Workshops are scheduled to start in June 2022 and November 2022.**

### STRESS MANAGEMENT

A 4-week workshop exploring 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."

Workshops are scheduled to start in July 2022 and January 2023.

### MENTAL HEALTH AND 'THE FAMILY'

A 4-week workshop exploring 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."

Workshops are scheduled to start in August 2022 and February 2023.

### FINDING YOUR VOICE

A 4-week workshop exploring 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

	<p>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.”</p> <p>Workshops are scheduled to start in September 2022 and March 2023.</p> <p><b>6 WEEK WELLBEING PROGRAMME (FACE-TO-FACE)</b></p> <p>6 Week Wellbeing Programme:</p> <p>WEEK 1: How our Thoughts and Behaviours Influence our Wellbeing  WEEK 2: Overcoming Low mood with CBT Strategies  WEEK 3: Managing Anxiety with CBT Strategies  WEEK 4: Building Self-Compassion &amp; Resilience with CBT Strategies  WEEK 5: The Role of Sleep and Nutrition in Maintaining Wellbeing  WEEK 6: Combat Negative Thinking Patterns using CBT</p> <p>Groups are scheduled to start in May 2022 and September 2022.</p>
<p><b>CARRIE NEEVES</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p><b>CARRIE NEEVES EMPOWERMENT COACHING FOR WOMEN - 121</b></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 &amp; 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 &amp; 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><b><u>CARRIE NEEVES EMPOWERMENT COACHING FOR WOMEN - GROUP</u></b></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</p> <p>WEEKS 2-7: group session (1 per week) lasting for up to 3hrs</p> <p>WEEK 8: each client will receive a 121 session lasting for up to 1hr</p>
<p><b>HERNE BAY UMBRELLA</b></p>  <p>*Canterbury &amp; Coastal</p>	<p><b><u>ART (FACE-TO-FACE)</u></b></p> <p>A 12-week programme of semi-structured art sessions during which we will be experimenting with different materials, including; paint, pencils, pastels, and charcoal, and exploring different themes, including; mood, colour, and 3D art.</p> <p>The aim is to encourage members to express themselves through their art, and the intention will be to explore as many different avenues as possible - all ideas are welcome!</p> <p>We will also incorporate trips to local galleries into some of our sessions (travelling by bus) with the intention of learning, opening up conversation, and finding inspiration for our own pieces.</p> <p>Group run by Matt - sessions run on Thursdays from 13:00 to 15:00.</p> <p><b><u>HEALTH WALK (FACE-TO-FACE)</u></b></p> <p>A gentle walk with a small, friendly group of people in a nearby location such as the beach or the Herne Bay Memorial Park. We will look to combine the Six Ways to Wellbeing into the sessions and upon our return to the centre we will talk about what we observed during our walk, what we gained from the experience, and how the experience made us feel.</p> <p>Group run by Matt - sessions run on Mondays from 13:00-13:45. Clients can participate in the group for up to 6 months.</p>

### **CRAFTS (FACE-TO-FACE)**

A fun and interactive craft session where we can learn techniques and explore ideas in a relaxed and sociable environment. There is no pressure and everyone is able to work at their own pace. The sessions will each have a different theme, for example; seasons or holidays, and we will experiment with different forms of art, for example; painting and sculpture. The intention will be to display some of our 'makes' around the centre for people to see.

Group run by Sue & Laura - sessions run on Mondays from 13:00 to 15:00.  
Clients can participate in the group for up to 6 months.

### **MINDFULNESS (FACE-TO-FACE)**

The mindfulness group will begin with a light exercise session lasting for around 15-20 minutes. This will be followed by.... TBC.

**\*\*WE ARE CURRENTLY LOOKING FOR A VOLUNTEER TO SUPPORT WITH THE DELIVERY OF THIS GROUP SO IF ANYBODY KNOWS SOMEONE WITH AN UNDERSTANDING OF MINDFULNESS WHO MAY BE INTERESTED IN VOLUNTEERING 1HR PER WEEK TO SUPPORT WITH THIS THEN PLEASE LET US KNOW\*\***

Group run by Rachel & TBC - sessions run on Thursdays from 11:00 to 12:00.  
Clients can participate in the group for up to 6 months.

### **BOOK CLUB (FACE-TO-FACE)**

A relaxed and welcoming get together to discuss the books, poems, short stories, magazine articles, podcasts, or audiobooks that members have chosen to read or listen to during the week. People are welcome to read (or listen to) as little or as much as they like. The aim will be to give members the confidence to express themselves in a group session and share opinions and recommendations with other members.

Group run by Linda - sessions run on Tuesdays from 13:00 to 14:00.  
Clients can participate in the group for up to 6 months.

## J R COUNSELLING



\*Ashford

\*Canterbury & Coastal

## **BEREAVEMENT & LOSS (ONLINE / TELEPHONE)**

**121** counselling (up to 8 sessions) and **GROUP** 'Living in the Moment' workshops for people who need help to deal with a specific loss. This could include:

- 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 121 counselling is highly personal and responsive to the unique situation of each individual.

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 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.

\*\*\*\*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\*\*\*\*

\*\*\*\***please note that this is not a clinical treatment service and is therefore unsuitable for clients who are in crisis or who have recently (within the last 6 months) attempted suicide. If you wish to discuss an individual case with Julie, then please do so BEFORE making the referral\*\*\*\***

<p style="text-align: center;"><b>KENT HIGH WEALD</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p style="text-align: center;"><b><u>CONNECT WITH NATURE (ONLINE)</u></b></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 Friday morning</p>
<p style="text-align: center;"><b>MID KENT MIND</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p style="text-align: center;"><b><u>COPING WITH LIFE (FACE-TO-FACE)</u></b> *Ashford / Canterbury</p> <p>A 3-week course 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> <p>Courses run for 3 sessions over 3 consecutive weeks and the sessions are 2.5hrs long.</p> <p>Courses utilise ‘cognitive behavioural coaching techniques’ and ‘self-analysis exercises’ to enable clients to:</p> <ul style="list-style-type: none"> <li>• Manage anxiety by understanding what anxiety is and how it is triggered - learn skills to help lower anxiety and deal with fight or flight situations effectively.</li> <li>• 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 when feeling low.</li> <li>• Manage stress by identifying the causes and effects of stress - learn practical skills to help manage and reduce stress more effectively.</li> </ul>

**ASHFORD:**

- courses are based at Breathorpe House (the LWK&M building)
- sessions always run on a Friday but the times are subject to change

**CANTERBURY:**

- courses are based at Thanington Neighbourhood Resource Centre
- sessions always run on a Monday but the times are subject to change

**COPING WITH LIFE (ONLINE)**

Course content as above.

- sessions are delivered online via Zoom
- sessions are scheduled for different days & times (contact MKM for more info)

**BIPOLAR SUPPORT GROUP (ONLINE)**

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 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.

- sessions are delivered online via Zoom
- Wednesdays from 13:30 to 15:00 (weekly sessions)
- clients are invited to participate for up to 6 months

**EUPD SUPPORT GROUP (ONLINE)**

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 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.

- sessions are delivered online via Zoom

- Thursdays from 15:00 to 16:30 (weekly sessions)
- clients are invited to participate for up to 6 months

### **GARDENING GROUP (FACE-TO-FACE) \*Ashford**

A programme of weekly 'Natural Environment' sessions, designed for clients who would benefit from having some positive focus / a boost to their wellbeing.

Through gardening and environment focused 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

- groups are based at Breathorpe House (the LWK&M building)
- Fridays from 11:10 to 13:10 (weekly sessions)
- clients are invited to participate for up to 3 months

### **COOKING (ONLINE)**

Online cooking group where clients can learn how to cook healthy meals from home. The group 'host' will be cooking from their own kitchen and recipes will be pre-arranged ahead of each session (and listed on the Mid Kent Mind website) in order to allow time for clients to shop for ingredients if they wish to join in 'live'.

- sessions are delivered online via Zoom
- Thursdays from 13:30 to 15:00 (fortnightly sessions)
- clients are invited to participate for up to 6 months

### **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.

- sessions are delivered online via Zoom
- Wednesdays from 11:40 to 12:40 (weekly sessions)
- clients are invited to participate for up to 3 months

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

Fun craft activities to help concentrate the mind and give therapeutic benefits.

#### **ASHFORD:**

- groups are based at Breathorpe House (the LWK&M building)
- Fridays from 14:00 to 15:30 (weekly sessions)
- clients are invited to participate for up to 3 months

#### **CANTERBURY:**

- groups are based at Thanington Neighbourhood Resource Centre
- Mondays from 11:15 to 12:45 (weekly sessions)
- clients are invited to participate for up to 3 months

### **MINDFULNESS (FACE-TO-FACE) \*Ashford**

Mindfulness based peer support sessions introducing easy breathing and relaxation techniques. Some sessions may take place outdoors.

- groups are based at Breathorpe House (the LWK&M building)
- Fridays from 09:30 to 11:00 (fortnightly sessions)
- clients are invited to participate for up to 6 months

### **MINDFULNESS (ONLINE)**

Mindfulness based peer support sessions introducing easy breathing and relaxation techniques.

- sessions are delivered online via Zoom
- Wednesdays from 10:00 to 11:30 (weekly sessions)
- clients are invited to participate for up to 3 months

	<p><b><u>WALKING (FACE-TO-FACE)</u> *Ashford / Canterbury</b></p> <p>Encouraging healthy regular exercise within a secure group; blow away the cobwebs and enjoy the outdoors within a friendly social group.</p> <p><b>ASHFORD:</b></p> <ul style="list-style-type: none"> <li>-Fridays from 09:30 to 10:30 (fortnightly sessions)</li> <li>-groups meet 5 mins early (09:25) at Breathorpe House (the LWK&amp;M building)</li> <li>-clients will be notified directly (by phone or email) if the group is cancelled for any reason or the location is changed</li> <li>-clients are invited to participate for up to 6 months</li> </ul> <p><b>CANTERBURY:</b></p> <ul style="list-style-type: none"> <li>-Mondays from 09:30 to 10:30 (weekly sessions)</li> <li>-groups meet 5 mins early (09:25) at the main entrance to the West Gate Gardens (by the West Gate Towers)</li> <li>-clients will be notified directly (by phone or email) if the group is cancelled for any reason or the location is changed</li> <li>-clients are invited to participate for up to 3 months</li> </ul>
<p><b>PATHWAYS TO INDEPENDENCE</b></p> <div style="display: flex; align-items: center; justify-content: center; gap: 20px;">   </div> <p>*Ashford *Canterbury &amp; Coastal</p>	<p><b><u>INSIGHT PROGRAMME (ONLINE)</u></b></p> <p>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.</p> <p>Sessions equip participants with insight into their behaviour, thoughts, and feelings, providing a toolbox of exercises to use post-programme.</p> <p><b>SESSION 1: Getting To Know You</b></p> <ul style="list-style-type: none"> <li>- Introduction to the course and the rest of the group.</li> <li>- Beginning to unpack what self-esteem looks like and why we need it.</li> </ul> <p><b>SESSION 2: Self-Esteem Explained</b></p> <ul style="list-style-type: none"> <li>- Exploring external factors which impact self-esteem.</li> </ul> <p><b>SESSION 3: The Cycle Of Life</b></p> <ul style="list-style-type: none"> <li>- Learning about cognitive cycles.</li> </ul>

	<ul style="list-style-type: none"> <li>- Examining emotional triggers and developing key skills to help manage and maintain emotions when dealing with them.</li> </ul> <p>SESSION 4: Just Think About It</p> <ul style="list-style-type: none"> <li>- Exploring embodiment of self-esteem, body language, theory of automatic thoughts, and unhelpful thinking cycles.</li> </ul> <p>SESSION 5: What Zone Am I In?</p> <ul style="list-style-type: none"> <li>- Discussing comfort zones and how to step out of them.</li> <li>- Acknowledging positive traits and the value of affirmation.</li> <li>- Developing our positive traits.</li> </ul> <p>SESSION 6: Back To The Future</p> <ul style="list-style-type: none"> <li>- Creating next steps plans through examining the theory of change and engaging in reflective exercises.</li> </ul> <p>Sessions are 2 hours long and will run twice weekly, for 3 weeks (on Zoom).</p>
<p style="text-align: center;"><b>POETSIN</b></p> <p style="text-align: center;"><i>The Creative</i> <b>Mental Health</b> <b>Charity</b></p> <p style="text-align: center;">poetsin.com</p> <p>*Ashford *Canterbury &amp; Coastal</p>	<p style="background-color: #d9ead3; padding: 2px;"><b><u>CREATIVE MENTAL HEALTH PROGRAMME (ONLINE)</u></b></p> <p>1 x 90 minute session per week for 6 weeks.</p> <p>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).</p> <p>Each session is a mix of instruction, discussion, and activity, covering a variety of topics:</p> <ul style="list-style-type: none"> <li>• depression</li> <li>• anxiety</li> <li>• worry</li> <li>• self-care</li> <li>• self-compassion</li> <li>• mindfulness</li> <li>• saying 'no' and setting boundaries</li> <li>• happiness</li> <li>• confidence building</li> <li>• stress</li> </ul>

	<p>At the beginning of each session the chosen theme is identified; clients then engage in discussion about the theme, and techniques are introduced around either reducing or increasing it (for example, reducing stress or increasing confidence). At the end of each session, activities are provided for clients to complete at home; this enables clients to build upon what was learned during the session.</p> <p>Alongside the structured programmes, clients will have access to peer-to-peer support via a buddy service and creative mental health community. The 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. The 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><b>TAKE OFF</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p>****please be aware that there is an expectation for clients to have a functioning web cam in order to participate in online peer support groups with Take Off - this doesn't necessarily need to be on all of the time but in the interest of safety the client does need to have one - please check this with your client before making a referral****</p> <p><b>DEPRESSION &amp; ANXIETY (FACE-TO-FACE) *Ashford / Canterbury</b></p> <p>The weekly 'Depression &amp; 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><b>ASHFORD:</b> -15:00 every Monday at Repton Connect Community Centre -clients are able to participate in the group for up to 6 months</p> <p><b>CANTERBURY:</b> -11:00 every Monday at the Take Off building -clients are able to participate in the group for up to 6 months</p>

### **DEPRESSION & ANXIETY (ONLINE)**

As above but runs fortnightly and is delivered online via Zoom.

-17:00 every other Thursday

-clients are able to participate in the group for up to 6 months

### **MOOD (ONLINE)**

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:

\*EUPD (Emotionally Unstable Personality Disorder)

\*BPD (Borderline Personality Disorder)

\*Bi-Polar Disorder

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.

The group is delivered online via Zoom.

-11:00 every other Tuesday

-clients are able to participate in the group for up to 6 months

### **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.

Clients will be offered the opportunity to participate in the group for an initial period of 3 months, at which point a review will take place and a joint decision will be made around whether or not an additional 3 months is appropriate for

the individual. Clients can participate in the group for a maximum of 6 months in total.

-10:30 every Thursday

-clients are able to participate in the group for up to 6 months

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

The weekly 'Gardening & Allotment' group takes place 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.

-12:00 every Saturday

-clients are able to participate in the group for up to 6 months

### **PHOTOGRAPHY (FACE-TO-FACE) \*Faversham**

The 'Photography' course will be based at 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.

The group will be structured over 6 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.)

Throughout the course attendees will learn different photography skills, for example how to make light edits.

-11:00 on a Wednesday (for 6 weeks)

	<p><b>ART (FACE-TO-FACE) *Canterbury</b></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 key rings.</p> <p>-11:00 every other Tuesday at the Take Off building -clients are able to participate in the group for up to 6 months</p> <p><b>ART (ONLINE)</b></p> <p>As above but is delivered online via Zoom.</p> <p>-14:00 every other Tuesday -clients are able to participate in the group for up to 6 months</p>
<p><b>WEST KENT MIND</b></p>  <p>*Ashford *Canterbury &amp; Coastal</p>	<p><b>MONEY WORKS 121 (ONLINE / TELEPHONE)</b></p> <p>121 money management clinics to discuss benefits, debt management, budgeting, and better lifestyle choices. A person-centred, early intervention, holistic money management support programme that takes account of beneficiaries' mental, physical, and social needs.</p> <p>Initially, weekly sessions 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 generally be during the working day but there will be 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><b>MONEY WORKS WORKSHOPS GROUP (ONLINE)</b></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 8 sessions split across (approx.) 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 a 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 6 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.

	<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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INNOVATION FUNDING	
PROVIDER	CURRENT OFFER
<p><b>ACTIVITY BOX</b></p>  <p>*Ashford (if able to travel) *Canterbury &amp; Coastal</p>	<p><b><u>TIME OUT, BODY &amp; MIND (FOR CLIENTS AGES 17-25)</u></b></p> <p>6-week programme set out as follows:</p> <ul style="list-style-type: none"> <li>- [physical health &amp; wellbeing] 3 x 1hr gym sessions (at Herne Bay Personal Training) supported by Abi/Barb, followed by 0.5hrs in the studio to debrief</li> <li>- [grounding] 1 x 1.25hr 'clay building' session</li> <li>- [motivation] 1 x 1.25hr 'positivity jar' session</li> <li>- [resilience] 1 x 1.25hr 'diamond art' session – activity to be taken away and completed in clients' own time</li> </ul> <p>*sessions will take place on a Monday (when the studio is closed to the public)</p>

**KENT WILDLIFE TRUST**



\*Ashford  
\*Canterbury & Coastal  
(if able to travel)

**NATURE BASED WELLBEING PROGRAMME (FOR CLIENTS AGES 17-25)**

6-week group-based programme designed to enable participants to enjoy the proven physical and mental health benefits that come from spending time, and getting active, outdoors.

Sessions will focus on aspects of conservation and wildlife appreciation and will include activities such as wildlife watching & identification, practical conservation, photography, and sketching.

The group-based nature of the sessions will also promote the creation of support networks, encouraging peer support and building connections between individuals to overcome feelings of isolation.

Sessions take place at Hothfield Heathlands nature reserve in Ashford.

The first programme will run from Friday 22nd July to Friday 26th August, from 10:30 to 12:30.

The second programme will run later in the year towards the Autumn.

Participants will need to wear suitable clothing for the weather on the day, and a decent pair of shoes is advisable (trainers or boots, NOT sandals or slip-ons).

Please note that there are NOT any toilet facilities on site (however the nature reserve is not far from the Ashford office).

**KEY:**

XXXX = in process

XXXX = coming soon