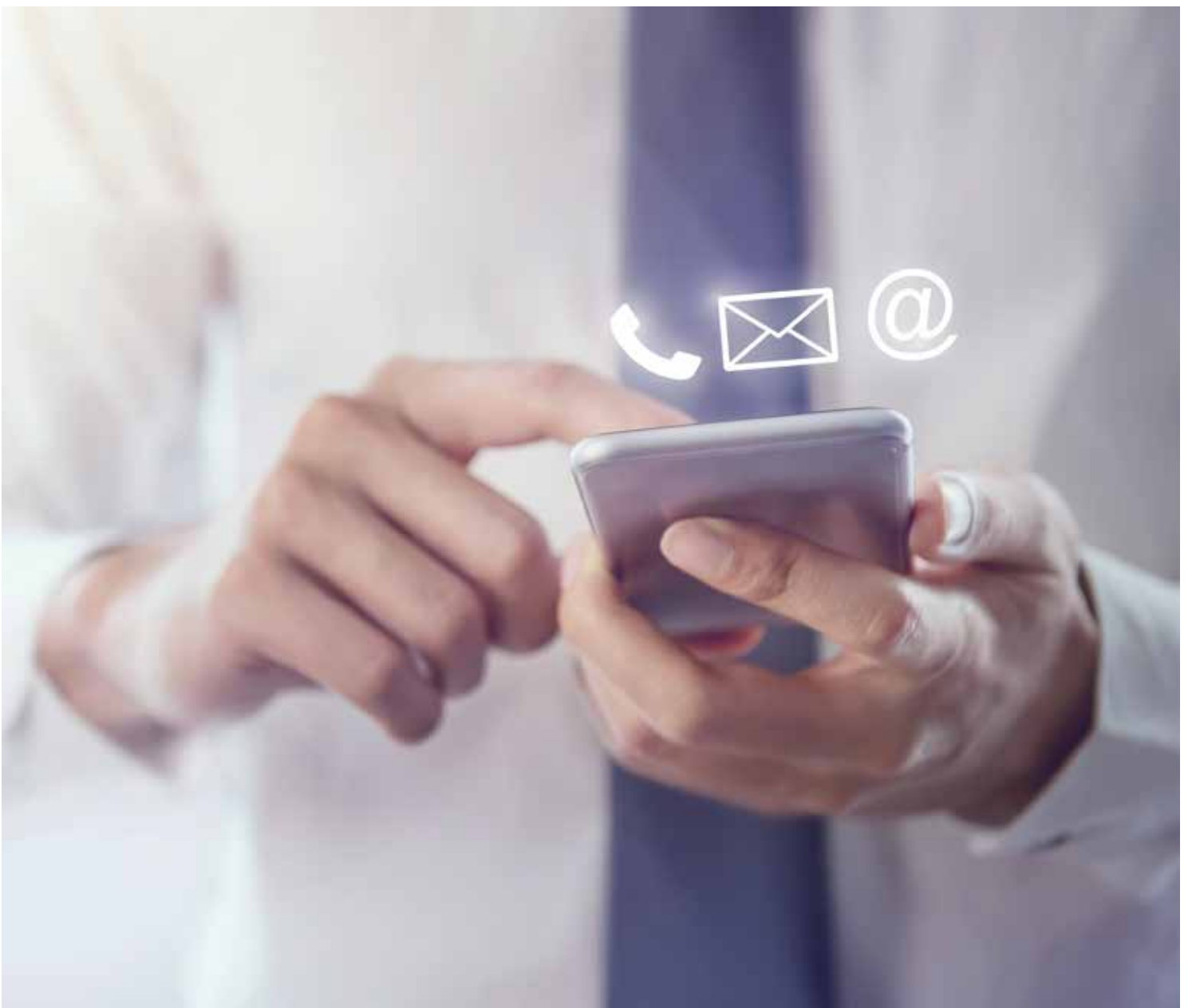


Gravesham **Local Services**

A guide to useful contacts in the area



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Useful Contacts

Childline

0800 1111

Crimestoppers

Give information and stay anonymous:

0800 555 111

Domestic Abuse

24 hour National Domestic Violence Helpline: **0808 2000 247**

Emergency Services

In case of emergency (urgent medical help/immediate life threatening danger or fire) please call **999** and state whether you need police, fire or ambulance, your address or location and a short summary of what has happened.

Funding for All

(Consortium member of Stronger Kent Communities)

Provides free mentoring support to Kent's voluntary/community sector

Info@fundingforall.org.uk

www.fundingforall.org.uk

Kent Dementia Helpline

0800 500 3014 (24 hour)

Kent Community Warden Service

03000 413455 www.kent.gov.uk/leisure-and-community/community-safety

Kent Fire & Rescue

In case of emergency please call **999**

General enquiries: **01622 692121 / 0800 923 7000**

Email: enquiries@kent.fire-uk.org

'Free Safe and Well Visit' - If you are over 70 or have mobility problems it could mean you are at greater risk if a fire breaks out in your home. Kent Fire and Rescue Service can help to keep you safe with a free 'Safe and Well Visit'.

'Smoke alarms save lives' - Kent Fire and Rescue want to make sure that all homes in Kent and Medway have working smoke alarms - it is the best protection you can have against fire. Free safety advice and services are offered to everyone.

Website: www.kent.fire-uk.org/your-safety/homesafety

Kent Police

In case of emergency please call **999**

Non-urgent enquiries call **101**

Mental Health Crisis Resolution Team

0300 222 0123 (24 hour helpline)

MIND (Mental Health Charity)

0300 123 3393 or text **86463**

Non-emergency medical advice

111

Register of Births, Deaths and Marriages

03000 415151

Report abuse (children or vulnerable adults)

Children's Central Duty Team: **03000 411111**

Out of hours: **03000 419191**

Adult Central Duty Team: **03000 416161**

Out of hours: **03000 419191**

Samaritans

116 123 (free 24 hour helpline)

Gravesham Community Safety Unit

(Police, Council and partners working together towards a safer Borough)

Report or receive advice on anti-social behaviour, fly-tipping, graffiti, issues about licensed premises, abandoned vehicles, environmental and noise nuisance, crime reduction advice, neighbourhood watch and other community safety issues.

Civic Centre, Gravesham Gateway and Kent Police Contact Point - Monday to Friday 9am to 5pm (closed weekends and bank holidays)

Tel: **01474 337000** (8.45am to 5pm Monday to Friday)

Email: community.safetyunit@gravesham.gov.uk

Website: www.gravesham.gov.uk/home

Gravesham Borough Council

01474 337000

Useful Information

All telephone numbers prefixed with **0800** are free to call from all phones including mobiles.

Adult Health

Advocacy

T: 0300 343 5714

Text: start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: www.seap.org.uk/local-authority/kent

Monday : 10am to 5pm

Tuesday - Friday from 9am to 5pm

Weekends and Public Holidays - Closed

Area: Across Kent

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across.

An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life.

They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Alzheimer's Society

T: 0300 222 1122

W: www.alzheimers.org.uk/

Area: Across England, Wales & Northern Ireland

A leading dementia support and research charity for anyone affected by any form of dementia.

Arthritis – Versus Arthritis

T: Helpline 0800 5200 520

W: www.versusarthritis.org/get-help/

Area: Nationwide

You do not need to face arthritis alone. Our advisors aim to bring all of the information and advice about arthritis into one place to provide tailored support for you. Call free from Monday to Friday from 9am to 8pm. Please note that our advisors aren't medically trained and are not able to offer you individual medical advice.

Bereavement – Cruse Bereavement Care

T: Helpline 0808 808 1677

W: www.cruse.org.uk

Area: Nationwide

Cruse offers face-to-face, telephone, email and website support. We have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically

for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free.

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. Our volunteers are here to help you talk things through. They can also help you find your local Cruse service, or signpost you to other services and useful sources of information.

Helpline is open Monday and Friday from 9.30am to 5pm and Tuesday, Wednesday and Thursday from 9.30am to 8pm (excluding public holidays).

Cancer Research Campaign

T: Speak to a nurse 0808 800 4040

T: 0300 123 1022

E: supporter.services@cancer.org.uk

W: www.cancerresearchuk.org/about-us/contact-us

Area: Nationwide

Cancer Research are focusing their efforts in four key areas – working to help prevent cancer, diagnose it earlier, develop new treatments and optimise current treatments by personalising them and making them even more effective. They will continue to support research into all types of cancer and access all age groups. They are keeping their focus on understanding the biology of cancer so they can use this knowledge to save more lives.

Community Navigation Social Prescribing

T: 0300 011 1965

E: navigation@imago.community

W: www.imago.community/SupportingPeople/Social-Prescribing

Area: Gravesham

Social Prescribing is a new Department of Health funded service delivered by Imago in partnership with the NHS DGS Clinical Commissioning Group. The service offers short-term intervention and support to adults with complex health and social care needs, including those being discharged from hospital, linking with local services and organisations to provide ongoing help such as housing, finance, form filling, home safety, aids and adaptations, Telecare, befriending, social activities, transport, domestic support, respite and domiciliary care.

Death – How to Register

T: 03000 41 51 51

E: register.office@kent.gov.uk

W: www.kent.gov.uk/births-ceremonies-and-deaths/deaths

Area: Across Kent

All deaths must be registered within 5 days, unless a coroner is investigating the circumstances of the death. You must have a medical certificate of death from the doctor before you can register a death. You can register a death at Coldharbour Library, Coldharbour Road, Northfleet DA11 8AE **T:** 03000 413131 and Gravesend Library, Windmill Street, Gravesend DA12 1BE **T:** 0300 413131.

Diabetes UK

T: 0345 123 2399

E: diabetesuktunbridgewellsarea@gmail.com

W: www.diabetes.org.uk

Area: Across England, Wales & Northern Ireland

Diabetes UK aims to provide help and support to people living with diabetes in the UK. They do this primarily through group meetings, designed with the express purpose of providing individuals with a safe, social forum to discuss diabetes and its effects. They raise money to promote awareness of diabetes and generally contribute in any way they can.

Exercise

Area: Gravesham and beyond

Cascades Leisure Centre:

T: 01474 556000

E: info@gcll.co.uk

W: www.gcll.co.uk/cascades-leisure-centre

Thong Lane, Gravesend DA12 4LG offering swimming, exercise classes, gym, health suite etc.

Cygnnet Leisure Centre:

T: 01474 558000

E: info@gcll.co.uk

W: www.gcll.co.uk/cygnnet-leisure-centre

Old Perry Street, Northfleet, DA11 8BU offering swimming, exercise classes, gym, health suite etc.

Disability Sportlink Project:

W: www.gcll.co.uk/disability-sportlink

Cyclopark:

T: 01474 831400

E: www.cyclopark.com

Watling Street, Gravesend, DA11 7NP offering bicycling, fitness and play.

Meopham Fitness and Tennis Centre:

T: 01474 814199

W: www.meophamleisure.com

Wrotham Road, Meopham DA13 0AH offering a great range of activities for all the family including fitness, classes, tennis courts and children's sport courses.

Hearing Loss – Hi Kent

T: 01622 691151

Text: 07939 593030

E: enquiries@hikent.org.uk

W: https://hikent.org.uk

Area: Across Kent

Hi Kent provides sound support for deaf and hard of hearing people.

Services in Gravesend and area - <https://hikent.org.uk/apps/find-services>

Job Club – The Gr@nd

T: 01474 320123

W: www.thegrand.org.uk/what-we-do

Area: Gravesham

Job Club is a free service designed to support people to find new work or training opportunities.

We hold two sessions a week, providing help with:

- Writing CVs
- Writing covering letters
- Searching and applying for jobs
- Interview skills

Tuesdays are a chance to book a 40-minute, one-to-one support session to write your CV and covering letters.

Thursdays are designed for you to book a 40-minute session, to use our computers and be supported during your job searches, writing your applications and practicing your interview skills.

Both sessions run from 10am until 12noon.

Please book a slot in advance, call Harry on 01474 320123.

Leukaemia Research Foundation

T: 0847 424 0600

E: info@lrfmail.org

W: www.allbloodcancers.org

Area – Across England, Wales & Northern Ireland

Funds clinical trials and research. Also publishes booklets on leukaemia, lymphoma, myeloma and other blood cancers.

Live Well Kent

T: 0800 567 7699

W: https://livewellkent.org.uk/

W: www.kent.gov.uk/social-care-and-health/health

Area: Across Kent

The Live Well Kent service can help you improve your mental, physical health and wellbeing. It is a free service for anyone over the age of 17. The service can help you to improve your lifestyle, meet people through social activities and support to improve your relationship and managing money. Live Well Kent can also help you gain new skills and qualifications, or provide support to try and find a work placement or job.

Loneliness

Age UK:

T: 0800 678 1602

W: www.ageuk.org.uk/information-advice/health-wellbeing/loneliness

Area: Across Kent

Most people feel lonely at some point in their lives and this can have a significant impact on their wellbeing. Age UK provides advice on taking steps to improve your situation, carer advice and getting a free weekly friendship call.

Befriending:

W: www.befriending.co.uk/ - Information on befriending, including an online directory of UK befriending services. British Association for Counselling and Psychotherapy (BACP):

T: 01455 883 300

W: www.bacp.co.uk

MIND:

W: www.mind.org.uk/information-support/tips-for-everyday-living/loneliness

Area - Nationwide

One You – Lifestyle Advice – The Gr@nd

T: 01474 320123

W: www.thegrand.org.uk/what-we-do/

Area - Gravesham

One You is a free service designed to help you be healthier and feel better. We offer a one-to-one support, with guidance available to help you:

- Stop smoking
- Drink less alcohol
- Move more
- Achieve a healthy weight

Our One You lifestyle advisors will be in touch to set-up your first appointment.

Your advisor will support you on a one-to-one, face-to-face basis up for up to six sessions to assess your health and lifestyle risks.

You can talk to your advisor about your goals, your challenges and where you need a helping hand.

Your advisor can help provide motivation and practical support in all areas of your health, such as alcohol and drug use, smoking, sexual health, mental health, healthy eating and exercise. We can also signpost you to other organisations for other kinds of support, such as debt advice, legal advice, housing advice.

The sessions are free.

Refugees and Asylum Seekers – British Red Cross

T: 01622 625112

E: RSIFTKentandSussex@redcross.org.uk

W: www.redcross.org.uk/get-help/get-help-as-a-refugee

Area: Nationwide and Gravesham

Services include: help with urgent needs; casework and advice; family reunion travel assistance etc.

Monday 10am to 4pm

Tuesday 10am to 4pm

Wednesday By appointment only

Thursday 10am to 4pm

Friday By appointment only

Saturday Closed

Sunday Closed

36a Pelham Road, Gravesend, Kent DA11 0HZ

Sexual Health Clinics

T: 0300 790 0245

W: www.kentcht.nhs.uk/service/sexual-health/

W: www.kent.gov.uk/social-care-and-health/health/sexual-health

Area: Across Kent

For contraceptive services clinics, young people clinics and emergency contraception.

Sight Loss Services – Macular Disease

T: 0300 3030 111 (Monday to Friday from 9am to 5pm)

E: help@macularsociety.org

W: www.macularsociety.org/groups/gravesend-support-group

Area: Gravesham

Being diagnosed with macular disease can leave you and your family feeling isolated and uncertain about the future. Our friendly groups are run by dedicated volunteers, most of who have macular disease or know someone who has a macular condition.

Groups offer support and help in understanding macular disease and coming to terms with sight loss. They often share information about obtaining treatment, other services and staying independent. Our support groups are open to anyone with a macular condition, their family and friends. Some groups are for younger people. They offer the chance to talk about the challenges faced by working age people. Most groups meet regularly, during the day, in places like community centres. Many organise speakers as well as social and awareness raising events. Come along and meet the experts on living with macular disease.

The Gravesend Support Group is held on the first Wednesday of every month from 1.30pm to 3.30pm at St George's Church Hall, Church Street, Gravesend DA11 0DJ.

Weekly Wednesday Walk – The Gr@nd

T: 01474 320123 Rav Marwaha - Community Health Networker

E: ravinder.marwaha@gravesham.gov.uk

W: www.walkingforhealth.org.uk/walkfinder/south-east/gravesead-grands-wednesday-walk

Area: Gravesham

Walking every day is good for you. It does not have to be hours slogging around in the middle of nowhere; any brisk walk over 10 minutes counts - whether it is to the shops or walking the dog.

Rav Marwaha at the Gr@nd leads a weekly walk every Wednesday which meets in the Civic Centre Foyer at 1pm. The route is roughly 1 mile and will return to the Civic Centre by 3pm. Please wear clothes appropriate for the weather and sensible footwear.

Weight Loss Classes – The Gr@nd Active

T: 01474 320123

E: www.thegrand.org.uk/what-we-do/grand-active-weight-loss-classes

Area: Gravesham

Healthy Weight classes are designed to help you feel good, learn about nutrition, get some healthy eating tips and help you towards achieving your goal weight.

Classes are for adults and are FREE. They are run by a qualified team and last 10 weeks. There are 3 different sessions a week, with each session offering a different activity to take part in. It is also a great way to be introduced to using gyms and get ideas for being active.

- Mondays 2pm to 3.30pm at NRG Gym – gym equipment session included
- Thursdays 7pm to 8pm at Cascades Leisure Centre – kettlebell session included
- Fridays 1.30pm to 2.30pm at Cygnet Leisure Centre – circuit class included

The sessions are fun, relaxed and friendly. A team of professionals will guide you through each session and support you as you try to reach your targets.

There is also an evening session each Thursday. When you sign-up, you can join all three sessions or just one, the choice is yours. We like to have a flexible approach

One-to-one support - You can get extra guidance with our One You lifestyle advice service. The personalised programme gives you a professional member of the team to work with. You can talk to your advisor about goals and challenges.

Carers - Support

Admiral Nurses

T: Helpline: 0800 888 6678

T: 020 8036 5400

E: info@dementiauk.org

W: www.dementiauk.org/get-support/admiral-nursing/

Area: Across Kent

Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, Admiral nurses work alongside people with dementia, and their families, giving them one-to-one support, expert guidance and practical solutions.

The unique dementia expertise and experience an Admiral Nurse brings is a lifeline and it helps families to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Most Admiral Nurses work in a variety of settings, from working in the community for the NHS, to care homes, hospitals and hospices. Admiral Nurses work with people and families affected by all types of dementia. Admiral Nurses help and support the carers of people with dementia.

Age UK North West Kent

T: 01474 564898

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/

Area: Gravesham

Services include the Fresh Meals Delivery Service, 'Active Living' Day Services, Dementia Support 'Day Break' Service, Home Support Services, 'Simply Nails – toe and finger nail cutting service.

W: www.ageuk.org.uk/northwestkent/our-services/

Services Price List:

W: <https://www.ageuk.org.uk/northwestkent/our-services/services-price-list-2017-18/>

Activities and Events 2019/20:

W: www.ageuk.org.uk/northwestkent/activities-and-events/activities-and-events-2018-19/

Carers Direct

T: 0808 802 0202

W: www.nhs.uk/conditions/socialcare-and-support-guide/Pages/what-issocial-care.aspx

Area: Nationwide

Free, confidential advice for carers who need help because of their illness, frailty or disability. Lines are open 8am to 9pm Monday to Friday and 11am to 4pm at weekends. Calls are free from UK landlines and mobiles or you can request a free call back.

Counselling Services – Imago

T: 0300 011 1965

E: counselling@imago.community

W: www.imago.community/Adult-Support/Counselling-Service

Area: Gravesham

The service is accessible and affordable for Adult Carers and Young Adult Carers aged 17+. The service is currently available in Ashford and Swale and is being developed across Kent.

Counselling is carried out by qualified Counsellors and trainee Counsellors completing their final year of training. Counselling may be helpful if you experience any of the following:

- Stress or anxiety
- Feelings of low mood or depression
- Difficulties in relationships; and or
- Changes and transitions in life, such as new starts, retirement, advancements in your caring role

Crossroads

T: 0845 900 3735

T: 01622 817114

E: enquiries@crossroadskent.org

W: www.carerskm.org/

Area: Across Kent

Services include offering regular short breaks from caring responsibilities with fully trained Care Support Workers providing 24/7 support. In an emergency situation, short-term crisis support can be provided, as well as palliative care and end-of-life support.

ellenor

T: 01474 320007

E: info@ellenor.org

W: ellenor.org/

Area: Bexley, Dartford, Gravesham, Swanley and surrounding villages, Tonbridge, Tunbridge Wells, Maidstone

Hospice care is holistic support for the whole family. ellenor cares for all ages and their services include:

- Hospice at Home for children and adults (including respite)
- Inpatient Ward
- Wellbeing and Spiritual Care
- Carer Support
- Therapeutic Day Services
- Support Groups and Classes

ellenor accepts self-referrals. Call 01474 320007 and ellenor will assess to see what services they can offer. If they cannot help, they can assist with signposting.

Grandparents Plus

T: 0300 123 7015 (Advice Line Number)

E: info@grandparentsplus.org.uk

W: www.grandparentsplus.org.uk/

Area: Nationwide

Grandparents Plus is a national charity which advises and supports grandparents and wider family members by ensuring that they have access to professional advice and information.

Imago – Wellbeing Matters: Community Navigation & Adult Carer Support

T: 0300 111 1965

E: navigation@imago.community

W: www.imago.community/

Area: Dartford, Gravesham, Swanley & Swale

Community Navigators provide tailored support to Adult carers and Adults over 55 or those over 18 with complex needs. This includes individuals being discharged from hospital. Community Navigators carry out holistic assessments and statutory Carers Assessments, provide information, advice and guidance and link people with local opportunities, activities and services to improve welfare and wellbeing. There are opportunities for Carers to get together at social groups, activities and training.

Kent Young Carers

T: 0300 111 1110

E: info@kentyoungcarers.org.uk

W: www.imago.community/Children-and-Young-People/Kent-Young-Carers

Area: Across Kent

Kent Young Carers is the countywide service for Young Carers aged 5-18 years who are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue. Following assessment, KYC offer a range of short-term interventions including signposting, one-to-one support, in school support and workshops; as well as a range of social respite activities.

Kinship Carers

E: kinshipfostercarers@gmail.com

W: www.kinshipcarersuk.com/

Area: Nationwide

Offers knowledge, experience and friendship.

Debt, Finance & Legal Advice

Citizens Advice

Ground Floor, Civic Centre, Windmill Street, Gravesend DA12 1AU

Opening hours: Mondays and Tuesdays 1pm to 3pm (for initial assessment) and Friday 10am to 12 noon

Drop-in at Gravesend Gurdwara: Tuesday 6pm to 7.30pm

T: 01474 878639

T: Adviceline 0300 330 9001 Monday to Friday from 10am to 3pm

W: www.citizensadvice.org.uk/debt-and-money/

Area: Gravesham and Nationwide

Citizens Advice provides a free, confidential, independent advice service. You may have money, housing, employment problems, be facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward, whatever problem they face.

Money Advice Service

T: 0800 138 7777

W: www.moneyadvice.org.uk

Area: Nationwide

Helps people to manage their money through free and impartial advice. Advice is provided on areas including, debt and borrowing, homes and mortgages, budgeting and saving, work and benefits, retirement, family, cars and travel and insurance.

West Kent Housing Association

T: 01732 749400

E: help@wkha.org.uk

W: www.westkent.org/

Area: Across Kent

To help West Kent Housing Association tenants to manage debts, budgeting and household finances.

Other Housing Associations are listed under Housing and Homelessness.

Dementia and Older Person Cafés and Lunch Clubs

Alzheimer's & Dementia Support Services Memory Cafés

W: www.alz-dem.org/memory-cafes

Free Memory Cafés for those living with Alzheimer's or Dementia and their carers. A chance to relax in safe environments with refreshments and access guidance on how to live well with dementia and practical information. For information on time and venue in each location, please contact via telephone.

Meopham Café - St John's Church DA13 0AA, 3rd Tuesday of each month 10am to 12noon

Gravesend Cafe - The Woodville DA12 1DD, 4th Wednesday of each month 10.30am to 12.30pm

Chatty Café Scheme

W: thechattycafescheme.co.uk

Area: Gravesham and beyond

A Chatter & Natter table brings people together and everyone is invited! If you're on your own, in a couple, with a friend, if you're a carer why not sit there with who you care for, mums and babies, dads and babies, grandparents and babies, young people, older people and anyone in between!

When you are deciding where to sit, look for the Chatter & Natter table and sit there! Stay for five minutes while you have your drink or longer. It is not about making friends, just having good old fashioned human interaction! Spotlites at the Civic Centre in Gravesend is part of this scheme.

RVS Lunch Clubs

T: Gravesend 0330 555 0310

T: Meopham 0330 555 0310

W: www.royalvoluntaryservice.org.uk/our-services/social-activities/lunch-clubs

Area: Gravesend and Meopham

Royal Voluntary Service Lunch Clubs offer a nutritious hot meal served in a warm, sociable setting. After lunch, there are usually fun activities or entertainment to enjoy. For those not used to cooking, our lunch clubs teach one pot cooking so that even the most inexperienced cook can learn how to prepare themselves a simple healthy meal.

Safeharbour Community Café

T: Kate Antill on 01474 533990

E: info@alz-dem.org

Area: Gravesend and Meopham

Safeharbour Community Café, Coldharbour Road, Gravesend DA11 8AE offers a range of delicious light lunches, cakes and hot drinks. Bookings can also be made for groups and afternoon teas.

Open from Monday to Friday 10am to 2pm

Dementia / Alzheimer's Support

Advocacy

T: 0300 343 5714

Text: start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: www.seap.org.uk

Monday from 10am to 5pm

Tuesday to Friday from 9am to 5pm

Weekends and Public Holidays: Closed

Area: Kent-wide

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Age UK North West Kent

W: 01474 564898

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/

Area: North West Kent

Services include: day services, nail cutting, Day Break Service, community services, bathing, home support,

integrated care:

W: [https://www.ageuk.org.uk/northwestkent/our-services/Activities and Events 2019/20:](https://www.ageuk.org.uk/northwestkent/our-services/Activities-and-Events-2019/20)

W: <https://www.ageuk.org.uk/northwestkent/activities-and-events/activities-and-events-2018-19/>

Alzheimer's Society

T: 0300 222 1122

Area: Across England, Wales & Northern Ireland

A leading dementia support and research charity for anyone affected by any form of dementia.

Council Tax Disregards

T: 01474 33 70 00

E: council.tax@gravesham.gov.uk

W: www.gravesham.gov.uk/home/council-tax/council-tax-discounts/overview

Area: Gravesham

Disregards apply to people living in the property. Some people are disregarded and become invisible for council tax purposes. So, for example, if one of two occupants is disregarded, it will be as if the other person lives alone, and they will get a 25% single person's discount on their council tax.

A person with a dementia may be disregarded if they are severely mentally impaired. This applies to anyone who meets all of the following criteria:

- has a severe impairment of intelligence and social functioning which appears to be permanent;
- has a certificate confirming this impairment from a registered medical practitioner, usually the person's GP or consultant; and
- is entitled to certain disability benefits - the most common qualifying benefits are Attendance allowance (lower or higher rate), Disability living allowance (higher or middle rate care components) and Personal Independence Payment (lower or higher rate of the daily living component).

Many people with dementia meet all three criteria, so are disregarded under the severe mental impairment rules.

Dementia Friendly Kent

T: 07825 712701 (Laura Summers)

E: laura.summers2@kent.gov.uk

W: <http://dementiafriendlykent.org.uk/>

Area: Across Kent

Dementia Friendly Kent website aims to provide advice and signpost individuals with dementia or those who are caring for people with dementia to local organisations who can help to find appropriate services and support.

DGS Community Mental Health Service for Older People

Greenacres, Bow Arrow Lane, Littlebourne Road, Dartford Kent DA2 6PB

T: 01322 421289 / 01322 622208

W: www.kmpt.nhs.uk/our-services/dartford-gravesham-and-swanley-community-mental-health-service-for-older-people/

Area: Dartford, Gravesham and Swanley

We care for people over 65 years old with a functional mental health difficulty or with dementia including young onset (aged under 65) in the community. We also provide support and advice to professionals, care homes and carers.

Patients receive an initial assessment after which a plan will be made in collaboration with the patient as to what the next steps might be. This may involve further appointments with health care professionals, invitations to the groups we offer, therapy and neuropsychological assessments.

Clinics are currently situated at two locations: Greenacres and Jasmine Centre which is adjacent to Darent Valley Hospital. At Greenacres there is free parking available with a daily permit available from reception. At the Jasmine Centre there are a limited number of parking spaces including blue badge spaces, alternatively there is parking available on the main hospital site.

Domestic Abuse

Childline

T: 0800 1111

W: www.childline.org.uk/get-support/contacting-childline/

Area: Nationwide

However you choose to contact us, you're in control. It's confidential and you don't have to give your name if you don't want to.

We are here for you, whatever is on your mind. We will support you. Guide you. Help you make decisions that are right for you.

Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!

Choices

T: 0800 917 9948

E: info@choicesdaservice.org.uk

W: www.choicesdaservice.org.uk/

Area: Gravesham

A charity supporting those who are experiencing domestic abuse – men, women and children.

DeafHope

T: 07970 350366

E: info@signhealth.org.uk

W: www.signhealth.org.uk/our-projects/deafhope-projects/

Area: Nationwide

The DeafHope service is run by women for women. It provides practical and emotional support to deaf women who are experiencing domestic abuse and to those who have survived it. DeafHope is the UK's only sign-language based service to help deaf women and children who suffer from domestic abuse.

Domestic Abuse Support Services in Kent/Medway

T: 0808 168 9276

W: www.domesticabuseservices.org.uk/

Area: Kent & Medway

This service provides:

- Safe refuge accommodation
- Specialist IDVA support
- Community Outreach Services
- Therapeutic and group programmes (e.g. Freedom Programme)
- 'Sanctuary' provision (adaptations to make the home safer)
- Support with court proceedings

There is a one stop shop at the Gateway, Civic Centre, 132 Windmill Street, Gravesend, Kent DA12 1AU

Opening times: Thursdays: 9.30am to 12noon

The Domestic Violence Intervention Project (DVIP)

T: 0207 928 4620

E: info@dvip.org

W: <http://dvip.org/>

Area: London and beyond

Domestic Violence Intervention Project (DVIP) provides a range of specialist services for perpetrators, survivors, young people and children.

Elder Abuse Response Helpline

T: 0808 808 8141

E: enquiries@elderabuse.org.uk

W: www.elderabuse.org.uk/

Area: Nationwide

This confidential helpline gives information about elder abuse and emotional support to anyone concerned about the abuse of an older person. The helpline is confidential and Freephone and the number will not appear on your telephone bill.

Family Matters (victims of sexual violence)

T: Helpline: 01474 537392

T: Main office: 01474 536661

E: admin@familymattersuk.org

W: www.familymattersuk.org/

Area: Nationwide

Family Matters is a free registered Charity that provides specialist support services for all survivors of rape and sexual abuse in Kent. Family Matters has a national helpline that offers information and support to professionals or anyone affected by rape or sexual abuse. The Charity also offers therapy to adults and children up to 12 one to one sessions. Independent Sexual Violence Advisors (ISVA's) are provided to support both children and adults with emotional and practical support tailored to the needs of the survivor.

Freedom Programme

T: 07827 933802

T: Helpline: 01942 262270

E: chris@fpcharity.co.uk

W: www.freedomprogramme.co.uk

Area: Nationwide

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

Men's Advice Line

T: 0808 801 0327

W: www.mensadvice.org.uk

Area: Nationwide

Offers advice and support for men in abusive relationships, both those experiencing violence and abuse from partners, and those concerned about their own violence.

National Centre for Domestic Abuse

T: Helpline 0844 8044 999

E: office@ncdv.org.uk

W: www.ncdv.org.uk

T: To make a Referral telephone 0207 186 8270 and 0800 970 2070 (press option 1)

Text "NCDV" to 60777 and we will call you back

Area: Nationwide

The National Centre for Domestic Violence provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation. Our award-winning service allows anyone who has recently suffered or been threatened with domestic violence to apply for an emergency court injunction. This can sometimes be issued within 24 hours of making contact with us. We work in close partnership with the police, solicitors and other support agencies (Refuge, Women's Aid etc) to help victims obtain speedy protection.

National Domestic Violence Helpline

T: 0808 2000 247

W: www.nationaldomesticviolencehelpline.org.uk/

Area: Nationwide

Freephone 24 hour National Domestic Violence Helpline, run in partnership with Women's Aid and Refuge. A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

National LGBT Domestic Abuse Helpline

T: 0800 999 5428

T: 0300 999 5428

E: help@galop.org.uk

W: www.galop.org.uk/domesticabuse/

Area: Nationwide

Advice and support for LGBT+ people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. Also support lesbian, gay, bi and trans people who have had problems with the police or have questions about the criminal justice system. This helpline is run by Galop who is a completely independent community led group.

NSPCC (National Society for the Prevention of Cruelty to Children)

T: Helpline 0808 8005 000

E: help@nspcc.org.uk

Area: Nationwide

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Rape Crisis England and Wales

T: 0808 802 9999 (12 noon to 2.30pm and 7pm to 9.30pm every day of the year)

E: hrcewinfo@rapecrisis.org.uk

W: <https://rapecrisis.org.uk/>

Area: England and Wales

Rape Crisis England and Wales is an organisation that exists to promote the needs and rights of women and girls who have experienced sexual violence, to improve services to them and to work towards the elimination of sexual violence. Rape Crisis Centres are located across England and Wales providing frontline specialist, independent and confidential services for women and girls of all ages who have experienced any form of sexual violence at any time in their lives.

Refuge

W: 0808 2000 247

W: www.refuge.org.uk/

Area: Nationwide

Refuge opened the world's first safe house for women and children escaping domestic violence. Refuge is a provider of specialist domestic violence services.

Respect Phonenumber

T: 0808 802 4040 open Monday to Friday from 9am until 5pm

E: info@respectphonenumber.org.uk

W: respectphonenumber.org.uk/

Area: Nationwide

The Respect Phonenumber is a confidential helpline offering advice, information and support to help you stop being violent and abusive to your partner

Our trained advisors help and advise:

- Men who abuse their female partners (straight or bi)
- Men who abuse their male partners (gay or bi)
- Women who abuse their partners
- Frontline workers working with domestic violence perpetrators

Rethink – Sahayak (Asian Mental Health Services)

T: 01474 364837

W: Helpline 0808 800 2073

E: info@rethink.org

W: www.rethink.org/

Area: Kent and West Sussex

The Sahayak Asianline offers a culturally sensitive listening and information service for the Asian community in Kent and West Sussex. The service is for anyone affected by mental health issues - whether they are service users, carers or friends or people affected by domestic abuse. Callers may speak to us in Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or English.

Samaritans

T: 08457 909090

W: www.samaritans.org/

Area: Nationwide

Provides emotional and confidential 24/7 support to those experiencing despair, distress or suicidal feelings.

Victim Support

T: 01273 480130

T: 0845 3030 900

T: Free helpline 0808 168911

W: www.victimsupport.org.uk/

Area: Nationwide

A national charity giving free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected.

Women's Aid

T: 0808 2000 247

E: helpline@womensaid.org.uk

W: www.womensaid.org.uk/

Area: Nationwide

A charity supporting anyone experiencing domestic abuse.

Early Help

Birth Registration

T: 03000 41 51 51

W: www.kent.gov.uk/births-ceremonies-and-deaths/Births

Area: Gravesham

Coldharbour Library

Coldharbour Road
Northfleet DA11 8AE

E: coldharbourlibrary@kent.gov.uk

Opening hours:

Sunday:	Closed
Monday	9am to 6pm
Tuesday	9am to 8pm
Wednesday	9am to 6pm
Thursday	9am to 6pm

Friday 9am to 6pm
Saturday 9am to 5pm

Gravesend Library

Windmill Street, Gravesend
DA12 1BE

E: gravesendlibrary@kent.gov.uk

Opening hours:

Monday to Friday: 9am to 6pm

Saturday: 9am to 5pm

Sunday: Closed

Childcare Advice Line

T: 03000 412323 Mondays to Fridays from 9am to 5pm

E: kentcfis@kent.gov.uk

Area: Across Kent

For more help with childcare options, finding a childcare provider, child and family benefits and tax credits, paying for childcare, Kent Children's Clubs & activities, Health and social care information (including parenting, drugs education and healthy living), becoming a childcare provider and running a childcare business.

Education & Outreach – The Woodville

E: woodville.outreach@gravesham.gov.uk

W: www.woodville.co.uk/your-visit/education-outreach

Area: Gravesham

Everyone is welcome at The Woodville! We're striving to be a theatre that empowers the next generation and fosters friendship within our community.

Here you'll find details of upcoming workshops and opportunities to get involved at the theatre. There's also information about our home-grown theatre productions available for delivery in schools and community venues.

Educational home visits for pre-school children

Additional needs or disabilities - for further information and to find out if we can support you and your child call:

T: 03000 417704

E: kentportage@kent.gov.uk - Deaf, blind or deafblind

To arrange a visit if your child has a hearing impairment contact:

W: 07824 306233 Ann Vickers

E: anne.vickers2@kent.gov.uk

To arrange a visit if your child has a visual impairment or is deafblind, contact:

T: 07834 764288

E: jcottle@valence.kent.sch.uk

Area: Across Kent

Offers educational home visits for preschool children:

Additional needs or disabilities - our home visiting service, known as Portage, is suitable for children who are aged 0-5 years old and have complex needs or are delayed in at least two areas of development.

Free Early Education for two year olds

W: www.kent.gov.uk/education-and-children/childcare-and-pre-school/free-childcare#tab-2

Area: Nationwide

Some two year olds can get up to 15 hours of free childcare each week for 38 weeks a year. This is a national scheme. The scheme is currently available to two year olds:

- Who are looked after by the Local Authority
- Who are no longer looked after by the Local Authority as a result of an adoption order, a special guardianship order or a residence order
- Who have a current statement of special educational needs (SEN) or an educational, health and care plan
- Whose parents receive specific benefits

ellenor

T: 01474 320007

E: info@ellenor.org

W: www.ellenor.org

Area: Bexley, Dartford, Gravesham, Swanley and surrounding villages, Tonbridge, Tunbridge Wells, Maidstone

Hospice care is holistic support for the whole family. ellenor cares for all ages and their service includes:

- Hospice at Home for children and adults (including respite)
- Inpatient Ward
- Wellbeing and Spiritual Care
- Carer Support
- Therapeutic Day Services
- Support Groups and Classes

ellenor accepts self-referrals. Call and ellenor will assess to see what services they can offer. If they cannot help, they can assist with signposting.

Family and Childcare Trust

T: 0207 940 7510

E: info@familyandchildcaretrust.org

W: www.familyandchildcaretrust.org

Area: Nationwide

Family and Childcare Trust aims to make the UK a better place for families, through research, campaigning and information provision, working with government, employers and parents to reduce pressures on family life.

Kent Children and Young People's Mental Health Services (CYPMHS)

T: 0300 123 4496

W: www.nelft.nhs.uk/services-kentchildren-young-peoples-mental-health

Area: Across Kent

The Kent Children and Young People's Mental Health Services (CYPMHS) is provided by North East London NHS Foundation Trust (NELFT). The service provides emotional wellbeing and mental health advice and support for young people and their families across Kent and is available to young people from the age of 0 – 18 years (or up to 25 years if they have special educational needs).

CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD. The types of support will vary on the type of concern and the severity, including online self-help, signposting to other organisations, crisis support, specialist assessments, face-to-face therapy either individually or in groups. If you have been discharged, you can refer yourself back into the service at any time.

Kent Friendz

T: 01732 838183

E: sharon.higgins@kentfriendz.org.uk

W: www.kentfriendz.org.uk

Area: Sevenoaks District, Tonbridge & Malling, Tunbridge Wells, Dartford, Gravesham and Maidstone

Kent Friendz is a charitable organisation that provides both adult and children's services. Kent Friendz' objectives are:

- to provide help and support to those with learning/physical disabilities, their families and carers
- to provide clubs, home support, leisure activities and trips out in the community for those with learning and complex disabilities

Kent Family Mediation Service

W: 01795 410457

W: contact@kentfms.co.uk

W: www.kentfms.org.uk

Area: Across Kent including a Family Mediation Centre in Sevenoaks

An organisation renowned for offering a family mediation service to families and individuals who are on low incomes, those with minimal capital assets and to private fee paying clients. Kent Family Mediation Service also offers Legal Aid. The nearest Kent Family Mediation Service is in Chatham or Dartford.

Kent Safeguarding Children Board

T: 03000 41 11 11 (to report child abuse)

E: social.services@kent.gov.uk

W: www.kscb.org.uk/home

Area: Across Kent

Provides information and advice for professional people who work with children in Kent. Has multiple groups that monitor, legislate and advise on all aspects of safeguarding for children. If you are worried about a child, please do report it.

Making Miracles

T: 07921 333003

E: becci@makingmiracles.org.uk

W: www.makingmiracles.org.uk

Area: Kent and Medway

Making Miracles, Baby Trauma and Bereavement Care Professional Counselling. Making Miracles provides a professional counselling service for trauma and loss to improve emotional wellbeing and reduce mental health issues. This service is provided locally and usually lasts for around 6 sessions / weeks. Referrals are received

from medical staff, other charities and self-referrals can be made too. The first contact is usually made within a week of being referred to Making Miracles. Trauma & Bereavement Care is provided to the whole family through their own journey, this includes parents, siblings and grandparents. Please find out more about the Baby Memorial Garden, Keepsake Collection and published children's book 'The Baby'. In-House Support Team Making Miracles provides ongoing emotional support on an informal level via their experienced support team for high risk pregnancy (this could be where a baby's life is at risk), if a baby is premature or where any family has suffered trauma or loss.

We Are Beams

T: 01322 668501

E: admin@wearebeams.org.uk

W: www.wearebeams.org.uk

Area: Dartford, Gravesham and Sevenoaks

We are Beams is a local charity which provides support services to disabled children and their families in Kent. We are Beams services are divided up into four key areas:

1. Short Break Service for Disabled Children
2. Family Advice Service
3. Direct Payments Service
4. Dragon's Retreat Short Break Unit (respite care)

The children and young people who access We are Beams services will typically have one or multiple learning difficulties, complex health needs, physical or sensory impairment, challenging behaviour, autism or severe ADHD.

Wheelchair Service

T: 0330 124 4485

E: kentandmedwaywcs@millbrookhealthcare.co.uk

W: www.kentandmedwaywheelchairservice.co.uk/

Area: Kent

Millbrook Healthcare have been providing wheelchair services, on behalf of the NHS, for over 20 years. Clinical and repair services are delivered throughout Kent and Medway and through experience and collaboration with service users and local NHS clinical commissioning groups, the service understands the needs, requirements and expectations of our service users.

Ethic Communities

Guru Nanak Darbar Gurdwara

Community Services

T: 01474 350611

E: info@gurunanakdarbar.org

W: https://www.gurunanakdarbar.org/projects

Area: Gravesham

Services include:

- a Day Centre providing services for older people (60+) Mondays to Fridays from 9am to 5pm and also has a drop in service at weekends from 12noon to 5pm.
- A Punjabi School with a starting age of 5 years.
- Gurmeet Sangeet (or Shabad Kirtan) – various classes.
- Kids' Zone including Little Sikhs, the Basics of Skihi and Sikh Games.

Gravesend & Dartford Muslim Association

T: 01474 323092

W: <http://gravesendmosque.com>

Area: Gravesham

The Association serves as a Mosque for the Muslim Community. It also acts as a centre for inter-faith education. And additionally provides facilities for the Islamic education of children and young people. Funds are collected for various charity organisations and the Association works closely with Gravesham Borough Council and the Police to ensure their awareness of Islam. Regular outings and organised events are also provided.

Gravesham Domestic Abuse One-Stop Shop

Open Thursdays from 9.30am to 12 noon at the Gateway, Civic Centre, Windmill Street, Gravesend DA121UA
People can gain practical advice from organisations such as the Council, Police and Citizens Advice. It has been set up by the North Kent Women's Aid and involves 6 organisations, including Gravesham Borough Council, Citizens Advice, Neves Scott Solicitors, Hatten Wyatt Solicitors, Clark Levy and Co Solicitors and Kent Police. The service is available to men and women.

IKWRO (Iranian and Kurdish Women's Rights Organisation)

T: 0207 920 6460 9.30am to 5.30pm from Monday to Fridays

E: ikwro.org.uk/contact-us/

W: ikwro.org.uk/about-us/ourservices/

Area: Nationwide

IKWRO gives advice on issues including "Honour" Based Violence, Forced Marriage, Child Marriage, Female Genital Mutilation, Domestic Violence, Separation and Divorce, Child Custody, Housing and Benefits. We don't tell women what to do or judge them. We explain the options and help them to make decisions. We can speak with clients on the telephone, at our London office or at another place which is safe and convenient for them. We can also provide an advice clinic, for example at a local community centre, GP surgery or youth club. All of our services are completely confidential.

Referrals and advocacy We can refer women and girls to other services; for example for housing or immigration advice including to Legal Aid providers and we can accompany them to appointments with the police, a GP or others. We work with the police, social services and others to keep our clients safe. Where necessary we can also translate, write letters or speak on our clients' behalf.

Expert evidence in court proceedings - we can write expert letters and statements for women and girls who are going through court proceedings including asylum and immigration hearings, child residence and contact proceedings and applications for protective court orders such as Non Molestation Orders and Forced Marriage Protection Orders. We can also give expert testimony in court to ensure that judges are fully aware of the issues that Middle Eastern and Afghan women and girls can face.

Support and counselling - we give emotional support to all clients and offer a free counselling service in Farsi, Kurdish, Arabic and English.

Karma Nirvana Honour Network Helpline

T: 0800 5999 247 Monday to Friday from 9am to 5pm)

W: <https://karmanirvana.org.uk/help/>

Area: Nationwide

Whether you are at risk or are concerned for someone that is, we are available to listen and help. We offer confidential support to both victims and professionals.

- Are you being pressured to get married against your will?
- Do you fear to bring shame & dishonour on your family?
- Have you been emotionally manipulated or physically abused?
- Are you being told to get married because of your religion?
- Do you worry about being disowned?

If you have suffered emotionally or physically, have been disowned or are thinking of leaving home we can help you. If you are LGBTQI and fear the consequences of coming out, we will stand by you.

Perhaps you have been living in a forced marriage for years and would just like to talk, we will listen and we will help you too. Karma Nirvana does not discriminate between age, gender, sexuality, faith or no faith.

Extreme Weather and Emergencies

Age UK North West Kent

T: 01474 564898

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/

Area: Gravesham

If you are worried about yourself or another elderly person in the winter period, please contact Age UK who will be able to assess what support they may be able to provide.

Emergency Contacts - Gravesham Borough Council

T: 01474 337000 from Monday to Friday 8.45am to 5pm

W: www.gravesham.gov.uk/home/footer/emergencies/overview

Area: Gravesham

To report:

- Dangerous structures
- Dangerous trees
- Flooding and other major emergencies
- Noise
- Licensing issues
- Fumes
- Other emergency environmental health complaints

Flooding Emergency

Environment Agency:

W: www.gov.uk/government/organisations/environment-agency

Area: Gravesham and Nationwide

Find out if you are at risk of flooding in England.

You can find out if you are:

- at immediate risk of flooding - check current flood warnings and river and sea levels
- at risk of flooding in the next 5 days
- in an area that's likely to flood in the future - check your long term risk of flooding and view your area's flood maps

You can also access useful information regarding emergencies on **W:** www.gravesham.gov.uk/home/footer/emergencies/overview

Floodline

T: 0345 988 1188 (24 hour service)

W: www.gov.uk/help-during-flood

Area: Nationwide

Speak to a Floodline adviser to find out how to stay safe during a flood.

National Grid Electricity Emergency Number

T: 0800 40 40 90 (available 24 hours, 7 days per week)

W: www.nationalgrid.com/

Area: Nationwide

If you spot a potential hazard on or near an overhead electricity line, please call the number provided urgently. Visit the website to find out more about what is safe and not safe to do near overhead power lines and underground cables.

National Power Cut Emergency Line

T: 105

W: www.nationalgrid.com/

Area: Nationwide

To report a power cut, call 105. On the website you can find out what to do during a power cut, how to prepare for loss of electricity and detailed help and advice.

Report flooding – road and public drain flooding

T: 03000 41 81 81 from Monday to Friday 9am to 5pm

T: 03000 41 91 91 (outside of office hours)

W: www.kent.gov.uk/waste-planning-and-land/flooding-and-drainage

Area: Across Kent

Kent County Council is responsible for dealing with road flooding and flooding from public drains. If the flood may cause immediate injury or death, or is putting homes at risk, please call the number provided.

Snow Clearing and Gritting

W: 0845 247 800

Area: Across Kent

Contact Kent County Council on the number provided about snow clearing and gritting.

South East 4x4 Response

T: 07040 900456 (General enquiries)

T: 01622 962636 (Emergency callout)

Area: Across South East England

South East 4X4 Response assists the emergency services, Kent County Council and other agencies, particularly in time of adverse weather. They are on call and available 24 hours a day for 365 days of the year.

Family Support

Advocacy

T: 0300 343 5714

Text: start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: <https://sites.google.com/prod/seap.org.uk/kent-advocacy/>

Mondays from 10am to 5pm

Tuesdays to Friday from 9am to 5pm

Weekends and Public Holidays: Closed

Area: Across Kent

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Children's Centre

T: 03000 422342 (Gravesham)

T: 03000 420400 (Dartford)

E: riversidecc@kent.gov.uk

W: <https://local.kent.gov.uk/kb5/kent/directory/service.page?id=zO6LXCzW6-8>

Area: Gravesend and Dartford

Many fun activities for parents and children to learn and have fun together. The Children's Centre is part of a nationwide programme of services for 0-5 year olds and their families, aiming to offer information, advice and support to parents, health services, family support and parental outreach. The Riverside Children's Centre is located at Dickens Road, Gravesend, DA12 2JY.

Children's Centre Northfleet

T: 0300 421125

E: littlegemschildrenscentre@kent.gov.uk

W: <https://local.kent.gov.uk/kb5/kent/directory/service.page?id=qhehfkeglTE>

Area: Northfleet

Come visit us at Little Gems Children's Centre! We have lots of fun activities for you and your children to play, learn and have fun together.

Our children's centre is part of a nationwide programme of services for 0-5 year olds and their families. Our aim is to offer information, advice and support to parents, as well as integrated childcare and early learning, health services, family support and parental outreach.

We also offer Baby Massage and Baby Resuscitation classes (booking only), Adult Education (booking only), and Midwifery Services (booking only).

For more information please call us or visit one of our Gravesham Children's Centres for a copy of our timetable. The Little Gems Children's Centre is located at Lawn Road, Northfleet DA11 9HB.

Empty Closets

E: adminteam@emptyclosets.com

W: emptyclosets.com/home/pages/welcome/for-parents.php

Area: Nationwide

Welcome to EmptyClosets.com. Perhaps you've found our site because you've recently become aware that your child is questioning his or her sexuality and you're seeking out resources, or perhaps you've found EmptyClosets in your child's browser history, or she or he told you about the site. Or maybe you found us another way.

In any case, we're glad that you've found us. We've prepared this page to tell you a little about us, and to try and answer some commonly asked questions. If after reading this page, you still have any questions or concerns, our staff will do our best to help you via email.

Evolve

T: 0300 111 110

E: evolve@imago.community

W: www.imago.community/Children-and-Young-People/Evolve

Area: Dartford, Gravesham & Swanley

This new Imago service is funded by BBC Children in Need and supports Young Carers and their siblings with disabilities. Evolve enables Young Carers to get the right help at the right time through a variety of support and activities for the Young Carer, disabled brother or sister and the family. The programme includes family support meetings, one-to-one support for Young Carers, signposting to activities for disabled children, and support in schools.

Exercise

Area: Gravesham and beyond

Cascades Leisure Centre:

T: 01474 556000

E: info@gcll.co.uk

W: www.gcll.co.uk/cascades-leisure-centre/
Thong Lane, Gravesend DA12 4LG offering swimming, exercise classes, gym, health suite etc.

Cygnnet Leisure Centre:

T: 01474 558000

E: info@gcll.co.uk

W: www.gcll.co.uk/cygnnet-leisure-centre/
Old Perry Street, Northfleet, DA11 8BU offering swimming, exercise classes, gym, health suite etc.

Disability Sportlink Project:

W: www.gcll.co.uk/disability-sportlink/

Cyclopark:

T: 01474 831400

E: www.cyclopark.com/

Watling Street, Gravesend, DA11 7NP offering bicycling, fitness and play.

Meopham Fitness and Tennis Centre:

T: 01474 814199

W: www.meophamleisure.com/meopham/HOME
Wrotham Road, Meopham DA13 0AH offering a great range of activities for all the family including fitness, classes, tennis courts and children's sport courses.

Exercise - Don't Sit Get Fit

W: www.thegrand.org.uk/what-we-do/don-t-sit-get-fit

Area: Gravesham and beyond

Don't Sit Get Fit is a family wellbeing programme run in schools across Gravesham. Each week the fun sessions will include: interactive nutrition workshops, activities, games and more for the whole family to take part in. The fun packed sessions are designed to engage the whole family, working together to improve health and lifestyles. Run by a qualified nutritionist and working with the Healthy Schools Team.

Family Lives

T: 0203 727 3571

E: katied@familylives.org.uk

W: www.familylives.org.uk/

Area: London and the South East

Family support service is offered through the helpline, as well as offering tailored support around issues such as bullying, special educational needs and support for specific communities.

Gingerbread

T: 0207 428 5400

W: www.gingerbread.org.uk/

Area: London and the South East

A charity working with single parent families providing advice, practical support and campaigns for single mums and dads.

Internet Matters

W: www.internetmatters.org/

Area: Nationwide

An organisation helping to keep children safe in the digital world.

Job Club – The Gr@nd

T: 01474 320123

W: www.thegrand.org.uk/what-we-do

Area: Gravesham

Job Club is a free service designed to support people to find new work or training opportunities.

We hold two sessions a week, providing help with:

- Writing CVs
- Writing covering letters
- Searching and applying for jobs
- Interview skills

Tuesdays are a chance to book a 40-minute, one-to-one support session to write your CV and covering letters.

Thursdays are designed for you to book a 40-minute session, to use our computers and be supported during your job searches, writing your applications and practicing your interview skills. Both sessions run from 10am until 12noon. Please book a slot in advance, call Harry on 01474 320123.

Kent Family Mediation Service

T: 01795 410457

E: contact@kentfms.co.uk

W: www.kentfms.co.uk/

Area: Across Kent

Kent Family Mediation is the largest and most widely recognised family mediation service in Kent. We can offer mediation clients, of varying income levels, the option of legally aided mediation or affordable private mediation fees, at a number of accessible mediation centres in Kent.

Learn English – The Gr@nd

T: 01474 320123

E: www.thegrand.org.uk

W: Sign up for a class: <https://www.thegrand.org.uk/contact/form?from=https://www.thegrand.org.uk/what-we-do/learn-english&to=hello@thegrand.org.uk>

Area: Gravesham

English Classes are FREE weekly sessions, designed to teach people how to speak and read a basic level of English. The classes are fun, relaxed and friendly. Each week the tutor focuses on improving communication skills by practising speaking, reading and writing English.

The content of the classes is different every week and designed to use practical and essential information that can be applied every day.

The classes run each Friday from 10am to 11.30am and from 12 noon to 1.30pm

Due to high demand we have limited availability. But some spaces are still available. Once the classes are full, you can join the waiting list so you don't miss out once a place becomes free.

Street Pastors

E: gravesham@streetpastors.org.uk

W: streetpastors.org

Area: Gravesham

Gravesham Street Pastors go out on the streets of Gravesham, meeting people in the community, patrolling every Friday and Saturday night between 10pm until the early hours. We now have another team that go out on payday weekends between 12am and 4am.

Street Pastors have been very well received by those out enjoying the night-time economy with people being happy to see us being supportive of the teams. The teams have built up good relationships with door staff and with members of the public.

All our volunteers are from different Christian churches and work together to care within our local area.

On a patrol we:

- Care, listen and help
 - Build relationships within the community
 - Make sure people are safe
 - We are non-judgemental
 - Help vulnerable people
 - Clear broken glass and bottles
 - Give out flip flops preventing injury to feet from glass
 - Supply bottles of water to those who are dehydrated and/or being sick
 - Give out blankets to keep people warm
 - Care for those who are hurt or unwell until help arrives
-

Food Banks and other ways to get food

Age UK North West Kent

T: 01474 350525

E: community.services@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/our-services/fresh-meals-service/

Area: Gravesham

Age UK North West Kent can provide a hot, freshly cooked, two course mid-day meal to anyone who needs one in the North West Kent area, including the Boroughs of Gravesham, Dartford and parts of North Sevenoaks and Swanley. All of our meals are freshly cooked, they are not frozen or re-heated in a microwave oven or defrosted and heated in the delivery vehicle. Our meals are made using locally sourced ingredients wherever possible, brought to your door, ready to serve.

Appetito Meal Delivery

T: 01622 717155

W: www.apetito.co.uk

Area: Nationwide

Delivers daily hot meals direct to people's homes. Residents should contact Kent social services or home support services department in the first instance to see if they are eligible for a subsidised service.

Food Banks – Gravesham

W: gravesham.foodbank.org.uk/

W: gravesham.foodbank.org.uk/get-help/foodbank-vouchers/

Area: Gravesham

Gravesham Foodbanks work using a voucher referral system.

St Paul's United Reform Church

Singlewell Road, Gravesend DA11 7RE

Open on Mondays only from 10.30am to 12.30pm

Riverside Community Centre

Dickens Road, Gravesend DA12 2LY

Open on Tuesdays, Wednesdays, Thursdays and Fridays only from 10.30am to 12.30pm

Gravesend Methodist Church & Community Centre

Milton Road, Gravesend DA12 2RE

Open on Saturdays only from 10am to 12noon

All foodbanks are closed on Sundays and Bank Holidays.

Food Bank – The Trussell Trust

T: 07940 089643

W: www.loc8nearme.co.uk/kent/northfleet/the-trussell-trust/316022/

Area: Gravesham

Address: St Clements Close, Northfleet, DA11 7RU

Opening hours may fluctuate. For detailed hours of operation, please contact the store direct.

Meal Delivery – internet and telephone

Most supermarkets allow a customer to telephone to arrange a home delivery and will take the order and payment over the phone. This is useful for those who are not able to use the internet.

Healthy Start Vouchers

T: 0845 607 6823

W: www.healthystart.nhs/healthy-startvouchers/do-i-qualif

Area: Nationwide

Healthy Start provides vouchers every week to spend on milk, plain fresh or frozen fruit and vegetables and infant formula milk. Free vitamins are also available. Residents can qualify if they are at least 10 weeks pregnant or have a child under four, if you are on benefits or if they are pregnant and under 18 years old. To find out more please visit the website.

Kent Support and Assistance Service (KSAS)

E: ksas@kent.gov.uk

W: www.kent.gov.uk/social-care-andhealth/care-and-support/benefits/homeessentials-in-a-crisis

Area: Across Kent

Kent Support & Assistance Service (KSAS) is available to support residents if they are facing exceptional pressures because of an emergency or crisis. KSAS may be able to offer short term help, with essential groceries, items of clothing, goods for young people (such as nappies and

formula) and household appliances to households who have no other means of support

The Gr@nd Langar Food Kitchen

W: www.thegrand.org.uk/what-we-do/langar-food-kitchen

Area: Gravesham

Each Tuesday evening a team of volunteers from Gravesend's Gurdwara, run a food kitchen for people in need here at The Gr@nd. They provide a free hot vegetarian meal to everyone. A takeaway option for the meal is possible too. There is no need to book. Just turn up at the Langar kitchen which is open between 7pm and 8pm every Tuesday (except on Bank Holidays).

Gambling Support

GamCare

T: 0808 8020 133

E: info@gamcare.org.uk

W: www.gamcare.org.uk

Area: Nationwide

GamCare is a provider of information, advice, support and free counselling for the prevention and treatment of problem gambling.

National Gambling Helpline

T: 0808 8020 133

Area: Nationwide

If you are concerned about the amount of time or money that you or someone who know is spending gambling, you can talk to an adviser free of charge over the phone or online. Available 8am to midnight, seven days a week.

Housing & Homelessness

Citizens Advice

Address: Ground Floor, Civic Centre, Windmill Street, Gravesend DA12 1AU

Opening hours: Mondays, Tuesdays from 1pm to 3pm (for initial assessment) and Fridays from 10am to 12 noon. Drop-in at Gravesend Gurdwara: Tuesday 6pm to 7.30pm

T: 01474 878639

T: Adviceline 0300 330 9001 Monday to Friday 10am to 3pm

W: www.citizensadvice.org.uk/housing/

Area: Gravesham and Nationwide

Citizens Advice provides a free, confidential, independent advice service. You may have money, housing, employment problems, facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward, whatever problem they face.

Clarion Housing Group (includes Affinity Sutton and Circle)

W: www.myclarionhousing.com/your-home/

Area: Gravesham

To find all the services you need regarding your tenancy, lease or shared ownership with Clarion Housing.

Council Tax Support and Advice

T: 01474 33 70 00

E: council.tax@gravesham.gov.uk

W: www.gravesham.gov.uk/home/council-tax/access-your-council-tax-account-online/overview

Area: Gravesham

With an online Council Tax account you can:

- view your payment history
- view a breakdown of charges and payments in previous years
- view copies of letters we have sent to you
- view copy bills

You will need your Council Tax account number, name and postcode when you create your account.

Council Tax Reduction Scheme

T: 01474 33 77 10

E: HBcustomer.services@gravesham.gov.uk

W: https://www.gravesham.gov.uk/home/council-tax/council-tax-reduction/council-tax-reduction-scheme

Area: Gravesham

You can apply for a council tax reduction whether you have your own home, if you rent, are unemployed or if you are working.

You may get a reduction if:

- You pay council tax
- You have a low income, or are entitled to a benefit paid by the Department for Work and Pensions or the Pension Service
- You cannot get council tax reduction if you:
 - Are not the householder, or the person liable to pay council tax,
 - Have more than £16,000 in capital (savings and investments), unless you receive guaranteed pension credit
 - Are excluded from receiving public funds, due to your status in the UK

Most asylum seekers and people sponsored to be in the UK cannot get council tax reduction and most full-time students cannot get council tax reduction. To apply for council tax reduction you will need to fill in our form.

To apply for council tax reduction, you need to complete the Benefits application and follow the instructions attached.

Council Tax Exceptional Hardship Scheme

T: 01474 33 77 10

E: HBcustomer.services@gravesham.gov.uk

Area: Gravesham

From 1 April 2017 Gravesham Borough Council introduced an Exceptional Hardship Policy to provide additional assistance if you receive Council Tax Reduction but are facing exceptional hardship. Exceptional Hardship awards are designed as short-term help to the applicant only. There is no statutory right to an exceptional hardship award as it is at the discretion of the Council.

Discretionary Housing Payments

W: www.gravesham.gov.uk/home/housing/housing-benefit/discretionary-housing-payments

Area: Gravesham

Discretionary Housing Payments (DHP) are extra payments made at the Council's discretion to help you pay your rent and other housing costs. This is a separate payment on top of Housing Benefit. The amount of money the Borough Council has for these payments is subject to change each year depending on budgets available.

Gravesend Churches Housing Association

T: 01474 369830

E: general@gcha.org.uk

W: www.gcha.org.uk/contact-us/

Area: Gravesham.

Dartford and Maidstone GCHA (Gravesend Churches Housing Association) is a Housing Association providing social and affordable housing in Gravesham, Dartford and Maidstone since 1964. GCHA currently manages just under 600 properties consisting of a mix of street properties and estates.

Help to Buy Scheme

T: 03333 214 044

E: helptobuyeastandsoutheast@bpha.org.uk

W: www.helptobuyese.org.uk

Area: Nationwide

This is a Government Scheme to make home ownership an option. New-build and re-sale homes may be available for shared ownership, Rent to Buy, Part Buy and other scheme options.

Homeless Link (search for hostels)

T: 0207 8404430

E: info@homelesslink.org.uk

W: www.homeless.org.uk

Area: Nationwide

Search for hostels and homelessness services in England.

House of Mercy (Hostels for the Homeless)

W: https://www.houseofmercygravesham.com/

Area: North Kent

House of Mercy

1 Edwin Street, Gravesend, DA12 1EH

T: 01474 329514

E: manager@houseofmercyhostel.org

Edmund Rice House

56 Pelham Road, Gravesend DA11 0HZ

T: 01474 330295

E: t.allen@houseofmercyhostel.org

Mary Ann Doyle House

Seymour Road, Northfleet DA11 7BW

T: 01474 567510

E: f.bawaqa@houseofmercyhostel.org

House of Mercy (Day Centre)

Address: 1 Edwin Street, Gravesend, DA12 1EH

T: 01474 329514

E: manager.hom@hotmail.co.uk

W: <https://www.homeless.org.uk/homeless-england/service/house-of-mercy-day-centre>

Area: North Kent

The day centre is for homeless people (aged 18-65) and people living in inadequate accommodation and on offer are cheap meals, washing facilities and a clothing store. Referrals can be made to emergency and longer term housing. Also on offer is pre-tenancy, resettlement and tenancy sustainment support; support around budgeting and cooking; help with letter and CV writing; use of phones. Homeless people and people living in inadequate accommodation can access this service.

Opening times

Monday from 9.30am to 3pm

Tuesday from 9.30am to 4pm

Wednesday from 9.30am to 4pm

Thursday from 9.30am to 3pm

Friday from 9.30am to 4pm

Saturday from 9am to 2pm

Sunday from 11am to 2pm

Housing Benefit

T: 01474 33 77 10

E: HBcustomer.services@gravesham.gov.uk

W: <http://www.gravesham.gov.uk/home/housing/housing-benefit/overview>

Area: Gravesham

Housing Benefit helps you pay your rent if you are on a low income. To qualify for Housing Benefit you must be:

- Paying rent
- A tenant living in council property, privately-rented accommodation (the allowance for these tenants is known as Local Housing Allowance and the rates are set separately), hostels or housing association accommodation
- Living in the property as your home.

When the amount of Housing Benefit you might be entitled to is calculated we look at:

- How much money you have coming in
- Your personal circumstances and the amount of rent you have to pay. If you rent from a private landlord take a look at Local Housing Allowance
- The amount of savings you have (more than £16,000 will normally disqualify you)
- If you have lodgers, grown-up children or relatives living with you your benefit may be reduced. This is because the Government consider that other adults should contribute to the household. The amount of the contribution depends on their age and income.

Housing Care

W: www.housingcare.org

Area: Nationwide

For guidance on accommodation services for older people, including the option to search for retirement housing and care homes.

Hyde Housing

T: 0800 3282 282 Monday to Friday from 8am to 8pm

T: 0800 3282 282 - 24 hour emergency repairs service

Text phone for hard of hearing

T: 020 8297 7501 – prefix 18001 from a text phone or 18002 from a standard phone.

W: www.hyde-housing.co.uk/contact-us/

Area: South East England

Kent Homechoice (Social Housing Register)

T: 01474 337701 (Gravesham Borough Council Housing Allocations Team)

W: <https://www.kenthomechoice.org.uk/choice/content.aspx?pageid=1>

Area: Kent

Kent Homechoice is the partnership of local authorities and housing associations that provide social and affordable housing in Kent. If you are already registered with us, please sign in at the top right of the screen or to apply for housing in Kent please select 'Register'. We provide the information you need so you can make the right housing choices.

London and Quadrant

W: help.lqgroup.org.uk/help/

Area: South East

Lookahead

T: 0207 368 4600

E: getintouch@lookahead.org.uk

W: www.lookahead.org.uk

Area: South East

Offer specialist homelessness advice and support for people with multiple and complex needs (mental health, learning disability and/or autism). Services include supported housing, outreach, training schemes and lifelong learning services.

MacIntyre (Learning Disability Supported Housing)

T: 01908 230100

E: hello@macintyrecharity.org

W: www.macintyrecharity.org/

Area: Nationwide

Provide supported living services to promote independence for young people and adults who have a learning disability and/or autism.

MHS Homes Group

W: www.mhs.org.uk/

Area: Medway, Maidstone, Gravesham, Dartford, Tonbridge & Malling

We provide safe, secure affordable homes as a stepping stone to a better future because everyone needs a decent home. We help people - often on lower incomes

who cannot afford to buy a home outright - rent or part-buy a place to live. The MHS Homes Group manages over 10,000 homes in the Medway, Maidstone, Gravesham, Dartford and Tonbridge & Malling areas of Kent. This makes us the largest independent social landlord in the UK. MHS has been doing this for over 25 years, so has a great deal of experience to draw on.

Moat

W: 0300 323 0011
Text: 07786 202 505
E: customer@moat.co.uk
W: www.noat.co.uk
Area: South East England

Moat is the leading housing association in the South East of England building high quality, affordable homes for those in housing need.

Optivo (formerly Amicus Horizon)

T: 08100 121 6060 Mondays to Fridays from 9am to 5pm
W: www.optivo.org.uk/
Area: London, the South East and the Midlands

Optivo is one of the largest housing providers in the United Kingdom with over 44,000 homes in London, the South east and the Midlands.

And we don't stop there. Residents are at the heart of everything we do. We're building homes, making places, enhancing lives:

- Building new homes every year to help solve the housing crisis
 - Working with residents, local authorities and partners to create safe and sustainable homes and communities
 - Helping our residents to live their best lives, with training, careers advice, financial and digital inclusion.
-

Orbit

T: 0800 678 1221
E: info@orbit.org.uk
W: www.orbit.org.uk/
Area: Nationwide

Orbit build and provide a range of homes including rented and low-cost home ownership options.

Porchlight (Homelessness)

T: 0800 567 7699
E: headoffice@porchlight.org.uk
W: www.porchlight.org.uk/
Area: Across Kent

Porchlight helps people who have nowhere to go and no-one to turn to. Some people are homeless and others struggling to cope with the pressures in their lives.

Rapport Housing and Care (formerly Abbeyfield Kent Society)

T: 01634 723007
E: enquiry@rapporthc.co.uk

W: rapporthousingandcare.co.uk/contact-us/

Area: South East England

Rapport Housing and Care is a not for profit housing association with over 50 years of experience and provide Residential Homes, Supported Living Homes and Extra Care Housing Schemes.

Residential Care and Nursing Homes

W: www.carehome.co.uk/
Area: Gravesham and beyond

Directory of care, nursing and residential homes throughout and near Gravesham and beyond.

Sanctuary

T: 07496 832 228
E: sanctuary@citypraisecentre.com
W: graveshamsanctuary.uk/about-sanctuary/what-we-do/
Area: Gravesham and beyond

Our aim at Sanctuary is to be a 'first point of contact' to those who are homeless irrespective of situation or background, with a focus on providing assistance not catered by other agencies.

Activities are either run directly by our volunteers or in conjunction with other partners such as Gravesend Methodist Church, Porchlight, Gravesend Job Centre and the local borough council.

Current activities include: A winter shelter (October – April) that provides our guests with a warm, safe place to sleep 3 evenings a week

Daytime drop-in centre provided by Gravesend Methodist Church, that provides hot showers; laundering of clothes; new/second hand clothing; help with paper work, including repatriation back to a home country; and liaison with authorities who can provide work, benefits and accommodation.

Shelter

T: 0808 800 4444 (regular helpline)
T: 0808 1644 660 (emergency advice)
W: www.england.shelter.org.uk
Area: Gravesham and Nationwide

Shelter helps people struggling with bad housing or homelessness through advice, support and legal services. The helpline number is open from 8am to 8pm from Monday to Friday and 8am to 5pm Saturdays and Sundays.

Street Pastors

T: gravesham@streetpastors.org.uk
W: streetpastors.org/locations/gravesham/about-us/what-we-do/
Area: Gravesham

Gravesham Street Pastors go out on the streets of Gravesham, meeting people in the community, patrolling every Friday and Saturday night between 10pm until the early hours. We now have another team that go out on payday weekends between 12am and 4am.

Street Pastors have been very well received by those out enjoying the night-time economy with people being happy to see us and being supportive of the teams. The teams have built up good relationships with door staff and with members of the public.

All our volunteers are from different Christian churches and work together to care within our local area.

On a patrol we:

- Care, listen and help
- Build relationships within the community
- Make sure people are safe
- We are non-judgemental
- Help vulnerable people
- Clear broken glass and bottles
- Give out flip flops preventing injury to feet from glass
- Supply bottles of water to those who are dehydrated and/or being sick
- Give out blankets to keep people warm
- Care for those who are hurt or unwell until help arrives

Supported Housing (Kent County Council)

T: 03000 416161 Mondays to Fridays from 9am to 5pm)

T: 03000 419191 out of office hours – for emergencies only

W: www.kent.gov.uk/social-care-and-health/care-and-support/housing-and-care-homes/supported-housing

Area: Across Kent

For help to find a new home which gives you the support you need to live a more independent life. Speak to your case worker or contact for an assessment if you feel you have a need for supported housing.

Town and Country Housing

T: 01892 501480 Mondays to Fridays from 8.30am to 5pm

W: www.tchg.org.uk/

Area: Kent and Sussex

We provide more than 9,500 affordable homes in 15 local authority areas in Kent and Sussex. Over the years we have invested heavily in our homes, and continue to do so as part of the Peabody Group.

In addition to general needs homes, we offer a wide range of housing, including key worker, shared ownership and specialist accommodation including a women's refuge, housing for people with learning and physical disabilities, and a hostel for ex-offenders.

West Kent Housing Association

T: 01732 749400 Mondays to Thursdays from 8.45am to 5.15pm and Fridays from 8.45am to 4.45pm

W: help@wkha.org.uk

W: www.westkent.org/

Area: Across Kent

Established in 1989, WKHA was one of the first large scale voluntary transfers of local authority housing. We were the first 'excellent' housing association in the country and the first gold standard Investor in People in Kent. We have an enviable reputation for helping people and communities flourish. We believe that a good home is a foundation for

getting on in life; our core purpose is to help the many people for whom a good home (to rent or buy) is too expensive, and to nurture their communities.

In our communities, we respond to what's needed, not just what we currently do. We provide great places to live and space for people to grow.

YMCA

T: 01322 282030

E: info.dartford@ymcatg.org

W: ymcatg.org/

Area: North Kent

The YMCA is a charity that has been serving the local community for over 130 years. Whilst the focus is on young people, they work with all members of the community, in the belief that everyone should be able to reach their full potential, regardless of their background. This is called the youth minded community approach. The YMCA works from the following locations: Romford, Dartford, Greenwich and Ashford. YMCA Thames Gateway is also proud to support YMCA Thamesmead. Every night supported accommodation is provided for homeless people locally, providing young people with opportunities to develop the necessary life skills to find work and live independently.

Learning Disabilities

Adult Social Services (Kent)

T: 03000 41 61 61

E: social.services@kent.gov.uk

W: www.kent.gov.uk/social-care-andhealth

Area: Across Kent

For those who have care and support needs, they can contact for a free assessment. The assessment is a discussion between the client (or the person you look after) and a trained person either from the council or another organisation that the council works with. They talk about the situation and what changes could be made to find out how needs could be met. If you or the person you want help for are over 18 years old, please contact Adult Social Services.

Advocacy

W: 0300 343 5714

Mondays from 10am to 5pm

Tuesdays to Fridays from 9am to 5pm

Weekends and Public Holidays: Closed

Text: start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: sites.google.com/prod/seap.org.uk/kent-advocacy/

Area: Kent-wide

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help

you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Avenues Groups

T: 0300 323 0405

E: info@avenuesgroup.org.uk

W: www.avenuesgroup.org.uk

Area: London, South East and East of England & West Midlands

Supports people who have learning disability, autism, acquired brain injury and challenging behaviour. Typically, Avenues Groups supports people with multiple or complex needs and/or challenging behaviour. Core services are: supported living and housing, outreach, and support at home.

Blue Badge Scheme

T: 03000 41 62 62

E: bluebadgeteam@kent.gov.uk

W: www.kent.gov.uk/social-care-and-health/care-and-support/disability/apply-for-a-blue-badge

Area: Gravesham and Nationwide

The Blue Badge scheme helps you park nearer to your destination if you have a disability. It can take up to 8 weeks to process a Blue Badge application when we have the required documents.

CEA Card

T: 0244 526 016

Text: 18007 01244 526 016

The CEA Card is a national card scheme developed for UK cinemas. The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

Cinema – Access and Facilities

The Paul Greengrass Cinema, Civic Centre, Windmill Street, Gravesend DA12 1DD

T: 01474 337459

T: 08442 439 480

T: 01474 337500 – Box office opening hours Monday to Saturday from 10am to 2pm and one hour before cinema screenings.

W: www.woodville.co.uk/your-visit/access-and-facilities

Area: Gravesham and beyond

The Paul Greengrass Cinema offers the following in relation to access and facilities for those people with disabilities:

- Lifts to all levels
 - Easy access for wheelchairs and buggies
 - Buggy park
 - A free ticket for essential companions*
 - Assistance dogs+
 - Refreshments
 - Baby changing and feeding
 - Nearby car parking
-

Cinema – Access and Facilities

Showcase Cinema, Plaze, Bluewater Shopping Centre DA9 9SG

T: 0871 220 1000 – 24hr booking number

W: www.showcasecinemas.co.uk/events/autism-friendly

Area: South East England

Showcase is proud to present Autism Friendly screenings in partnership with not-for-profit support provider, Dimensions. We think it is important that anyone can experience the delights of cinema, and hope that with a few adjustments, cinema can be enjoyed by those that are sensory sensitive. What makes the screenings Autism friendly?

- Soft lighting in the auditorium
- Only 2D films
- Lowered film volume
- No trailers

You will be able to bring in your own food and drink and are welcome to move around the auditorium. Autism friendly screenings are on every second Sunday of the month.

Compaid – Computer Skills Training

T: 07942 180885

E: assessment@compaid.org.uk

W: www.compaid.org.uk/for-individuals/accessing-our-services/

Area: Kent

The best way to access our computer skills training service is to arrange for a taster session, either at our Training Centre in Paddock Wood, or at your own home. At this session, our staff will discuss your needs, the areas of computer skills that you would like to develop, and any wider outcomes you hope to achieve. A programme of support sessions can then be suggested to you. You can request a taster session by emailing or telephoning. If you are in receipt of Employment Support Allowance or Job Seekers Allowance, and live in West Kent, you may be able to access our training services through your Work Coach. Ask at your JobCentre for more details

DIAL North West Kent

T: 01474 536 501

opening hours Mondays to Thursdays from 11am to 3pm

E: dialnwk@kasbah.org.uk

W: dialnwk.org.uk/

Area: Dartford, Gravesham and Swanley

Dial is run by disabled people, for disabled people and provides free confidential information advice on all aspects of disability to the residents of North West Kent, and to KASBAH service users and members across Kent.

Disability Information Services Kent (DISK)

E: diskkent.org.uk/contact.html

W: diskkent.org.uk/

Area: Across Kent

Welcome to Disability Information Services Kent (DISK), providing information services to disabled residents of Kent.

N.B. You must be resident within Kent to consult with our disability advisors. If you live outside of Kent, contact your local Citizen's Advice.

Our specialist advisors are experts at providing advice and support when it comes to physical disabilities, learning difficulties and mental health illnesses; Providing advice and guidance on a range of subjects including disability aids and Benefits entitlements. Please read our information leaflets before contacting us, whereupon the team will be happy to help.

Disability Services & Information in Kent

W: www.locallife.co.uk/kent/disability-services.asp

Area: Across Kent

Kent Disability and Information Services covering the whole of Kent.

Exercise

Area: Gravesham and beyond

Cascades Leisure Centre:

T: 01474 556000

E: info@gcll.co.uk

W: www.gcll.co.uk/cascades-leisure-centre/
Thong Lane, Gravesend DA12 4LG offering swimming, exercise classes, gym, health suite etc.

Cygnnet Leisure Centre:

T: 01474 558000

E: info@gcll.co.uk

W: www.gcll.co.uk/cygnnet-leisure-centre/
Old Perry Street, Northfleet, DA11 8BU offering swimming, exercise classes, gym, health suite etc.

Disability Sportlink Project:

W: www.gcll.co.uk/disability-sportlink/

Cyclopark:

T: 01474 831400

E: www.cyclopark.com/

Watling Street, Gravesend, DA11 7NP offering bicycling, fitness and play.

Meopham Fitness and Tennis Centre:

T: 01474 814199

W: www.meophamleisure.com/meopham/HOME
Wrotham Road, Meopham DA13 0AH offering a great range of activities for all the family including fitness, classes, tennis courts and children's sport courses.

Horse Riding and Carriage Driving (Riding for the Disabled Association (RDA))

Bexley Group for Therapeutic Riding (DA2 6LZ)

T: 07771 536029

E: di.j@btinternet.com

W: www.rda.org.uk/rda-groups/

Area: Kent

The Bexley Group offers riding sessions for individual children or school groups Tuesday 5pm to 6pm,

Wednesday morning and Thursday 2pm to 6pm.
Sessions are held at Arrow Riding Centre, Dartford.

Bradbourne Group (TN14 5PF) –

T: 07914 273610

E: contact@bradbourn-rda.org.uk

W: www.bradbourne-rda.org.uk/horses.php

Area: Kent

At the Bradbourne Riding and Training Centre in Sevenoaks, Kent we have:

- Acres of fields and woodland
- Indoor school
- About 14 horses and ponies of various shapes and sizes
- Over 100 volunteers including 15 coaches

We have over 200 registered riders and carriage drivers of whom more than 120 ride or drive each week.

All of our ponies are suitable age and temperament and have been carefully selected for RDA work.

All of which enables us to offer a wide range of activities associated with horses and ponies, including riding sessions, carriage driving sessions and summer camps.

IASK (Information, Advice and Support Kent)

T: 03000 41 3000

E: iask@kent.gov.uk

W: www.kent.gov.uk/education-and-children/special-educational-needs/who-to-contact/Information-Advice-and-Support-Kent

Area: Across Kent

Service to support families of children and young people (0-25 years) with special educational needs or disabilities. The service aims to empower children/young people and their parents to make informed choices about their children's education, other outcomes and communicate confidently.

Kent Autistic Trust

T: 01634 405168

W: www.kentautistictrust.org/

Area: Across Kent

Specialist provider of services for young people and adults with autism.

Kent Pathways Service

T: 03000 41 61 61

E: kentpathwaysservice@kent.gov.uk

W: www.kent.gov.uk/social-care-and-health/care-and-support/disability/learning-disability/kent-pathway-service

Area: Across Kent

The Kent Pathways Service supports adults with a learning disability to become more independent. They aim to help improve independence by developing life skills. Support is provided between 1 and 12 weeks and it is free of charge to have support from a Kent Pathways Service worker.

MacIntyre (Learning Disability Supported Housing)

T: 01908 230100

E: hello@macintyrecharity.org

W: www.macintyrecharity.org

Area: Nationwide

Provide supported living services to promote independence for young people and adults who have a learning disability and/or autism.

Mencap

T: 0808 808 111 Mondays to Fridays from 8am to 6pm

E: helpline@mencap.org.uk

W: www.mencap.org.uk/

Area: Nationwide

Mencap values and supports people with a learning disability and their families and carers. A range of services are provided, including round-the-clock care, helping someone join in with local leisure activities and providing advice and information on employment and education.

SNAAP (Special Needs Advisory & Activities Project)

T: 01227 367555

E: info@snaap.org.uk

W: www.snaap.org.uk/

Area: Across Kent

An organisation providing an extensive range of services to children with every kind of disability, aged from 0-25, in partnership with parents. The focus of the service is upon all of the child's needs including educational, social, developmental and emotional.

We Are Beams

T: 01322 668501

E: admin@wearebeams.org.uk

W: www.wearebeams.org.uk

Area: Dartford, Gravesham and Sevenoaks

We Are Beams is a local charity which provides support services to disabled children and their families in Kent.

We Are Beams services are divided up into four key areas:

1. Short Break Service for Disabled Children
2. Family Advice Service
3. Direct Payments Service
4. Dragon's Retreat Short Break Unit (respite care)

The children and young people who access We Are Beams services will typically have one or multiple learning difficulties, complex health needs, physical or sensory impairment, challenging behaviour, autism or severe ADHD.

all lesbian, gay, bisexual and trans people can achieve their full potential. LGBT people still face persecution, discrimination and stark health inequalities. Services provided by the Foundation reduce isolation, help people feel more confident and in control of their lives, and enable people to flourish. Services and activities include a range of support groups, face-to-face counselling, a helpline, email and pop-in service, a befriending scheme, a sexual health programme, a substance-misuse project, organisational training, a range of guides and resources, a national website; advice surgeries, LGBT infrastructure support, various research projects and policy campaigning.

Support services are delivered by a team of dedicated staff and volunteers. So whether it's relationships, coming out, family issues, knowing your legal rights, reporting a hate crime, or you just need someone to talk to, get in touch and tell us how we can help.

National LGBT Domestic Abuse Helpline

T: 0800 999 5428

T: 0300 999 5428

E: help@galop.org.uk

W: www.galop.org.uk/domesticabuse/

Area: Nationwide

Advice and support for LGBT+ people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. Also support lesbian, gay, bi and trans people who have had problems with the police or have questions about the criminal justice system. This helpline is run by Galop which is a completely independent community led group.

Mental Health

Addaction in Kent for Young People

T: 01795 500881

W: beta.addaction.org.uk/services/addaction-in-kent-for-young-people/

Area: Across Kent

Talk to us if you are worried about your drug or alcohol use. We can help you stop or cut down on what you are using, and help you with other problems you may be having. You can come and talk to us in a place that you are comfortable with, like your local coffee shop or youth club. We also visit schools, community centres, and can even come to your home if you would prefer. You do not have to pay for any of our services and we won't tell anyone about anything you tell us without your permission. This service is for you if you are under 18, living in Kent and you are worried about either your drug or alcohol use, or someone else's that you know.

Advocacy

T: 0300 343 5714

Text: start your message with the key word SEAP to 80800

W: kent@seap.org.uk

W: <https://sites.google.com/prod/seap.org.uk/kent-advocacy/>

Mondays from 10am to 5pm

LGBT

LGBT Foundation

T: 03453 303030

E: info@lgbt.foundation

W: <https://lgbt.foundation/>

Area: Nationwide

The Foundation believes in a fair and equal society where

Tuesdays to Friday from 9am to 5pm
Weekends and Public Holidays: Closed

Area: Kent-wide

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Anxiety UK

T: 03444 775 774 (infoline) Mondays to Fridays from 9.30am to 5.30pm

Text: 07537 416 905 (text service)

E: support@anxietyuk.org.uk

W: www.anxietyuk.org.uk/

Area: Nationwide

Anxiety UK is a charity working to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

Blue Badge Scheme

T: 03000 41 62 62

E: bluebadgeteam@kent.gov.uk

W: www.kent.gov.uk/social-care-and-health/care-and-support/disability/apply-for-a-blue-badge

Area: Gravesham and Nationwide

The Blue Badge scheme helps you park nearer to your destination if you have a disability. It can take up to 8 weeks to process a Blue Badge application when we have the required documents.

CEA Card

T: 0244 526 016

Text: 18007 01244 526 016

E: info@ceacard.co.uk

W: www.ceacard.co.uk

The CEA Card is a national card scheme developed for UK cinemas. The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

CALM (Campaign Against Living Miserably)

T: 0800 58 58 58

W: www.thecalmzone.net/

Area: Nationwide

CALM is a movement against male suicide, the single biggest killer of men under 45 in the UK. CALM offers support to men in the UK of any age, who are down or in crisis via the helpline, web chat or website.

Crisis Resolution Home Treatment Team

T: 01322 622 023

T: 01322 622 129

Open 24 hours a day 7 days a week

W: www.kmpt.nhs.uk/our-services/west-kent-crisis-resolution-and-home-treatment-team/

Area: Dartford and Gravesham

We provide safe and effective community based treatment in the least restrictive and most appropriate environment for individuals aged 18 and above who are experiencing a mental ill health crisis.

We aim to prevent admission to hospital where appropriate by facilitating treatment in the patient's home. All patients in receipt of home treatment will receive an individualised treatment plan.

Our multidisciplinary team is made up of nurses, occupational therapists, doctors, support, time and recovery workers and non-medical prescribers.

Located at Little Brook Hospital. Bow Arrow Lane
Dartford, Kent DA2 6PB

Disability Information Services Kent (DISK)

E: diskkent.org.uk/contact.html

W: diskkent.org.uk/

Area: Across Kent

Welcome to Disability Information Services Kent (DISK), providing information services to disabled residents of Kent.

N.B. You must be resident within Kent to consult with our disability advisors. If you live outside of Kent, contact your local Citizen's Advice.

Our specialist advisors are experts at providing advice and support when it comes to physical disabilities, learning difficulties and mental health illnesses; Providing advice and guidance on a range of subjects including disability aids and Benefits entitlements. Please read our information leaflets before contacting us, whereupon the team will be happy to help.

Disability Services & Information in Kent

W: www.locallife.co.uk/kent/disability-services.asp

Area: Across Kent

Kent Disability and Information Services covering the whole of Kent.

Kent & Medway (Mental Health Services)

T: 0300 222 0123

W: www.kmpt.nhs.uk/

Area: Across Kent & Medway

Provides mental health, learning disability and substance misuse services, as well as other specialist services.

Live It Well Kent and Live Well Kent

T: 0800 567 7699

E: info@liveitwellkent.org.uk

W: www.liveitwell.org.uk

W: www.kent.gov.uk/social-care-and-health

Area: Kent and Medway

Promotes a range of support and information on mental health and wellbeing services to connect people with support within their local communities. Support available locally includes links with statutory services, wellbeing, active lifestyle, community based activities, social support and life skills.

Megan CIC – Personality Disorder Peer Support Group

T: 01634 402077

E: enquiries@megancic.org.uk

W: megancic.org.uk/about-us/

Area: Gravesham and beyond

Megan CIC meets at the Gr@nd, 26 King Street, Gravesend. A Personality Disorder Peer Support Group is held every Thursday from 1pm to 3pm and is free to attend. Megan CIC stands for Medway Engagement Group and Network.

MIND

T: 01322 291380

Monday to Friday from 9am to 4.45pm (some services are delivered outside of these hours by pre-booked appointments)

E: admin@northkentmind.co.uk

W: www.northkentmind.co.uk

W: www.mind.org.uk/

Area: North Kent

MIND are operating in the towns of Dartford, Gravesend, Swanley, Strood, Rochester, Chatham, Gillingham, Rainham.

North Kent MIND is a mental health charity whose services include accommodation; anger management; anxiety management; counselling; depression management; drop in; education and training; IT facilities and groups; mentoring; relaxation groups and volunteer opportunities. Other services include: Cognitive Behavioural Therapy (CBT) for those who meet the criteria, referrals can be in writing or there is a confidential area to take face to face referrals); time to change user run social events group; coping with life courses including depression, anxiety, assertiveness skills, self-esteem and coping with stress groups and various activities including creative writing, healthy eating, photography, literacy and numeracy

Psychological Therapies (IAPT)

Gravesend

W: [/www.nhs.uk/service-search/psychological-therapies-\(IAPT\)/Gravesend/Results/1068/0.371/51.442/10008/8686?distance=25](http://www.nhs.uk/service-search/psychological-therapies-(IAPT)/Gravesend/Results/1068/0.371/51.442/10008/8686?distance=25)

Northfleet

W: [www.nhs.uk/service-search/psychological-therapies-\(IAPT\)/Northfleet/Results/1068/0.337/51.441/10008/15836?distance=25](http://www.nhs.uk/service-search/psychological-therapies-(IAPT)/Northfleet/Results/1068/0.337/51.441/10008/15836?distance=25)

Area: Across Kent

Online search facility for psychological therapies (IAPT)

Release the Pressure

T: 0800 107 0160

W: www.kent.gov.uk/social-care-and-health/health/release-the-pressure

Area: Across Kent

Highly experienced and trained team to provide confidential support. Suicide is the biggest killer of men under 45 years in Kent. (Funded by KCC).

Rethink

T: 0300 5000 927

E: info@rethink.org

W: www.rethink.org/

Area: Nationwide

Provide support to help people affected by mental illness by changing attitudes.

Rethink – Sahayak (Asian Mental Health Services)

T: 01474 364837

T: Helpline - 0808 800 2073

E: info@rethink.org

W: www.rethink.org/

Area: Kent and West Sussex

The Sahayak Asianline offers a culturally sensitive listening and information service for the Asian community in Kent and West Sussex. The service is for anyone affected by mental health issues - whether they are service users, carers or friends and people affected by domestic abuse. Callers may speak to us in Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or English.

Samaritans

T: 08457 909090

W: www.samaritans.org/

Area: Nationwide

Provides emotional and confidential 24/7 support to those experiencing despair, distress or suicidal feelings.

SANE

T: 0300 304 7000 (4.30pm to 10.30pm daily)

T: 020 3805 1790

E: info@sane.or.guik

W: www.sane.org.uk/

Area: Nationwide

SANE is a mental health charity working to improve quality of life for anyone affected by mental illness. SANE believe that no-one affected by mental illness should face crisis, distress or despair completely alone.

Think Action

T: 0300 012 0012

W: www.thinkaction.org.uk/

Area: Across Kent

We all know the importance of feeling positive about ourselves and others. Think Action is here to help you

learn the skills to nurture your own wellbeing and build positive relationships with the people around you.

Older People

Advocacy

T: 0300 343 5714

Mondays from 10am to 5pm

Tuesdays to Friday from 9am to 5pm

Text: start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: <https://sites.google.com/prod/seap.org.uk/kent-advocacy/>

Weekends and Public Holidays: Closed

Area: Kent-wide

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Age UK North West Kent

T: 01474 564898

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/

Area: Gravesham

Services include the Fresh Meals Delivery Service, 'Active Living' Day Services, Dementia Support 'Day Break' Service, Home Support Services, 'Simply Nails' – toe and finger nail cutting service.

W: Services Price List

www.ageuk.org.uk/northwestkent/our-services/

Services Price List: <https://www.ageuk.org.uk/northwestkent/our-services/services-price-list-2017-18/>

W: Activities and Events 2019-20

<https://www.ageuk.org.uk/northwestkent/activities-and-events/activities-and-events-2018-19/>

Age UK North West Kent – Active Living Day Services and Day Break Services

T: 01474 564898

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/our-services/active-living-day-services/

W: www.ageuk.org.uk/northwestkent/our-services/dementia-support-day-break-service/

Area: Gravesham

Our 'Active Living' day services are available at our centres in Dartford and Gravesend. For companionship, fun and

access to healthy living facilities, come and see us - and best of all, your first day can be free!

Day Break Services - the Day Break service applies the general principles of MCST (Maintenance Cognitive Stimulation Therapy). On an on-going daily and weekly basis we provide a programme of facilities for reminiscence and memory therapies, discussions, activities, games and quizzes, arts, crafts, dining and relaxation. Physical activity and exercise is encouraged including access to our garden areas (Gravesend has a specially designed dementia garden).

Befriending – Age UK

T: 01474 564 898

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/services/befriending-services/

Area: Across Kent

What is Call in Time? Call in Time is a free telephone friendship service for people 60 and over. We'll match you up with a like-minded person who's keen to make a new friend, and every week they'll give you a call.

Face-to-face befriending - Befriending services are available at many local Age UKs. They will often involve a volunteer befriender visiting an older person in their home, perhaps for a cup of tea and a chat, or accompanying them to an activity (such as a trip to a cafe or the theatre). In some cases, a volunteer may accompany the older person to occasional hospital or doctor's appointments.

British Red Cross

T: 0800 028 0831

E: kentandsussex@redcross.org.uk

W: www.redcross.org.uk/nearyou

Area: Nationwide

Offers help with travel to and from social activities. The befriending scheme is a telephone service and consists of a weekly call of approximately 30 minutes and is available for people who are suffering bereavement, loneliness, living alone and living away from family and friends. Other services include the hiring and borrowing of wheelchairs, support at home etc.

CAMEO (Come and Meet Each Other)

T: 0300 011 1965

E: navigation@imago.community

W: www.imago.community/Adult-Support/CAMEO

Area: Dartford, Gravesham and Swanley

CAMEO (Come and Meet Each Other) is a new Big Lottery funded project working with people over 50, living in Dartford, Gravesham and Swanley, who are socially isolated or experiencing loneliness due to changing life circumstances.

CAMEO offers a 12-week programme of activities with sessions on topics such as healthy living, personal finances, volunteering and community services. It's a great opportunity for people to meet others who have experienced similar circumstances and make new friends. A key aspect of the CAMEO is sustainability and individuals and groups will be encouraged to continue after the programme by engaging in volunteering and accessing community facilities.

Care Navigators

T: 0800 197 0097

E: carenavigator@wkha.org.uk

W: www.westkent.org

Area: Across Kent

Free information and advice on local services and social activities.

Cinema – Access and Facilities

The Paul Greengrass Cinema, Civic Centre, Windmill Street, Gravesend DA12 1DD

T: 01474 337459

E: 08442 439 480

T: 01474 337500 – Box office (opening hours from Monday to Saturday 10am to 2pm and one hour before cinema screenings)

W: www.woodville.co.uk/your-visit/access-and-facilities

The Paul Greengrass Cinema offers the following in relation to access and facilities for those people with disabilities:

- Lifts to all levels
- Easy access for wheelchairs
- A free ticket for essential companions*
- Assistance dogs+
- Refreshments
- Nearby car parking

11am screenings are shown at a reduced price of £5 which includes a free cup of tea/coffee and a biscuit.

Cinema – Access and Facilities

Showcase Cinema, Plaza, Bluewater Shopping Centre DA9 9SG

T: 0871 220 1000

E: www.showcasecinemas.co.uk/cinema-info/showcase-cinema-de-lux-bluewater

Area: Kent and South East London

Showcase are proud to present Senior Screenings every Monday before 12 noon. Senior admission to any standard film starting before 12 noon costs just £5. Tickets are available to purchase at the box office.

Bluewater Showcase:

- Free parking (including Blue Badge holder spaces)
 - Audio description available
 - Hearing assistance available
 - Wheelchair spaces available in all screens
 - Cinema is fully wheelchair accessible
 - Subtitled screenings for the hard of hearing
 - CEA Card accepted
-

Citizens Advice

Address: Ground Floor, Civic Centre, Windmill Street, Gravesend DA12 1AU

Opening hours: Mondays and Tuesdays 1pm to 3pm (for initial assessment) and Fridays 10am to 12 noon.

Drop-in at Gravesend Gurdwara: Tuesday 6pm to 7.30pm

T: 01474 878639

T: Adviceline 0300 330 9001 Monday to Friday from 10am to 3pm

W: www.citizensadvice.org.uk/debt-and-money/

Area: Gravesend and Nationwide

Citizens Advice provides a free, confidential, independent advice service. You may have money, housing, employment problems, facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward, whatever problem they face.

Community Navigation Social Prescribing

T: 0300 011 1965

E: navigation@imago.community

W: www.imago.community/SupportingPeople/Social-Prescribing

Area: Gravesend

Social Prescribing is a new Department of Health funded service delivered by Imago in partnership with the NHS DGS Clinical Commissioning Group. The service offers short-term intervention and support to adults with complex health and social care needs, including those being discharged from hospital, linking with local services and organisations to provide ongoing help such as housing, finance, form filling, home safety, aids and adaptations, Telecare, befriending, social activities, transport, domestic support, respite and domiciliary care.

Computer Lessons – Touch a New World Scheme

T: 03000 413131

W: www.kent.gov.uk/leisure-and-community/libraries/borrow-library-items/library-services-for-disabled-and-older-people/home-library-service

Area: Gravesend

If you or someone you know needs help using the internet, we can help.

Our Touch a New World scheme offers you the chance to:

- borrow an iPad for up to 8 weeks
- have 8 x 1 hour weekly guided sessions with a dedicated volunteer

Your volunteer can cover topics such as how to search the internet, send and receive emails and photos, use the online library services and downloading eBooks.

Speak to your local library for more information. You need to be a home library service user to use the Touch a New World scheme.

Contact the Elderly

T: 0208 150 3754 Alison Minney

E: alison.minney@contact-the-elderly.org.uk

Area: Gravesend

Contact the Elderly has hundreds of groups meeting every month across England, Scotland and Wales for fun, friendship, tea and cake! To find out if we have groups currently running (or planned) near you please contact Alison Minney whose contact details are listed above.

Exercise

Area: Gravesham and beyond

Cascades Leisure Centre:

T: 01474 556000

E: info@gcll.co.uk

W: www.gcll.co.uk/cascades-leisure-centre/

Thong Lane, Gravesend DA12 4LG offering swimming, exercise classes, gym, health suite etc.

Cygnets Leisure Centre:

T: 01474 558000

E: info@gcll.co.uk

W: www.gcll.co.uk/cygnets-leisure-centre/

Old Perry Street, Northfleet, DA11 8BU offering swimming, exercise classes, gym, health suite etc.

Disability Sportlink Project:

W: www.gcll.co.uk/disability-sportlink/

Cyclopark:

T: 01474 831400

E: www.cyclopark.com/

Watling Street, Gravesend, DA11 7NP offering bicycling, fitness and play.

Meopham Fitness and Tennis Centre:

T: 01474 814199

W: www.meophamleisure.com/meopham/HOME

Wrotham Road, Meopham DA13 0AH offering a great range of activities for all the family including fitness, classes, tennis courts and children's sport courses.

Exercise – Gentle

W: www.thegrand.org.uk/what-we-do/gentle-exercise
Area - Gravesham

Gentle exercise is designed for older people and people who are physically less able. The sessions are run by a qualified trainer, who makes the classes fun, safe and friendly. There are two weekly sessions, each designed for people with different levels of abilities.

Ready Steady Go is a beginner's class, on Wednesdays from 11.30am to 12.30pm. The majority of the class is chair-based. The session aims to help improve balance, stability and flexibility and breathing.

Seniors Get Active is an intermediate level class, which includes a circuit of fun activities to take part in. The class happens every Thursday from 10.15am to 11.15am. The classes cost £3 per person per session, payable on the day to the leader Sarah, who runs the classes.

Both classes take place at The Gr@nd in the courtroom. The classes are a great way to meet people, chat, laugh and enjoy a weekly get-together. The groups are very friendly and always welcome new people. No experience is needed to take part in the classes, and the beginners' classes on Wednesdays also sees people come along after suffering illness or injury.

Exercise – Walking Football and Netball

Address: Cygnets Leisure Centre, Old Perry Street, Northfleet, DA11 8BU

T: 01474 558000

E: info@gcll.co.uk

W: www.gravesham.gov.uk/home/news-and-events/news/2019/walking-sports

Area: Gravesham

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. Walking Netball takes place at Cygnets Leisure Centre on Fridays between 11am to 12noon. The cost of the session is £3.

Walking football is aimed at the over 50's age group but is also suitable for players who can no longer play the traditional version of the game due to injury. Teams are either 5 or 6-a-side. As a result of these rules, games are played at a slower pace, thus reducing the threat of pain, discomfort and injury, with players briskly walking through matches. Walking Football takes place every Monday between 12noon to 1pm at Cygnets Leisure Centre and also costs £3 per session.

Yoga at Age UK Gravesend and Dartford every other Tuesday - <https://www.ageuk.org.uk/northwestkent/activities-and-events/activities-and-events-2018-19/>

Exercise – Chair-based Yoga

T: 01474 564898 Donna

E: contactus@ageuknorthwestkent.org.uk

W: www.ageuk.org.uk/northwestkent/activities-and-events/activities-and-events-2018-19/

Area: Gravesend and Dartford

Chair-based yoga at Age UK Gravesend and Dartford every other Tuesday - We hold Chair Based YOGA with Leyla, a qualified Yoga teacher. These classes are very calming and relaxing, enjoyed by all of our clients.

Falls Prevention - NHS Kent Community Health

(West Kent Local Referral Unit)

T: 0300 123 1950

E: kcht.LRUwestkent@nhs.net

W: www.kentcht.nhs.uk/service/falls-prevention-service/

W: www.nhs.uk/conditions/falls/prevention/

Area: West Kent

If you have fallen in the past, making changes to reduce your chances of having a fall can also help you overcome any fear of falling. Some older people may be reluctant to seek help and advice from their GP and other support services about preventing falls because they believe their concerns will not be taken seriously. All healthcare professionals take falls in older people very seriously because of the significant impact they can have on a person's health. Discuss any falls you have had with your GP and say if it has had any impact on your health and wellbeing. Your GP can carry out some simple balance tests to check whether you're at an increased risk of falling in the future. They can also refer you to useful services in your local area.

Housing Care

W: www.housingcare.org/index.aspx

Area: Nationwide

For self-help information and advice tools, including Housing Options for Older People (HOOP) and Home from Hospital

tools. They can help identify what potential difficulties an individual is facing and provide information and advice on what support might be available for older people.

Independent Age

T: 0800 319 6789

E: advice@independentage.org

W: www.independentage.org/

Area: Nationwide

Free helpline providing advice for older people, their families and carers, including friendship services for people in need of companionship through a regular telephone call or visit. Lines are open 8.30am to 6.30pm Monday to Friday and 9am to 1pm Saturday.

Kent Shed Project

W: www.kent.gov.uk/social-care-and-health/health/mental-health/mental-health-support/kent-sheds/kent-shed-locations#tab-4

Area: Gravesend and the wider Borough

Boat Buoys

Address: Gordon Promenade, Gravesend, Kent, DA12 2BS

T: 07783 022 112

E: sheds@activemob.org.

Activities provided: social and practical activity; boat maintenance & boating.

Availability: 2 days a week, sailing on Tuesdays

Gravesend Town Shed

Address: Gravesend Promenade, below the Promenade Café, Gravesend DA12 2BS

T: 07582 87 60 69

E: istevenson@sky.com

Activities provided: boat maintenance Availability: Tuesday 10am to 12pm and Thursday 10am to 12pm

No Walls Shed

Address: Gordon Promenade, Gravesend, Kent, DA12 2BS

T: 07783 022 112

E: sheds@activemob.org.

Activities provided: woodwork and gardening

Availability: every day

Riverside Active Lives

Address: Riverside Community Centre, Dickens Road, Gravesend, Kent, DA12 2JY Contact: 07783 022 112 or email sheds@activemob.org.

Activities provided: gardening

Availability: Tuesdays and Wednesdays

Library – Kent Home Library Service

T: 03000 413131

W: www.kent.gov.uk/leisure-and-community/libraries/borrow-library-items/library-services-for-disabled-and-older-people/home-library-service

Area: Gravesham

We can deliver library items to you if you cannot visit a library due to illness, disability or your caring responsibilities. After visiting you to discuss your tastes and needs, staff will select suitable material for you. A volunteer will deliver your books, DVDs or other items and collect ones you are finished with.

Lunch Clubs – Royal Voluntary Service

T: Gravesend 0330 555 0310

T: Meopham 0330 555 0310

W: www.royalvoluntaryservice.org.uk/our-services/social-activities/lunch-clubs

Area: Gravesend and Meopham

Royal Voluntary Service Lunch Clubs offer a nutritious hot meal served in a warm, sociable setting. After lunch, there are usually fun activities or entertainment to enjoy. For those not used to cooking, our lunch clubs teach one pot cooking so that even the most inexperienced cook can learn how to prepare themselves a simple healthy meal.

Older Person's Forum – Healthwatch Kent

Gravesham Fifty Plus Forum – Dot Marshall

T: 07505 425555

E: marshalldot1@gmail.com

W: www.healthwatchkent.co.uk/older-peoples-forum

Area: Gravesham

Older Peoples' Forums across the County have reached thousands of older people in the past year offering information, practical support, advice and friendship. Each Forum is calling for more people to join them and make a difference to the lives of older people by making the voice of older people heard by decision makers.

Opticians – home visits

The Gr@nd's Craft and Chat Club

T: 01474 320123

W: www.thegrands.org.uk/what-we-do/craft-and-chat-club

Area: Gravesham

The group welcomes new people to join them for a chat, some music and some crafty fun as they spend the afternoon doing all kinds of activities from knitting to drawing and playing guitar to sewing.

The group is laid back, fun and friendly.

Come along for a cup of tea, a chat, to make a friend and have an afternoon in a friendly environment, with the odd sing-song too.

The Gr@nd's Weekly Wednesday Walk

T: 01474 320123 Rav Marwaha - Community Health Networker

E: ravinder.marwaha@gravesham.gov.uk

W: www.walkingforhealth.org.uk/walkfinder/south-east/gravesham-grands-wednesday-walk

Area: Gravesham

Walking every day is good for you. It doesn't have to be hours slogging around in the middle of nowhere; any brisk walk over 10 minutes counts - whether it's to the shops or walking the dog.

Rav Marwaha at the Gr@nd leads a weekly walk every Wednesday

Meet in the Civic Centre Foyer at 1.00pm. The route is roughly 1 mile and will return to the Civic Centre by 3pm. Please wear clothes appropriate for the weather and sensible footwear.

The Silver Line

T: 0800 470 8090 (24 hours a day 365 days a year)

E: infor@thesilverline.org.uk

W: www.thesilverline.org.uk/

Area: Nationwide

A national confidential and free helpline for older people open every day and night of the year. The Silver Line provides a sign-posting service to link them into many, varied services that exist around the country, a befriending service to combat loneliness and a means of empowering those who may be suffering abuse and neglect.

University of the Third Age (U3A) – Gravesend, Northfleet & District

W: <https://u3asites.org.uk/gravesend/welcome>

Regular monthly meetings are held from 2pm - 4pm on the 2nd Friday of each month at City Praise Centre (CPC), 9-11 Lower Higham Road, Gravesend, DA12 2LY. (opposite the Shell Filling Station)

Area: Gravesend and Northfleet

Our members have formed a wide range of interest groups - currently 40 of them - each of which is led by a member of the group. Group meetings are normally held on a monthly basis. We encourage all members to join interest groups that attract them and to form new interest groups or duplicate groups when one becomes full. Details of all groups currently available can be found on the website. We have a general meeting each month in a local hall during which we have a talk given by a speaker. The talks cover a wide range of themes of general interest and meetings are well attended. It is here that we meet old friends and make new ones in an informal, relaxed atmosphere over tea or coffee and a biscuit. It is friendly and convivial and, for many people, it is the focal point of the monthly calendar. Additionally we organise an annual holiday as well as a varied programme of day trips and theatre visits.

Physical Disability

Advocacy

T: 0300 343 5714

Opening hours: Mondays from 10am to 5pm

Tuesdays to Friday from 9am to 5pm

Weekends and Public Holidays: Closed

Text: start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: <https://sites.google.com/prod/seap.org.uk/kent-advocacy/>

Area: Across Kent

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help

you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Blue Badge Scheme

T: 03000 41 62 62

E: bluebadgeteam@kent.gov.uk

W: www.kent.gov.uk/social-care-and-health/care-and-support/disability/apply-for-a-blue-badge

Area: Gravesham and Nationwide

The Blue Badge scheme helps you park nearer to your destination if you have a disability. It can take up to 8 weeks to process a Blue Badge application when we have the required documents.

CEA Card

T: 0244 526 016

Text: 18007 01244 526 016

The CEA Card is a national card scheme developed for UK cinemas. The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

Cinema – Access and Facilities

The Paul Greengrass Cinema, Civic Centre, Windmill Street, Gravesend DA12 1DD

T: 01474 337459

T: 08442 439 480

T: 01474 337500 – Box office (opening hours Monday to Saturday from 10am to 2pm and one hour before cinema screenings)

W: www.woodville.co.uk/your-visit/access-and-facilities

The Paul Greengrass Cinema offers the following in relation to access and facilities for those people with disabilities:

- Lifts to all levels
- Easy access for wheelchairs and buggies
- Buggy park
- A free ticket for essential companions*
- Assistance dogs+
- Refreshments
- Baby changing and feeding
- Nearby car parking

Cinema – Access and Facilities

Showcase Cinema, Plaza, Bluewater Shopping Centre DA9 9SG

T: 0871 220 1000

W: www.showcasecinemas.co.uk/cinema-info/showcase-cinema-de-lux-bluewater

Area: Kent and South East London

The Showcase Bluewater cinema offers the following in relation to access and facilities for those people with

disabilities:

- Free parking (including Blue Badge holder spaces)
- Audio description available
- Hearing assistance available
- Wheelchair spaces available in all screens
- Cinema is fully wheelchair accessible
- Subtitled screenings for the hard of hearing
- CEA Card accepted

DIAL North West Kent

T: 01474 536 501 (opening hours Mondays to Thursdays from 11am to 3pm)

E: dialnwk@kasbah.org.uk

W: dialnwk.org.uk/

Area: Dartford, Gravesham and Swanley

DIAL is run by disabled people, for disabled people and provides free confidential information advice on all aspects of disability to the residents of North West Kent, and to KASBAH service users and members across Kent.

Disability Information Services Kent (DISK)

E: diskkent.org.uk/contact.html

W: diskkent.org.uk/

Area: Kent

Welcome to Disability Information Services Kent (DISK), providing information services to disabled residents of Kent.

N.B. You must be resident within Kent to consult with our disability advisors. If you live outside of Kent, contact your local Citizen's Advice.

Our specialist advisors are experts at providing advice and support when it comes to physical disabilities, learning difficulties and mental health illnesses; Providing advice and guidance on a range of subjects including disability aids and Benefits entitlements.

Please read our information leaflets before contacting us, whereupon the team will be happy to help.

Disability Services & Information in Kent

W: www.localife.co.uk/kent/disability-services.asp

Area: Across Kent

Kent Disability and Information Services covering the whole of Kent.

Exercise

Area: Gravesham and beyond

Cascades Leisure Centre:

T: 01474 556000

E: info@gcll.co.uk

W: www.gcll.co.uk/cascades-leisure-centre/

Thong Lane, Gravesend DA12 4LG offering swimming, exercise classes, gym, health suite etc.

Cygnet Leisure Centre:

T: 01474 558000

E: info@gcll.co.uk

W: www.gcll.co.uk/cygnet-leisure-centre/
Old Perry Street, Northfleet, DA11 8BU offering swimming, exercise classes, gym, health suite etc.

Disability Sportlink Project:

www.gcll.co.uk/disability-sportlink/

Cyclopark:

T: 01474 831400

E: www.cyclopark.com/

Watling Street, Gravesend, DA11 7NP offering bicycling, fitness and play.

Meopham Fitness and Tennis Centre:

T: 01474 814199

W: www.meophamleisure.com/meopham/HOME
Wrotham Road, Meopham DA13 0AH offering a great range of activities for all the family including fitness, classes, tennis courts and children's sport courses.

Exercise – Gentle

W: www.thegrand.org.uk/what-we-do/gentle-exercise

Area: Gravesham

Gentle exercise is designed for older people and people who are physically less able. The sessions are run by a qualified trainer, who makes the classes fun, safe and friendly. There are two weekly sessions, each designed for people with different levels of abilities.

Ready Steady Go is a beginner's class, on Wednesdays from 11.30am to 12.30pm. The majority of the class is chair-based. The session aims to help improve balance, stability and flexibility and breathing.

Seniors Get Active is an intermediate level class, which includes a circuit of fun activities to take part in. The class happens every Thursday from 10.15am to 11.15am. The classes cost £3 per person per session, payable on the day to the leader Sarah, who runs the classes.

Both classes take place at The Gr@nd in the courtroom. The classes are a great way to meet people, chat, laugh and enjoy a weekly get-together. The groups are very friendly and always welcome new people. No experience is needed to take part in the classes, and the beginners' classes on Wednesdays also sees people come along after suffering illness or injury.

Horse Riding and Carriage Driving (Riding for the Disabled Association (RDA))

Bexley Group for Therapeutic Riding (DA2 6LZ)

T: 07771 536029

E: di.j@btinternet.com

W: www.rda.org.uk/rda-groups/
Bradbourne Group (TN14 5PF) –

T: 07914 273610

E: contact@bradbourn-rda.org.uk

W: www.bradbourne-rda.org.uk/horses.php

Area: Kent

The Bexley Group offers riding sessions for individual children or school groups Tuesday 5pm to 6pm, Wednesday morning and Thursday 2pm to 6pm. Sessions

are held at Arrow Riding Centre, Dartford.
At the Bradbourne Riding and Training Centre in Sevenoaks, Kent we have:

- Acres of fields and woodland
- Indoor school
- About 14 horses and ponies of various shapes and sizes
- Over 100 volunteers including 15 coaches

We have over 200 registered riders and carriage drivers of whom more than 120 ride or drive each week. All of our ponies are suitable age and temperament and have been carefully selected for RDA work. All of which enables us to offer a wide range of activities associated with horses and ponies, including:

- Riding sessions
- Carriage driving sessions
- Summer camps

Kent Physical Disability Forum

T: Anna 07525 861637

E: anna@healthwatchkent.co.uk

W: www.healthwatchkent.co.uk/physical-disability

Area: Across Kent

The Forum is the voice of disabled people across the county, representing their views to decision makers. The Forum works with and influences Councils, Providers and Clinical Commissioning Groups across Kent to ensure that services for disabled people are effectively shaped and scrutinised by the people who actually use them. We represent the views of Forum members at a national level in Parliament. Our membership is comprised of disabled people, their families, their carers and the organisations which represent them.

Wheelchair Service

T: 0330 124 4485

E: kentandmedwaywcs@millbrookhealthcare.co.uk

W: www.kentandmedwaywheelchairservice.co.uk/

Area: Kent

Millbrook Healthcare have been providing wheelchair services, on behalf of the NHS, for over 20 years. Clinical and repair services are delivered throughout Kent and Medway and through experience and collaboration with service users and local NHS clinical commissioning groups, the service understands the needs, requirements and expectations of our service users.

Relationships

Citizens Advice

Ground Floor, Civic Centre, Windmill Street, Gravesend DA12 1AU

Opening hours: Mondays and Tuesdays 1pm to 3pm (for initial assessment) and Fridays 10am to 12 noon.

Drop-in at Gravesend Gurdwara: Tuesday 6pm to 7.30pm

T: 01474 878639

T: Adviceline 0300 330 9001 Monday to Friday from 10am to 3pm

W: www.citizensadvice.org.uk/debt-and-money/

Area: Gravesham and Nationwide

Citizens Advice provides a free, confidential, independent

advice service. You may have money, housing, employment problems, facing a crisis or considering your options. Citizens Advice's goal is to help everyone find a way forward, whatever problem they face.

Kent Family Mediation Service

T: 01795 410457

E: contact@kentfms.co.uk

W: www.kentfms.co.uk/

Area: Across Kent

Kent Family Mediation is the largest and most widely recognised family mediation service in Kent. We can offer mediation clients, of varying income levels, the option of legally aided mediation or affordable private mediation fees, at a number of accessible mediation centres in Kent.

Relate

T: 01634 380 038

E: info@relatemnkc.co.uk

W: www.relate.org.uk/

Area: Across Kent

Dartford Relate, Hubert House, 1st Floor, Mallard Close, Kent DA1 5HU

Services offered - Relationship Counselling, Sex Therapy, Children and Young People's Counselling, Family Counselling

Opening hours - Monday to Thursday from 9am to 8pm, Friday from 9am to 2pm, Saturday from 9:30am to 1.30pm, Sunday - Closed

Support Service and Ex-Service Personnel Support

Cruse Bereavement Care for Military Families

Project Manager - Gary Martin

T: 0208 939 9551

E: gary.martin@cruse.org.uk

W: www.cruse.org.uk/get-help/for-military-families

Area: Nationwide

Death is always hard to cope with but different groups of people will have different needs. Military life is different from life in 'civvy street' and Cruse understands that those who have lost a loved one whilst they were serving in the Armed Forces may have particular issues and experiences that can complicate the grieving process.

Bereavement support can be accessed through your local Cruse branches, or by calling our helpline.

The Gr@nd RBLI Job Search Support

T: 01474 320123

W: www.thegrand.org.uk/what-we-do

Area: Gravesham

The Royal British Legion (RBLI) provide assistance to some job seekers via their different programmes. The RBLI run some sessions at The Gr@nd, via an appointment service.

W: www.rbli.co.uk/who-we-support-out-of-work
Support Services for the Military and Defence Personnel and their Families

E: <https://www.gov.uk/topic/defence-armed-forces/support-services-military-defence-personnel-families>

Area: Nationwide

A list of support services for the Military and Defence Personnel and their Families. For example, Armed Forces Covenant, British Forces Post Office, Education, Employment, Finance, Housing and Accommodation, Pensions and Accommodation, Security, Service complaints, Welfare and support.

Substance Misuse / Addiction

Addaction in Kent for Young People

T: 01795 500881

W: beta.addaction.org.uk/services/addaction-in-kent-for-young-people/

Area: Across Kent

Talk to us if you are worried about your drug or alcohol use. We can help you stop or cut down on what you are using, and help you with other problems you may be having. You can come and talk to us in a place that you are comfortable with, like your local coffee shop or youth club. We also visit schools, community centres, and can even come to your home if you would prefer.

You do not have to pay for any of our services and we won't tell anyone about anything you tell us without your permission. This service is for you if you are under 18 years, living in Kent and you are worried about either your drug or alcohol use, or someone else's that you know.

Smoking

Kent Community Health – Stop Smoking

T: 0300 123 1220 or text 'quit' to 87023

W: www.kentcht.nhs.uk/service/one-you-kent/one-you-smoke-free/

Area: Across Kent including Gravesham

The Health & Wellbeing team is part of Kent Community Health NHS Foundation Trust. 'Stop Smoking' is one of the services provided to help individuals stop smoking. The team offers local Quit Clubs, one-to-one sessions, specialist support to patients in hospital and free advice to businesses.

Smoking Support for under 18s

T: 0300 123 1120 (choose option 1 – the Stop Smoking Service) Text QUIT to 87023

W: www.kent.gov.uk/social-care-and-health/health/smoking-and-young-people

Area: Across Kent including Gravesham

If you are under 18 years of age and want to stop smoking, Quit Coaches can help. A local coach will be found for you depending on where you live and they will talk about how best to help you, either face-to-face or over the phone.

Stalking Support

Protection Against Stalking (PAS)

T: Helpline 0808 802 0300

If you feel you are in immediate danger call 999

E: support@protectionagainststalking.org

W: www.protectionagainststalking.org/

Area: Nationwide

Stalking and harassment is life changing. It causes intimidation, loss of jobs and relationships, the victim to move home, fear and sometimes death to the victim. The behavioural characteristics of the stalker are easily recognised but yet practitioners in the Criminal Justice System time and time again have failed to identify, assess and manage the risk due to a lack of understanding and inadequate training.

Alcoholics Anonymous

T: 0800 9711650 (free helpline)

E: help@aamail.org

W: www.alcoholics-anonymous.org.uk/

Area: Nationwide

The list of AA meetings is the most up to date information supplied by the groups themselves. Although every care is taken in the compiling of this information we cannot guarantee complete accuracy, since we rely heavily on groups to keep their details up to date.

All meetings are listed on the understanding that they are non-restrictive.

Find a meeting: <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting>

CGL - West Kent Recovery Service Gravesend – FRANK

T: 01474 566 659

T: 01622 690864

E: 24hr Helpline 0808 8000015

W: www.changegrowlive.org/

Address : 8-9 Berkley Crescent, Gravesend, Kent, DA12 2AH

Area: Dartford, Gravesham & Swanley

The West Kent Recovery Service offers a pathway to recovery for adults who misuse drugs or alcohol. We provide a range of intensive community-based support, treatment and rehabilitation services that are designed to meet your needs and support your family and friends. The service is free and confidential. It is available to anyone 18 or over who lives in West Kent.

Opening times:

Monday from 1pm to 4pm

Tuesday from 9:30am to 12:30pm

Thursday from 1pm to 4pm

Friday from 9:30am to 12:30pm

Kenward Trust

E: enquiry@kenwardtrust.org.uk

W: www.kenwardtrust.org.uk/

Area: Across Kent

Provides personalised therapeutic interventions and one-to-one support across a number of projects addressing drug and alcohol dependence and related issues.

Kent Community Health – Stop Smoking

T: 0300 123 1220 or text 'quit' to 87023

W: www.kentcht.nhs.uk/service/one-you-kent/one-you-smoke-free/

Area: Across Kent including Gravesham

The Health & Wellbeing team is part of Kent Community Health NHS Foundation Trust. 'Stop Smoking' is one of the services provided to help individuals stop smoking. The team offers local Quit Clubs, one-to-one sessions, specialist support to patients in hospital and free advice to businesses.

Kent County Council Alcohol & Drug Support

W: <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/drink-less/alcohol-and-drug-supportage>

Area: Across Kent

KCC Alcohol and Drug Support service helps to provide effective and accessible preventative information, treatment, support and recovery services.

Smoking Support for under 18s

T: 0300 123 1120 (choose option 1 – the Stop Smoking Service) Text QUIT to 87023

W: www.kent.gov.uk/social-care-and-health/health/smoking-and-young-people

Area: Across Kent including Gravesham

If you are under 18 years of age and want to stop smoking, Quit Coaches can help. A local coach will be found for you depending on where you live and they will talk about how best to help you, either face-to-face or over the phone.

Transport (Community)

Kent Karrier

T: 03000 413567

E: public.transport@kent.gov.uk

W: www.kent.gov.uk/roads-and-travel/travelling-around-kent/community-transport/kent-karrier

Area: Gravesham and Kent-wide

Kent Karrier is a dial-a-ride service. It will take you from your home to set locations, such as the nearest town centre or supermarket. Group bookings, airport runs and a shopping service are also available. All services are operated with wheelchair accessible vehicles and our experienced drivers will give you all the help you need. You are eligible to join if:

- you have a medical condition that makes travelling on public transport difficult OR you live in a rural area more than 500 metres from a bus route or railway station
- you are aged 85years+

Meopham Community Bus

T: 01474 813625

W: <https://bustimes.org/operators/meopham-community-bus>

Area: meopham and beyond

Meopham Community Transport has been running a community bus since 1987. It runs on a Tuesday and Friday to Harvel, Sole Street and Gravesend. ENCTS bus passes are accepted. Details of times and how to get the bus are available from the Meopham Community Bus website.

Patient Transport Services

T: 0800 096 0211

W: www.km-pts.co.uk/

Area: Kent

Patient Transport is a service provided by G4S on behalf of the NHS Clinical Commissioning Groups across Kent and Medway. It is designed to support you if your medical or physical condition means you cannot use public transport, get a lift, or drive yourself to, and from, your NHS appointment. Patient Transport is a vital resource for those that need it.

Smiles Volunteer Transport Service

T: 01322 294600

W: <https://nwkvunteers.org.uk/transport/>

Area: Dartford, Gravesham and Swanley

Are you over 60 years of age or have a disability that makes it difficult for you to travel, do you need to visit a medical appointment, dentist, optician or family then this is a Transport Service you can use. There is friendly door-to-door pickup and safe delivery back home.

Transport – Wheels 2 Work – Affordable Moped Loan Scheme

T: 01883 732791

E: w2w@tandridge.gov.uk

W: www.w2wkent.co.uk/

W: www.w2wkwent.co.uk/quick-enquiry-form

Area: Kent and Surrey

The Kent Wheels 2 Work scheme is run by East Surrey Rural Transport Partnership (ESRTP). It is a charity that works with support from Kent County Council and Surrey County Council to provide additional local transport. Wheels 2 Work provides an affordable moped loan scheme to over 16 year olds who live in Kent as a transport solution for getting to work, training or education.

Volunteering

Please note that whilst some examples of volunteering opportunities are listed, nearly all the entries in this booklet also have volunteering opportunities that you can access via the listed weblinks.

Children's Centres

W: www.kent.gov.uk/leisure-and-community/volunteering/children-and-young-people-volunteering/volunteer-in-childrens-centres-and-youth-hubs#tab-5

Gravesend – Riverside Children’s Centre:

W: <https://local.kent.gov.uk/kb5/kent/directory/service.page?id=zO6LXCzW6-8>

Swanscombe Children’s Centre:

W: <https://local.kent.gov.uk/kb5/kent/directory/service.page?id=IDD4UvUQGqE>

Children’s centres and youth hubs support the needs of children of a range of ages and are essential in achieving positive outcomes for young people and their families as part of the support package offered by Early Help and Preventative Services (EHPS).

There are 85 children’s centres and 12 youth hubs across Kent. Each one has a team consisting of a Delivery Manager, Senior Early Help Worker, Early Help Worker, Early Help Support Worker, Business Support and volunteers and volunteering roles in children’s centres and youth hubs could include:

- creating a welcoming environment for children, young people and their families by manning reception
- supporting the Early Help Worker in delivering group work
- helping to create flyers, posters and display boards
- helping with art sessions and workshops.

Citizens Advice

Ground Floor, Civic Centre, Windmill Street, Gravesend DA12 1AU

Opening hours: Mondays and Tuesdays 1pm to 3pm (for initial assessment) and Fridays 10am to 12 noon. Drop-in at Gravesend Gurdwara: Tuesday 6pm to 7.30pm
T: 01474 878639

T: Adviceline 0300 330 9001 Monday to Friday from 10am to 3pm

W: www.citizensadvice.org.uk/debt-and-money/

Area: Gravesham and Nationwide

Citizens Advice volunteers benefit from their experience of working with us. Retired volunteers believe it keeps them mentally active and nine in ten unemployed volunteers say ot helped them move into employment and education.

Home-Start North West Kent

Temple Hill Square, Dartford, Kent, DA1 5HZ

T: 01322 225 100

E: office@homestartnwkent.org.uk

W: www.homestartnwkent.org.uk/?page_id=39

Area: Across Kent

Home-Start is a charity that offers support, friendship and practical help to parents with young children, in local communities throughout the UK and supports more than thirty thousand families each year. Home-Start always needs volunteers.

Princes Trust

W: <https://www.princes-trust.org.uk/support-our-work/volunteer/become-an-online-mentor>

With the commitment of our volunteers, we’re able to offer a support network to young people facing significant barriers to employment, education or training.

Royal Voluntary Service

W: <https://volunteering.royalvoluntaryservice.org.uk/volunteer-search>

With the commitment of our volunteers, we are able to offer a support network to young people facing significant barriers to employment, education or training.

Sanctuary

T: 07496 832 228

E: sanctuary@citypraisecentre.com

W: <http://graveshamsanctuary.uk/volunteer/>

Area: Gravesham and beyond

None of the services provided by the Sanctuary would have been possible without the support of our partners and our 150+ volunteers. To become a volunteer, you must be over 18 years. To apply, please select the link that will take you to our application form.

Stronger Kent Communities

E: vcsesupport@strongerkentcommunities.org.uk

E: volunteering@strongerkentcommunities.org.uk

E: strategy@strongerkentcommunities.org.uk

W: www.strongerkentcommunities.org.uk

Area: Across Kent

11 organisations infrastructure support, volunteering advice and support. Delivering events, training/ conferences for Kent’s voluntary/ community sector. Funded by Kent County Council.

Wellbeing Community Projects

Community Allotment – The Gr@nd

T: 01474 320123

W: www.thegrand.org.uk/what-we-do

Area: Gravesham

Our community allotment is a space for people to come together to sow, grow and tend to fruits, vegetables and plants of all varieties. We have worked with many groups and local residents at the allotment during the past 10 or so years.

Some are green-fingered enthusiasts, while others had never done any gardening before – but everyone enjoys time out in the open, chatting, making friends and seeing their seeds come to life, grow, bloom and produce foods which can be cooked and eaten at home.

Currently the allotment is resting ready for the ground to be re-planted.

We welcome anyone interested in getting involved with the space. Please contact us directly for a chat.

Craft and Chat Club – The Gr@nd

T: 01474 320123

W: www.thegrand.org.uk/what-we-do

Area: Gravesham

Each Tuesday between 1pm and 3pm, the Craft and Chat club meet at The Gr@nd.

The group welcomes new people to join them for a chat, some music and some crafty fun as they spend

the afternoon doing all kinds of activities from knitting to drawing and playing guitar to sewing. The group is laid back, fun and friendly. Anyone is welcome, no matter the age. Come along for a cup of tea, a chat, to make a friend and have an afternoon in a friendly environment, with the odd sing-song too. Craft and Chat has been set-up and is managed by volunteers.

Rock Choir

E: office@rockchoir.com

W: www.rockchoir.com/

Address: St Paul's URC, Singlewell Road, Gravesend DA11 7RE - every Tuesday at 10.30am

Address: Southern Valley Golf Club, Thong Lane Gravesend DA12 4LT – every Thursday at 8pm

Area: Across Kent and Nationwide

Rock Choir is the power of music, meeting new friends and performing at life changing events and which together contribute to an emotional and powerful journey for our members. We have been perfecting Rock Choir for 10 years now and have achieved an award-winning standard of excellence in both the educational and emotional aspects of what we try to do. I personally choose and train our brilliant team of musicians, teachers and performers who lead their choir in each community through the most uplifting and feel good songs ever written.

Rural Kent Coffee and Information Project

E: coffeeproject@ruralkent.org.uk

W: www.ruralkent.org.uk/coffeeproject

Area: Across Kent and Medway

A mobile pop-up café and information hub helping to tackle isolation and loneliness in Kent's rural communities, by providing an informal venue for residents to get together for free tea, coffee, cake and chat. The hub displays a wealth of information about the services available to residents.

Youth Services

Addaction in Kent for Young People

T: 01795 500881

W: beta.addaction.org.uk/services/addaction-in-kent-for-young-people/

Area: Kent

Talk to us if you are worried about your drug or alcohol use. We can help you stop or cut down on what you are using, and help you with other problems you may be having. You can come and talk to us in a place that you are comfortable with, like your local coffee shop or youth club. We also visit schools, community centres, and can even come to your home if you would prefer.

You do not have to pay for any of our services and we won't tell anyone about anything you tell us without your permission. This service is for you if you are under 18, living in Kent and you are worried about either your drug or alcohol use, or someone else's that you know.

Advocacy – Young Lives Foundation

T: 01622 693459

E: enquiries@ylf.org.uk

Referrals: **W:** <https://ylf.org.uk/how-you-can-help/refer-a-young-person/>

W: <https://ylf.org.uk/how-we-help/advocacy-childrens-rights/>

Area: Nationwide

Advocates work with young people to try to resolve their issues as quickly as possible. This is often achieved by supporting positive communication and developing young people's self-advocacy skills. Young people are also empowered by learning about their rights and entitlements. Our Advocates listen carefully to young people's wishes and feelings and ensure young people lead the advocacy support at every step. Advocates strive to help young people resolve their issues, however sometimes this is not always possible, on these occasions advocates will always help young people to understand why the decision can't be changed and refer to other services that might be able to help.

Advocacy

T: 0300 343 5714

Text : start your message with the key word SEAP to 80800

E: kent@seap.org.uk

W: <https://sites.google.com/prod/seap.org.uk/kent-advocacy/>

Monday from 10am to 5pm

Tuesday to Friday from 9am to 5pm

Weekends and Bank Holidays - Closed

Area: Across Kent

Sometimes you may feel you are not being listened to by health and social care workers or perhaps your own family. You may feel unable to communicate or express yourself in order to get your own view point across. An advocate is someone who will support you to make sure that your views and rights are respected, that you are treated fairly, your concerns are taken into account and you have real control over the big decisions in your life. They can help you speak up at meetings, deal with difficult issues and help understand important decisions that are being made. They are professionally trained, fair and impartial, and the service is completely confidential and independent of the local authority. If you are unsure about your right to have an advocate, speak to your case worker or one of our local advocacy providers.

Befriending – Young Lives Foundation

E: frank.martin@ylf.org.uk

W: <https://ylf.org.uk/how-we-help/befriending/>

Area: Nationwide

Our Befriending service is designed for young people in care. Young people may experience multiple changes of placement, carer and social worker during their time in care. Often our volunteer Independent Visitors are the only consistent adult who takes a long term interest in the young people's lives.

The service aims to enable young people to develop social skills and the ability to work at long term relationships. It also helps build their self-esteem, giving them confidence to try new hobbies, to take on board new ideas and to

Bereavement – Hope Again

T: Helpline 0808 808 1677

E: helpline@cruse.org.uk

W: www.hopeagain.org.uk/

Area: Nationwide

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.

The helpline is open Monday and Friday from 9.30am to 5pm and Tuesday, Wednesday and Thursday from 9.30am to 8pm (excluding Bank Holidays).

Childline

T: 0800 1111

W: www.childline.org.uk/get-support/contacting-childline/

Area: Nationwide

However you choose to contact us, you're in control. It's confidential and you don't have to give your name if you don't want to. We are here for you, whatever is on your mind. We will support you. Guide you. Help you make decisions that are right for you. Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!

Commonwork Trust – Countryside Classroom

T: 01732 463255

T: 01732 740264

E: juliab@commonwork.org

W: www.commonwork.org

W: www.countrysideclassroom.org.uk/places/2936

Area: Across Kent

Based on an organic farm in the beautiful Kent countryside Commonwork's education programme is for school, college and community groups. We aim to make sure that your learning needs are met and that you also have a really good day out.

The variety of resources available at Bore Place means that we can offer a range of programmes and activities, tailor-made to suit your group's needs. Activities are curriculum linked and the emphasis is on learning by doing and encouraging cooperative work. All programmes include a visit to our organic dairy farm.

Counselling Services – Imago

T: 0300 011 1965

E: counselling@imago.community

W: www.imago.community/Adult-Support/Counselling-Service

Area: Across Kent

The service is accessible and affordable for Adult Carers and Young Adult Carers aged 17 years plus. The service is currently available in Ashford and Swale and is being developed across Kent.

Counselling is carried out by qualified Counsellors and trainee Counsellors completing their final year of training. Counselling may be helpful if you experience any of the following:

- Stress or anxiety
- Feelings of low mood or depression
- Difficulties in relationships
- Changes and transitions in life, such as new starts, retirement, advancements in your caring role

Education & Outreach – The Woodville

E: woodville.outreach@gravesham.gov.uk

W: www.woodville.co.uk/your-visit/education-outreach

Area: Gravesham

Everyone is welcome at The Woodville! We're striving to be a theatre that empowers the next generation and fosters friendship within our community.

Here you'll find details of upcoming workshops and opportunities to get involved at the theatre. There's also information about our home-grown theatre productions available for delivery in schools and community venues.

Empty Closets

W: www.emptyclosets.com/

Area: Nationwide

Empty Closets offers a forum where you can join in with a wide range of discussions or start your own, a chat room, useful articles and links. Members can also create their own galleries and blogs.

Note that you must be approved for Full Member status before you have access to the Chat Room. As a regular member you will have access to all the public forums and be able to view and create albums and blogs. You may not however comment on them, and you will only be able to send private messages to Advisors, Experts, Moderators and Administrators. The above restrictions are removed once you become a Full Member. Once you have settled in and have posted regularly for a couple of weeks you may apply to become a Full Member. Just fill in the short application form and submit it to us. We hope you enjoy Empty Closets and find it helpful.

Exercise

Area: Gravesham and beyond

Cascades Leisure Centre:

T: 01474 556000

E: info@gcll.co.uk

W: www.gcll.co.uk/cascades-leisure-centre/

Thong Lane, Gravesend DA12 4LG offering swimming, exercise classes, gym, health suite etc.

Cygnet Leisure Centre:

T: 01474 558000

E: info@gcll.co.uk

W: www.gcll.co.uk/cygnet-leisure-centre/

Old Perry Street, Northfleet, DA11 8BU offering swimming, exercise classes, gym, health suite etc.

Disability Sportlink Project:

W: www.gcll.co.uk/disability-sportlink/

Cyclopark:

T: 01474 831400

E: www.cyclopark.com/

Watling Street, Gravesend, DA11 7NP offering bicycling, fitness and play.

Meopham Fitness and Tennis Centre:

T: 01474 814199

W: www.meophamleisure.com/meopham/HOME

Wrotham Road, Meopham DA13 0AH offering a great range of activities for all the family including fitness, classes, tennis courts and children's sport courses.

Exercise - Don't Sit Get Fit

T: 01474 320123

E: hello@thegrand.org.uk

W: www.thegrand.org.uk/what-we-do/gentle-exercise

Area: Gravesham

Don't Sit Get Fit is a family wellbeing programme run in schools across Gravesham.

Each week the fun sessions will include: interactive nutrition workshops, activities games and more for the whole family to take part in.

The fun packed sessions are designed to engage the whole family, working together to improve health and lifestyles.

Run by a qualified nutritionist and working with the Healthy Schools Team.

Gravesend Community Service

T: 03000 421452

W: local.kent.gov.uk/kb5/kent/directory/service.page?id=wxT-RpAILBg

Area: Gravesham

We put the individual at the heart of what we offer in Gravesend. There is a large choice of activities to suit people of all abilities. This could be:

- making friends and socialising
- learning new skills
- arts and crafts
- sport and leisure classes
- visiting local places of interest

Gravesham Youth Council

T: 01474 32 01 23

W: <https://giftedyounggeneration.co.uk/what-we-do/youth-council>

Area: Gravesham

Have your voice heard locally and help make a difference in the community. The youth council is made up of young people who live or go to school in the Borough and meet regularly to discuss issues that are important to them, or the wider community. The group talks to Gravesham Borough Council and other local organisations to give their feedback on plans for the borough. Currently the youth council is working on an anti-bullying policy which they aim to roll-out to every school in Gravesham and get teachers to sign and support. The youth council meet fortnightly here at The Grand in Gravesend town centre, between 4pm and 6pm. Gravesham Youth Council is funded by Gravesham Borough Council and delivered by the youth team at The Gr@nd.

Gravesham Youth Trust

E: enquiries@graveshamsportstrust.org.uk

W: graveshamsportstrust.org.uk/

Area: Gravesham

Providing the only multi-purpose surface sports facilities in the borough of Gravesham for use by schools and all members of the community, to ensure the continued participation and enjoyment in team sports like hockey and football.

Imago Short Breaks

T: 0300 111 1110

E: shortbreaks@imago.community

W: www.imago.community/Childrenand-Young-People/Short-Breaks-Service

Area: Across Kent

Supporting children and young people with disabilities to take part in centre or community based activities across Kent. 8 -15 years - youth café - fun games and activities - practical learning opportunities to develop confidence and participation. Held fortnightly during term time for 2 hours and with sessions during the school holidays. 15-19 years - Saturday club - activities based around life skills, transition and local community. The monthly Saturday club includes holiday sessions.

Kent County Council Sexual Health

W: www.kent.gov.uk/social-care-andhealth/health/sexual-health

Area: Across Kent

For guidance on relationships, sexual and emotional health, list of your local sexual health services, order a home Chlamydia or HIV test kit and more, please visit the website provided.

Kent Trust for Youth Sport

E: admin@kt4ys.org.uk

Twitter: @KT4YS

Facebook: [facebook.com/KT4YS](https://www.facebook.com/KT4YS)

W: <https://kenttrustforyouthsport.org.uk/>

Area: Across Kent

There are two funding streams available to help young people within the County to participate in sport, through individual efforts or sports clubs and organisations.

Sports Grants for Clubs and Community Organisations

The aim of the grants to clubs and community organisations is to help young people (aged under 21 years) within the County to participate in sport.

Kent Young Carers

T: 0300 111 1110

E: info@kentyoungcarers.org.uk

Twitter: @KentYoungCarers

Facebook: Imago Young People Support

W: www.imago.community/Children-and-Young-People/Kent-Young-Carers

Area: Dartford, Gravesham, Swanley and Swale.

Kent Young Carers is the countywide service for Young Carers aged 5-18 years across Kent. Young Carers are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue. KYC works with schools, communities, and statutory and voluntary agencies to identify hidden young carers. Following assessment, KYC offer a range of short-term interventions including signposting, one-to-one support, in school support and workshops.

KYC also offer training and information to professionals. Young Adult Carers aged 16-25 years are supported in Dartford, Gravesham, Swanley and Swale.

Kent Youth County Council

E: kycc@kent.gov.uk

W: www.kent.gov.uk/kycc

Area: across Kent

Kent Youth County Council members represent young people in their area. They help to voice their opinions and bring about change. To stand for election as a member of KYCC you have to: - Be 11 to 18 years, live, go to school or work in Kent - Tell us what you want to campaign on and why people should vote for you Elections are held every November and more details are available on the website at www.kent.gov.uk/kycc.

Kent Youth League

E: info@kentyouthleague.co.uk

Twitter: [com/KentYouthLeague](https://twitter.com/KentYouthLeague)

W: www.kentyouthleague.co.uk/

Area: Across Kent

For season 2019/20 the League now has 195 teams across 16 Divisions and 6 Cup Competitions and regularly teams from this League win County Cups from both Kent and London. The League runs very smoothly, and tries to maintain high standards and has strict Disciplinary Codes. One reason it runs so smoothly is thanks to a

bunch of dedicated officers who work many hours unpaid to maintain these standards. We are very proud of what we have achieved but are never complacent. Our aim is to give the players an opportunity to showcase their talents in the best possible environments.

Northfleet Community Farm

T: 01474 831020

E: farm@nsfg.org.uk

W: www.northfleetcommunityfarm.co.uk/about-2/

Area: Gravesham

The Farm is based at Northfleet School for Girls in Kent. Our aim is to educate students and the local community in various aspects of farming, including agriculture, horticulture, animal husbandry, food production, healthy eating, and protection and improvement of the natural environment.

Local groups also access the area and take an active role in maintaining and supporting the farm. Kasbah volunteers are frequent visitors with students coming from Ifield and other local schools. We welcomed our first chickens to the site in March 2016 and these were shortly followed by rabbits and guinea-pigs as permanent residents which are cared for by farm club members.

Northfleet Youth Centre

T: 03000 42 06 66

T: 01474 351451

W: <https://local.kent.gov.uk/kb5/kent/directory/service.page?id=LbEi2qnL6I0>

Gravesham Youth Hub (Northfleet Youth Centre), Hall Road, Northfleet DA11 8AJ

Area: Northfleet

Are you a teenager looking for a safe place to hang out with your friends and meet new people? Northfleet Youth Centre is open weekdays after school, offering fun youth groups and excellent sports, art and music facilities. We have a wide range of activities which include art, music, singing, Duke of Edinburgh, pool, various games, basketball court, a skate ramp and more. We are also here to provide information and advice on education, training and employment to young people.

Princes Trust

T: 0800 842 842

Text: 'CALL ME' to 07983 385418

Opening hours: 9am to 9pm.

W: www.princes-trust.org.uk/

W: www.princes-trust.org.uk/help-for-young-people/get-in-touch

Area: Nationwide

We believe you have the talent to achieve anything you want to in life. That's why we make your journey to success even easier by giving you the skills, tools, training and confidence you need to secure the job you want. If you're aged 11 to 30 we will help you find a job, or get into education and training.

Refugees and Asylum Seekers – British Red Cross

T: 01622 625112

E: RSIFTKentandSussex@redcross.org.uk

W: <https://www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker>

Area: Across Kent

Get help as a young refugee or asylum seeker. If you are a refugee, asylum seeker or vulnerable migrant aged 15 to 25 years, you may be able to get help from the British Red Cross.

Smoking Support for under 18s

T: 0300 123 1120 (choose option 1 – the Stop Smoking Service)

Text: QUIT to 87023

W: www.kent.gov.uk/social-care-and-health/health/smoking-and-young-people

Area: Across Kent including Gravesham

If you are under 18 years of age and want to stop smoking, Quit Coaches can help. A local coach will be found for you depending on where you live and they will talk about how best to help you, either face-to-face or over the phone.

The Gr@nd

T: 01474 320123

W: www.thegrand.org.uk/what-we-do

W: www.giftedyounggeneration.co.uk

Area: Gravesham

The Gr@nd provides a wide range of activities and services including:

- Youth activities from creative workshops, singing and dancing, photography workshops etc
 - A weekly youth club
 - A free youth counselling service
 - Free weekly English classes
 - Weight loss classes
 - Vegan Café
 - Job Club - a free service designed to support people to find new work or training opportunities.
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The Gr@nd's Weekly Wednesday Walk

T: 01474 320123 Rav Marwaha - Community Health Networker

E: ravinder.marwaha@gravesham.gov.uk

W: www.walkingforhealth.org.uk/walkfinder/south-east/graveseend-grands-wednesday-walk

Area: Gravesham

Walking every day is good for you. It doesn't have to be hours slogging around in the middle of nowhere; any brisk walk over 10 minutes counts - whether it's to the shops or walking the dog.

Rav Marwaha at the Gr@nd leads a weekly walk every Wednesday

Meet in the Civic Centre Foyer at 1pm. The route is roughly 1 mile and will return to the Civic Centre by 3pm. Please wear clothes appropriate for the weather and sensible footwear.

The Mix

T: 0808 808 4994

W: www.themix.org.uk

Area: Nationwide

Support service for young people aged 25 years and under. Support is provided if you are facing any challenge – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Support is provided online and the confidential hotline.

Youth Forums & Meetings

T: 03000 418155

W: www.kent.gov.uk/kycc

Area: Across Kent

Local youth forums and meetings provide the opportunity for young people to get their voice heard.

Please note that this publication will be updated annually in hard copy but will be kept up-to-date on the council's website. Should you have any suggestions or amendments please contact communications@gravesham.gov.uk