

SHEPPEY MATTERS

A GROUP WORKING FOR BETTER HEALTH

Winter & Spring 2019/2020

Full of Day Trips, Activities, Events and Information.

November 2019 – April 2020 Edition



Booking Lines for daytrips open

Tuesday 29th October 2019 @ 10am

Please be aware that any bookings will need to be paid for at the time of booking. We take card payments in person or on the phone and accept Cash, Cheque or Card payment in our Sheppey Matters offices.

Booking times Monday to Friday 10am – 3pm only.



Hello everyone



My name is Mikaela and I am the senior office co-ordinator for Sheppey Matters and your first point of call for all your room bookings, Sheppey wheels trips and our range of amazing community activities and events.

I would like to take this opportunity to tell you about the wonderful work we do and how you could get involved.

I have been with Sheppey Matters for 4 years now and I have seen new projects start and older ones thrive. I have been involved in meeting and greeting our customers at our well-known coffee mornings. Do look at page 10 for the details of the next one. It is my job to research and put together the Wheels part of this brochure that you hold in your hands. I find this task enjoyable and rewarding when so many of you take the time to put pen to paper with suggestions of new places you want to visit.

This brochure is fresh and exciting, and I think you will really enjoy the variety it has to offer everyone.

When you have taken time to have a good look through please do not hesitate to call us for more information. I hope you feel inspired to get out there, join in and get involved. I look forward to meeting with you.

Mikaela

Senior Office Coordinator
Sheppey Matters



Contents

Page

2	Welcome from our Senior Project Manager Support Mikaela
3	Contents page
4-9	Sheppey Wheels day trips November 2019 - April 2020 & T&Cs
10	Meet the team coffee morning and school uniforms
11	What's On @ HLC
12	Let's Do Lunch
13	Men's Matters
14	Community Coffee Mornings & Grassroots Stay Alive app
15	DJ Coops Disco/Dancing/Games for people with Additional Needs Winter Christmas Event
16	Sexual Health, Holding on Letting Go Children's Bereavement support/and Counselling Services
17	Seashells Food Bank
18	Eastchurch Community Hub
19	Dementia Support
20	Kent Fire & Rescue Service & Pioneer Club
21	Reading Group Book Club/Eastchurch Community Hub
22	Radio Club/ Youth Clubs,
23	Absolute Art and Nordic Walking & Adult ADHD
24-25	Our projects
26	Room Hire / Investing/ Bereavement Support
27	Citizens Advice Swale/Samaritans/Holy Trinity Church Foodbank
28	Kooth Young person mental health support, Ignite, Mental health Matters
29	One You
30	Mental Health Support details
31	U3A & Song Sign
32	Create & Chat
33	Foodbank Charity Collection
34	Sheppey KCC Wardens
35	Young person's guide to Sheppey
36	Contact and address details

Our Sheppey Matters office opening times are Monday-Friday 10am-3pm





November 2019

- Monday 4th Hempstead Valley – A popular destination with 50 retailers at the shopping centre and home to a new dining experience. £6.00
- Wednesday 6th Quex Park Powell-Cotton Museum & Garden – Expect the unexpected at this historic country estate that is on the Kent coast with a world class natural history museum with extraordinary treasure from Asia and Africa. £12.50
- Thursday 7th London Museums – History and Natural Science Museum – Discover some of London's free museums with some of the finest exhibitions. £18.00
- Monday 11th Maidstone – Visit Fremlin Walk, an outdoor shopping experience located in the town centre or you can shop under cover at The Mall which hosts a wide variety of shops. £7.50
- Friday 15th Wealden Times Mid-Winter fair at the Hop Farm – Set in a tented village with over 220 exhibitors. Small producers and artisans will be showcasing food, fashion, antique and contemporary home and garden ware. You can browse desirable handmade gifts in heated joined up marquees. £12.50
- Sunday 17th Dagenham Market – This market has a reputation as a fashion market, but you will find almost everything else as well as a food court. £15.25
- Monday 18th Ashford – County Square is in the heart of Kent and has over 50 shops alongside cafes and restaurants in a relaxed environment. £11.50
- Wednesday 20th Romford Market - With over 150 stalls, selling everything from clothes, shoes and fresh food at this vibrant street market. £16.50
- Friday 22nd Horniman Museum – An Inspiring, fascinating family friendly free attraction in South London's Forest Hill. £15.50
- Saturday 23rd Christmas on the Homefront WWII Experience at Kent Life – Step back in time to the festive 1940s' season and take in all the sights, sounds and smell of Christmas on the home front. £7.50
- Monday 25th Canterbury – A historic English Cathedral city and an award-winning shopping district that is in a pleasant open environment. £11.00
- Wednesday 27th Greenwich –. Visit the Royal Observatory and Planetarium, Cutty Sark or Greenwich Market. £15.25
- Friday 29th Faversham - The oldest market town in the County and surrounded by maritime history with an amazing array of independent shops and regular markets in the heart of the town. £7.75





December 2019

<u>Monday 2nd Hempstead Valley</u> - A popular destination with 50 retailers at the shopping centre and home to a new dining experience.	£6.00
<u>Wednesday 4th Polhill Garden Centre</u> – A shopping village as well as fantastic restaurants where you can relax, enjoy light snacks and afternoon teas.	£13.00
<u>Saturday 7th Rochester Dickensian Christmas</u> – Take a trip back in time with this annual Victorian Christmas Festival. There are costumed parades, carol singing, unique stalls selling gifts and Bavarian food.	£8.50
<u>Monday 9th Maidstone & Notcutts Garden Centre</u> - Visit Fremlin Walk, an outdoor shopping experience located in the town centre or you can shop under cover at The Mall which hosts a wide variety of shops. You can browse the shops at Notcutts and get some inspiration from the beautiful Christmas themes and collections they have in store.	£7.50
<u>Wednesday 11th Lakeside</u> - Indulge in some retail therapy at intu Lakeside for fashion home wares and much more making this an ultimate shopping experience.	£13.00
<u>Friday 13th Folkestone 1st Christmas Market</u> - Walk into a winter wonderland as the festive market has entertainment, mulled wine and food from the Harbour Arm to be enjoyed.	£15.50
<u>Sunday 15th Winter Wonderland Hyde Park</u> – Visit London’s spectacular Christmas destination that is in the heart of London at Hyde Park.	£18.00
<u>Monday 16th Ashford</u> - County Square is in the heart of Kent and has over 50 shops alongside cafes and restaurants in a relaxed environment.	£11.50
<u>Tuesday 17th Chatham Dockside Outlet</u> – Located opposite the Historic Dockyard on the waterfront and is home to over 40 retailers offering a range of fashion to homewares at discounted prices.	£7.50
<u>Wednesday 18th Kew Gardens</u> - See the world-famous botanical gardens at Kew lit up in a magnificent Christmas festive event	£16.50



January 2020

We will not be running any daytrips in January due to the usual unpredictable cold winter weather conditions.



February 2020

<u>Monday 3rd Maidstone</u> - Visit Fremlin Walk, an outdoor shopping experience or you can shop under cover at The Mall which hosts a wide variety of shops.	£7.50
<u>Thursday 6th Lakeside</u> – Indulge in some retail therapy at Intu Lakeside for fashion, home ware and much more making this an ultimate shopping experience.	£13.00
<u>Monday 10th Ashford</u> - County Square is in the heart of Kent and has over 50 shops alongside cafes and restaurants in a relaxed environment	£11.50
<u>Wednesday 12th Westwood Cross Thanet</u> - More than 50 stores, restaurants and entertainment venues.	£15.50
<u>Friday 14th Chatham Dockside Outlet</u> - Home to over 40 retailers offering a range of fashion to homewares at discounted prices.	£7.50
<u>Monday 17th Canterbury</u> - A historic English Cathedral city with medieval cobbled streets and an award-winning shopping district that is in a pleasant open environment.	£11.00
<u>Wednesday 19th Romford Market</u> – With over 150 stalls, selling everything from clothes, shoes and fresh food at this vibrant street market.	£16.50
<u>Friday 21st Faversham</u> - The oldest market town in the County and surrounded by maritime history with an amazing array of shops and regular markets in the heart of the town.	£7.75
<u>Saturday 22nd Tunbridge Wells</u> – A combination of shops and famous high street names, in a charming and historic setting, makes the town a popular destination for shoppers.	£13.00
<u>Monday 24th Hempstead Valley</u> - A popular destination with 50 retailers at the shopping centre and home to a new dining experience.	£6.00
<u>Thursday 27th Greenwich</u> - On the bank of the Thames. Visit the Royal Observatory and Planetarium, Cutty Sark or Greenwich Market.	£15.25
<u>Saturday 29th Romford Market</u> - With over 150 stalls, selling everything from clothes, shoes and fresh food at this vibrant street market.	£16.50





March 2020

<u>Monday 2nd Maidstone</u> - Visit Fremlin Walk, an outdoor shopping experience located in the town centre or you can shop under cover at The Mall which hosts a wide variety of shops.	£7.50
<u>Wednesday 4th Bluewater</u> – Shop till you drop! Bluewater has 300 stores, over 50 bars, restaurants and cafes making this the ultimate shopping and leisure experience.	£12.00
<u>Monday 9th Ashford</u> - County Square is in the heart of Kent and has over 50 shops alongside cafes and restaurants in a relaxed environment.	£11.50
<u>Thursday 12th London Museums</u> - Discover one or all of London's free museums with some of the capital's finest exhibitions.	£18.00
<u>Saturday 14th Wingham Wildlife</u> – Take a walk on the wild side and discover lots of different animals, big cats, lemurs and monkeys at Kent's fastest growing zoo.	£13.00
<u>Monday 16th Canterbury</u> - A historic English Cathedral city an award-winning shopping district that is in a pleasant open environment.	£11.00
<u>Thursday 19th Whitstable</u> – Explore the independent shops and galleries, buy some quirky gifts, take a walk along the harbour or indulge in some fresh seafood from the markets.	£11.00
<u>Friday 20th Faversham</u> – The oldest Market town in the County and surrounded by maritime history with independent shops and regular markets in the heart of the town.	£7.75
<u>Monday 23rd Hempstead Valley</u> - A popular destination with 50 retailers at the shopping centre and home to a new dining experience.	£6.00
<u>Thursday 26th Fulham Palace & Gardens</u> – The home of the Bishops of London, a historic house and botanical garden. Paintings, archaeology and artefacts tracing the history of the Palace site from prehistoric times and entry is free!	£16.50
<u>Friday 27th Polhill Garden Centre Sevenoaks</u> - A shopping village and fantastic restaurants where you can relax, enjoy light snacks and afternoon teas.	£13.00





April 2020



<u>Monday 6th Ashford</u> - County Square which is located within the heart of Kent and has over 50 shops alongside cafes and restaurants in a relaxed environment.	£11.50
<u>Wednesday 8th Ham House & Garden</u> – A 17 th century historic house with formal gardens set in Richmond London. Internationally recognised for its collection of paintings, furniture and textiles.	£16.50
<u>Thursday 9th – Island Tour & Cream Tea</u> – Take an island tour to explore the islands history and beauty and finish off at the Waterfont room in the HLC for a Cream Tea	£7.50
<u>Saturday 11th Tonbridge Castle & Tunbridge Wells</u> - What it would have been like to be a Lord or Lady 700 years ago? See for yourself, visit Tonbridge Castle. On to Royal Tunbridge Wells for retail therapy.	£13.50
<u>Monday 13th Canterbury</u> - A historic English Cathedral city with medieval streets and an award-winning shopping district.	£11.00
<u>Wednesday 15th Fen Bell Inn Zoo</u> – Holds Medway's first zoo licence and is a hidden gem. All the animals have come through rescue or other zoos.	£9.25
<u>Thursday 16th Eltham Palace & Gardens</u> – Explore this stunning medieval royal palace that is a masterpiece of 1930s Art Deco Design.	£15.50
<u>Saturday 18th Knole Park</u> – A 600-year old estate and catch a glimpse of wild deer in the parkland of outstanding beauty of the Kent Downs Area.	£15.50
<u>Monday 20th Hempstead Valley</u> - A popular destination with 50 retailers at the shopping centre and home to a new dining experience.	£6.00
<u>Thursday 23rd Hall Place & Gardens Bexley</u> - This stately home was built in 1537 and is one of the South East's best kept secrets, rich in fascinating history.	£15.50
<u>Friday 24th – Lullingstone Castle & Gardens / Lullingstone Roman Villa</u> – amongst the most outstanding Roman villa survivals in Britain. Explore Lullingstone Castle and World Garden in Eynsford.	£13.50
<u>Monday 27th Maidstone</u> - Visit Fremlin Walk, an outdoor shopping experience or you can shop under cover at The Mall which hosts a wide variety of shops.	£7.50
<u>Wednesday 29th Folkestone</u> – Shop in the quaint streets, find cutting-edge art. Indulge in the quirky stores and chic eateries or the Leas promenade which is a short walk away.	£15.50
<u>Thursday 30th Hever Castle & Gardens</u> – Home to one of the most powerful families in history - the Boleyns. Discover the magnificent award-winning gardens that are set in 125 acres of glorious grounds at Hever Castle.	£17.25



How to book and terms and conditions

www.sheppeymatters.org.uk

(01795) 585335/583547

Monday - Friday (10 – 3)

Email: office@sheppeymatters.org.uk

- To book on the day trips you must fill in a membership registration form, which contains terms and conditions of Sheppey Wheels. Membership is FREE to individuals and for groups there is a £10 yearly fee.
- Payment can be accepted via BACS Account No-51317059 Sort Code – 40-41-41. Please add your surname, date of trip as your reference.
- All trips must be paid for at the time of booking, by cash, cheque or card payment. If paying by cheque, please make payable to 'Sheppey Matters'.
- All trips are subject to change/cancellation with minimum notice.
- Each trip has a set minimum number of places that must be booked and paid for to run, if this level is not reached the trip may be cancelled.
- If your trip is cancelled by Sheppey Matters, for any reason, you will receive a full refund.
- Should you wish to cancel your place on a trip, you must give at least 7 days' notice to obtain a refund.
- If you do not give the required notice or if you do not turn up to your trip, no refund will be given.
- We reserve the right to remove anyone from their trip if they are under the influence of alcohol or drugs. We also reserve the right to remove anyone from their trip if they demonstrate threatening or abusive behaviour.
- All our minibuses operate strict NO SMOKING and NO VAPING policies.
- Pickups for day trips start at 9am, the minibus will leave destination after 4 hours, unless stated otherwise. **If you are late, we will not wait** – cards are given out of numbers to call should an emergency arise during the trip – please ensure you use these numbers.
- Day trip prices are per person and price only **includes travel – unless otherwise stated**. Entrance fees and refreshments are payable by passenger.
- Child prices are from birth to the age of 16 and are half the price advertised for that trip.
- Any child travelling with Sheppey Matters must have a suitable car seat provided by the person booking/travelling. Seatbelts and child restraints must be used in accordance with the law at all times. If transporting children, we are not legally required to provide child seats as they are not generally suitable for the narrow seats in minibuses. They should only be used if they fit safely and securely. Booster cushions are usually suitable and will substantially reduce the risk of injury to young children. The law states that children aged 3 years plus must wear adult seat belts – all of which are fitted as standard on our minibuses.

If you wish to receive more information via email, helping us to save paper, then please email us directly on office@sheppeymatters.org.uk





These mornings have been so successful offering a chance to meet the team. Join us over a **FREE** cup of coffee and a slice of home-made cake to find out about the latest trips on offer plus information about all the other Sheppey Matters services.

Next Coffee Morning: Thursday 5th March 2020

Where: Waterfront Room @ The Healthy Living Centre, Sheerness Kent ME12 1HH

Time: 10.00 am - 12.00 pm

The School Uniform Community Wardrobe

The Waterfront Room

Sheppey Healthy Living Centre



Pre-loved, free, donated, clean school uniforms for all ages

St. Georges Primary, Richmond Primary, Queenborough Primary, Minster Primary, Oasis Academy, The Sittingbourne School, Westlands School and many more general school items and winter coats.

24th October 2019
21st November 2019
20th December 2019
9th January 2020
13th February 2020
12th March 2020
9th April 2020
10am - 12 noon

Remember

We will take your unwanted items of school uniform to recycle for others that may need it.

Drop off to the Healthy Living Centre








Sheerness ME12 1HH

For more info call 01795 585335

office@sheppeymatters.org.uk



What's on at the Sheppey Healthy Living Centre

Monday	Tuesday	Wednesday	Thursday	Thursday	Friday	Sat
<p>Abbey Room Keepsake Cards 10-1pm £2.50</p> <p>Waterfront Room Swale Your Way Drop-in 10-12.00</p>  <p>* Nordic Walking Beginners. 10-11am</p> <p>(To join this walking group, please call 01795 585335 or visit the Sheppey Matters office)</p> <p>Brabazon Room One You Healthy Weight Management 9am-5pm</p> <p>(To join this group, call 0300 123 1220 or email oneyou.kent@nhs.net)</p>	<p>Waterfront Room KnitWitz 11.30-1.45pm £1</p> <p>* Men's Matters Men's Wellbeing Group 6-8pm</p> <p>Abbey Room Eastchurch Art Club 2-4pm £5</p> <p>* Deaf Club 6.30-8.30pm (First Tues of the month)</p> 	<p>Abbey Room Art Deco crafts 10-1pm £2.50</p> <p>* Young Persons' NHS Sexual Health Service 3-5.30pm</p> <p>Waterfront Room Porchlight Photographic Group (Drop in) 10-12pm</p> <p>* Men's Matters Men's Wellbeing Group 6-8pm</p> <p>Abbey Room Stop Smoking Support 5.30-7pm with One You</p> <p>* Pioneer Room Absolute Art!! Youth club 8 yrs.+ 4-6pm Free</p>	<p>Waterfront Room Community Coffee Morning & Friendly Faces of Kent Befriending and support group 10-12 (First Thursday of the month)</p> <p>* Porchlight (by appointment only) 12-2pm</p> <p>* Adult Literacy Drop-in Sessions 12 – 3pm With Sheppey College</p> <p>Song Signing All ages welcome 6-8pm £3</p>  <p>Sports Hall Move and Groove 10-12 £2 Includes a free swim</p>	<p>Pioneer Room Sateda Drop-in 9.30-11am</p> <p>Nordic Walking Advanced 10-11am (Meet @ The Leas carpark)</p> 	<p>Kingsferry 2 One You Advisor call 0300 123 1220 for appointment</p> <p>BECAUSE THERE'S ONLY ONE YOU</p> <p>Pioneer Room Pioneer Club 8-12 yrs 4.30-6pm 13-25 yrs 6.15-8pm £1.00</p> <p>Pioneer & Waterfront Room ADHD Support Club 3.30-5.30pm (Term time only) Abbey Room ADHD Adult Support Last Friday of every month 6 – 8pm Waterfront Room Wellbeing Cafe 6-8pm</p> 	<p>Sheppey Community Media Centre</p>  <p>"Schools Out" Radio Club every Sat 9am – 12 midday for ages 8-25 years</p> 

For further details call 01795 585335 or email office@sheppeymatters.org.uk

Let's Do Lunch Monthly Group



Sheppey Lifestyle aims to bring members of the island's senior community together in a way that enables the group to share their own experiences in relation to family food. The informal lunchtimes will be an opportunity for people to share simple, tasty, home cooked food in the company of others at the cost of £4 per person.

We will be providing a transport service to get you to the sessions, but spaces will be limited. We are offering this on a first come first served basis. If you are interested contact the office and request a form. The table below shows the dates, times and location for each of the monthly lunches through to April 2020. We would love to hear more about the recipes you have been cooking at home over the years that perhaps you may not be cooking as much now sharing these ideas with us will ensure that these recipes are kept alive and passed on to our future family cooks.

Venue: Sheppey Rugby Club
Thursday 24 th October 2019
Thursday 28 th November 2019
Thursday 19 th December 2019
Thursday 23 rd January 2020
Thursday 27 th February 2020
Thursday 26 th March 2020
Thursday 23 rd April 2020

Let's Eat!

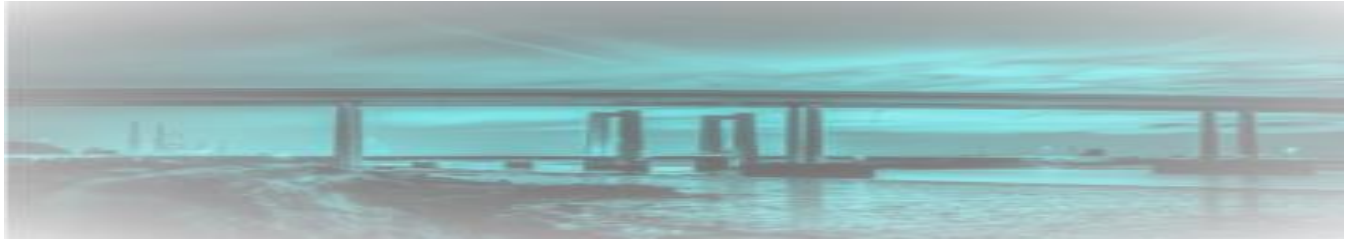


The **Sheppey FM Roadshows** are 'out & about' in the local community, supporting and promoting your local charity and fundraising events to help make them a great success. Your events are also promoted "on-air" on Sheppey FM's community news' features and displayed in our windows at the Sheppey Community Media Centre. For an insight into our Roadshows check out our FB pages and see our photos at recent events.

For more information or to book a Roadshow
call Julie on 01795 664499



Men's Matters



Our Goal

To help improve the social interaction and reduce the social isolation of adult men within our community and improve all round wellbeing.



Welcome to Men's Matters. We are a group of men who are trying to help reduce the social isolation of adult men in our community. We are all guys that have lived life experiences with this and other issues including physical and mental health. As men we are sometimes very reluctant to discuss issues related to our own health. If

you feel this might be right for you, your male colleague or family

members contact us. Mensmatters@sheppeymatters.org.uk

“or just drop into one of our groups,”

Meetings take place every Tuesday and Wednesday

evening from 6pm – 8pm at the Waterfront Room

Sheppey Healthy

Living Centre

Off the Broadway

Sheerness

All adult males welcome

“Wellbeing Matters”



Or call 01795 585335

office@sheppeymatters.org.uk



Waterfront Room

Free

Community Coffee Mornings

Every Thursday 10–12



Tea, coffee and biscuits. Drop-in for a cuppa and chat. Our Waterfront Community Room has been open for a year now and has welcomed many groups, individuals and events. We are looking for more community groups to join us and use this valuable, open access space. FREE WI-FI available.

Talk to us about starting a group here, holding a meeting or an exhibition. Call 01795 585335 or office@sheppeymatters.org.uk Sheppey Healthy Living Centre.



Sheerness ME12 1HH

GRASSROOTS
preventing suicide together

Download this app for support



The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you. You can also read the strategies for staying safe, explore the tips on how to stay grounded when you're feeling overwhelmed, try the guided-breathing exercises and support your own wellness by creating your own interactive Wellness Plan. The app links you directly to local and national crisis resources, so you won't need to carry around slips of paper with contact details on, it's all stored there within the app. If the resource isn't listed, simply add in your own.



DJ Coops! Presents

Disco, dancing and games
for adults with Additional Needs



Supported by



To register your interest in the NEW Discos

coming in 2020

CALL US ON: 01795 585335

New for
2020!



Wonderful Winter Family fun day

Friday 20th December
10-1pm

**Bouncy castle, Santa's workshop, gifts,
games and lots of fun for all ages.**

Main sports hall

Sheppey Healthy Living Centre

FREE ENTRY

Sheerness

ME12 1HH

01795 585335

office@sheppematters.org.uk



SEXUAL HEALTH INFORMATION AND SUPPORT SERVICES

C-Card Registration is available at Sheppey College (students only) various days and times please either ask for Jo Cattermole at Sheppey College or contact Sheppey Matters office. The NHS also offer Young People Services available in the HLC on a Wednesday in the Abbey Room 3-5pm



SUPPORTING YOUR WELL-BEING UNDER THE WINGS OF THE GEESE PROJECT



Do you find life difficult to cope with sometimes and don't know where to turn for support? If you find yourself in a place where you need emotional support, or you just don't know which way to turn, we are here to support and help you to find the right solution for you. The Geese Projects offer a wide range of therapies and other services provided by our caring team. We use a person-centred and holistic approach to your emotional well-being. The Geese Project are a registered charity in Kent, who provide low-cost counselling, art therapy and other therapies for the local community. Based in the

Sheppey Healthy Living Centre

Off the Broadway

Sheerness

Kent ME12 1HH - 07398 638423 - By Appointment Only



offering free days of memory making activities to help children & young people express their thoughts, feelings and emotions in a safe space and equip them with coping strategies for the future.

Children will also have the chance to make new friends who also know what it's like to feel the intense pain of grief.

Phone 03445 611511 or email

Debbie.mcswiney@holg.org.uk



SATEDA's vision is to end domestic abuse. Our mission is to enable people to end the cycle of domestic abuse and rebuild their lives, through education, support and advocacy.

We provide a full journey of support to victims and survivors of domestic abuse, enabling them to take back control and break free from domestic abuse

01795 417251





We Need Your Help!

The Family Food Bank provides support to families that are experiencing financial hardship, meaning they are unable to buy food or are left with a difficult choice between paying for food or other basic necessities.

Donate Food

Currently at the Food Bank we are in need of:

- Tinned Meat - Curry, Chilli, Meat Balls, Hot Dogs, etc.
- Tinned Vegetables - Peas, Carrots, Potatoes, etc.
- Tinned Desserts - Fruit, Custard, Rice Pudding, etc.
- Soups - Tinned & Packets
- Dried Pasta & Rice
- Biscuits
- Cereal
- Tea & Coffee
- Long-life Milk
- Preservatives
- Pasta Sauces

Donate Money

To make an online donation we use the Just Giving Service.

To donate online please visit:
www.familyfoodbank.org

To make a monetary donation please make cheques out to:
The Family Food Bank
Or

To make a cash donation please speak to a member of staff.

Donate Time

We would not be able to provide the service we do without our volunteer workforce.

Role:

- Sorting & stowing food
- Packing food boxes
- Delivering food boxes
- Administration tasks
- Cleaning and tidying

Please get in touch with us to discuss volunteering opportunities.



Did you know for about £5 you can make a massive difference to a family's life. We accept all ambient food donations and monetary donations however big or small.



Your donations enable us to produce a Family Food Box providing a family of four, two meals a day for five days!



A Sudden drop in finances can happen to any one for a number of reasons: redundancy, eviction, bereavement, a change in family circumstances, interrupted benefit payment.

The Family Food Bank

Email: familyfoodbank@children-families.org

Website: www.familyfoodbank.org



Part of Children and Families Ltd.

Registered Charity No: 1115459

Registered Address: Seashells, Rose Street, Sheerness, Kent, ME12 1AW

Operating Address: Unit 4, St Johns Court, Foster road, Ashford Business Park, Ashford, Kent, TN24 0SJ



Eastchurch Community Hub

- Community Workshops
- Community Information
- IT Training
- Local Resources Information
- Bookings for Trips
- Youth Club and activities Information
- Book Club
- Sewing Club
- Craft Club
- And much, much more...



Eastchurch Village Hall (Annexe)

Every Wednesday 10-2pm 01795 880147

Warden Road, Eastchurch.

ME12 4EJ

Come along and join us for a chat to find out how you can improve your wellbeing and health.

Learn how to make changes to your own life and that of your family.

Local information for services and events for all ages

We are here to help you



FREE



What support is out there for the older person?

DEMENTIA - DEMENTIA FRIENDLY KENT www.dementiafriendlykent.org.uk

24-hour Kent Dementia helpline 0800 500 3014

e-mail – helpline@alz-dem.org

Freephone service for people living with Dementia, carers and family members. Offering support and advice, they can also put you in touch with organisations local to you.

AGE UK SHEPPEY

www.ageuk.org.uk/sheppey

Rosemary House Centre

43 Trinity Road

Sheerness

Kent

ME12 2PF 01795 662 562 - Email: admin@ageuksheppey.co.uk



Dementia Day Break Club – Monday at Rosemary House Centre

COGs CLUB (Cognitive Stimulation) – 10am – 3pm Tuesdays & Fridays at Rosemary House Centre. Light Lunch and tea/coffee included.

Dynamos Club – Weekly club on Wednesday 10am – 3pm at Rosemary House Centre. For younger people diagnosed with a cognitive impairment/dementia. Day of Friendship and support for people with young onset dementia.

Sprockets Coffee Morning – Free club providing tea/coffee, a chat and friendship for people supporting a loved one with Dementia. No need to book. Third Monday of each month at Rumour Café, High Street, Sheerness 10am – 11.30am.

Dementia Drop in Clinic – For people living with dementia and their carers who are no longer under the care of the Memory Services, either not receiving treatment or currently stable on treatment.

4th Monday of every month 2.30-4.30pm at Rosemary House

STAYING PUT - 01795 417131 - A home improvement agency run by Swale Borough Council offering advice, support and help to the elderly and disabled who are owner occupiers or private tenants and who need practical assistance to repair, adapt or improve their homes. Staying put can assist you in managing the whole process, removing any anxiety or worries, with work carried out with the minimum of fuss.





**Kent Fire &
Rescue Service**

If a fire breaks out in your home, you're at greater risk if you are an older person, or if you have mobility problems.

We can help keep you safe with a free safe and well visit. If you don't need this service yourself, you can refer a relative, friend or client to us, too. We offer a free Safe and Well home visit service for people living in Kent and Medway. From testing, fitting and relocating smoke alarms, to looking out for potential fire hazards and planning escape routes - one of our friendly home safety officers can help to make your home fire safe. Book a free visit for yourself or a loved one today. **Contact our friendly home safety team to book your visit now: On 0800 923 7000**



Pioneer Club

Rural Youth

for young people with additional needs

Come and join us every Friday night in
The Pioneer Room @ The Healthy Living Centre Sheerness.



Juniors: 8-12 yrs. 4.30pm-6.00 pm

Seniors: 13-25 yrs. 6.15 pm -8.00pm



£1.00 per session

A place to be YOU!!

SOCIALISE

MEET FRIENDS

CHAT

RELAX

LEARN SOMETHING NEW.



At the club you can ask questions, discuss things that affect you in a warm, welcoming safe environment, without judgement. We offer information on many topics. What are you waiting for? Join us contact Sheppey Matters on 01795-585335 or email Office@sheppeymatters.org.uk



Do you enjoy reading?

Come along for a chat and cuppa

JOIN OUR READING GROUP?



Every other Wednesday 12:30 pm—2 pm

Eastchurch Hub, (next to Eastchurch Village Hall)

For more information call:

Nicola on 01795 585335

or

Bev on 01795 880040

Eastchurch Community Hub



Monday	Available for hire	
Tuesday	3.15-5pm Song Sign 6-8pm	Ages 8-12 years All ages Welcome £3 Every other week
Wednesday	Community Hub IT training 10-12 weekly Book club/Sewing club 12-2pm every other week. ONE YOU Lifestyle advisor 10-12	Open to all ages and abilities, drop in for a chat and a cuppa, for information about local groups and activities. Drop in or pre booked appointments
Thursday	Community learning POA 3.15-5pm	Contact POA for more info Bev on 01795 880040 Ages 8-12 years
Friday	Smoke Free Support 2-5pm Craft Club (monthly)	Call 0300 123 1200 Contact Sheppey Matters for more details
Sat/Sun	Available for hire	
		01795 585335

For bookings or more details Call **01795 585335** office@sheppeymatters.org.uk





"School's Out Radio Club"

Every Saturday: 9.00am ~ 12.00pm
Featuring news on Kids Clubs and activities
across the Isle of Sheppey.

Have FUN while you gain training skills
and Arts Award Qualifications.

Free to join for those aged between 8-25 (additional needs)

Call Sheppey FM on 01795 664499

Funded by the Youth Social Action Fund through Kent Community Foundation

www.sheppeyfm.org.uk

Info on our Youth and Special Needs Clubs:

We have a varied programme of clubs and activities for young people, children and families on the Isle of Sheppey. We offer school and youth clubs for young people aged 8-25 and family activities across the Isle of Sheppey

ADHD Support Club (only one on the island)

Sheppey HLC Pioneer Room, Fridays 3.30pm - 5.00pm,
Open to all ages (Term time only). (babies & under 4s stay with parents)

Pioneer Additional Needs Junior Club

Sheppey HLC Pioneer Room, Fridays 4.30pm - 6pm,
Age - 8-12 years. £1.00

Pioneer Additional Needs Senior Youth Club

Sheppey HLC Pioneer Room, Fridays 6.15pm - 8pm,
Age - 13-25 years. £1.00

Youth Club: Absolute Art at Sheppey Healthy Living Centre, in the Pioneer Room on
Wednesdays, 4.00pm - 6.00pm,
Age – 8 + years.

School's Out Radio Club: Sheppey FM, Sheppey Community Media Centre,
Sheerness, Saturdays 9am – 12pm
Age - 8- 25 years



Absolute Art

FREE

Wednesdays

@

Sheppey Healthy Living Centre

Pioneer room

Time: 4-6pm

Incorporating all forms of art

Ages 8+ Every Wednesday
Join us!



The Adult ADHD Collective is a group organised by, ADHD Sheppey founder, Beverley Nolker. Adult ADHD is often ignored and can have detrimental effects on the person involved. Early intervention and support are paramount. The Adult ADHD Collective aims to bridge the gap and offer information, advice and guidance to those in need.

Why not join our Facebook page look for AdultADHDCollective. We meet on the last Friday of every month at the Healthy Living Centre from 6-8pm



NORDIC WALKING SESSIONS



Do you enjoy being outside and would like to be more active?

Would you love to walk but find it difficult? Or just don't want to walk alone?

Then come join our social Nordic Walking sessions for the perfect solution!

The poles support your lower body with your upper body, so perfect for those that have knee, hip & back problems. It works your core muscle and builds up strength for the whole body in a low impact & gradual way. Want to lose weight? Nordic walking is perfect for burning calories & toning.



Every Monday & Thursday morning 10.00-11.00 am

Monday sessions: Beginners & Beginner + at The Healthy Living Centre, with teas & coffees available afterwards in the Waterfront room

Comfortable footwear would be advisable mainly flat walking surfaces but will include some steps for accessing walking areas.

Thursday Session: Intermediate at the Leas, meeting by the little Oyster café ME12 2NJ
Comfortable and sturdy footwear is required for some uneven and hilly terrain

A charge of £2.00 each person for hire of poles per session

Interested?? RING 01795-585335 Or e-mail office@sheppeymatters.org.uk



Our other Sheppey Matters projects:

Sheppey Wheels: Community Transport Scheme

Sheppey Wheels celebrated its 10th anniversary last year and in the 10 years I have been with Sheppey Matters this project has gone from strength to strength. The island is known for having poor transportation links and we have worked hard to bridge the gap with our community buses. We not only take people out on various trips we also support a local care home and primary school. The work these buses carry out help to combat social isolation and loneliness.

Healthy HeArts Arts and Media Project



Our Healthy HeArts project supports young people achieve through arts and media activities, projects and community workshops and activities. We support ages from 11 to 18 and up to 25 with additional needs. As an accredited Award-winning Arts Award Centre, we can offer accredited training and qualifications in the Arts from Entry Level 3, Level 1 and up to A Level equivalent with the Gold Arts Award. We are supported by the Colyer Fergusson Charitable Trust and Hardship funding and volunteering opportunities for young people to gain valuable skills and experiences to support them on their journeys to where they want to be, applying for a job, going to college or university even starting your own creative business, we can help you. **"If you can dream it, you can work towards achieving it"** A Healthy HeArts Project Mentor

123, ADHD & Me:

123, ADHD & Me is a course, specifically designed, for families who have received an ADHD diagnosis for their child. During the course of five weeks we will explore; how ADHD affects someone, positive parenting engagement, ongoing support strategies, using meditation as a positive calming tool, focusing on the great aspects of ADHD using a positive growth mindset as well as many others. Getting an ADHD diagnosis can be stressful and worrying. 123, ADHD & Me aims to not only help **YOU** understand **YOUR** child and their diagnosis but, more importantly, help **YOUR** child understand **THEMSELVES!**

Sheppey Healthy Living Centre

"The Healthy Living Centre is quite literally the heart of Sheppey Matters. We bring service providers together with clients to improve the well-being of people in our community. We have rooms available to meet most needs and our passion is to develop community groups and support networks by building good networks across the Isle of Sheppey." **Amanda Cooper - HLC Coordinator says " We strive to build good relationships, develop your self confidence and support you to maintain your wellbeing."**

Rural Youth

Giving young people aged 8 and up to 25 years with additional needs in our community the opportunity to access a safe environment whilst developing social skills, meeting new people and enhancing their own abilities through various activities.



Sheppey Lifestyle - Chef

A three-year Big Lottery funded programme which focuses very much on a health and well-being driven initiative exclusively on the Isle of Sheppey. The project targets those areas that are deemed to be of greater need. The project unifies The Community Chef, Community Gardener and youth Programmes in a collective effort to improve the health of the island's communities. Health, in this context, goes way beyond dietary health. The project is equally concerned with the mental health and well-being in both individuals and their communities. It draws from the widest possible age range and includes the island's growing older/ retired population in a joint effort to reduce loneliness and social isolation. **Sheppey Lifestyle Manager and Chef Mike Spackman says, "Good food, cooked well is the key to a healthy outlook and lifestyle."**

Community Gardener

Gardening is social and therapeutic. It builds physical fitness, perseverance, self-management, responsibility, and creativity. It supports core skills. Could it help you? By using gardening to educate and unite generations through mixed ability and age activities we became a finalist in the Dementia Friendly Kent Awards 2019. We have established two Sheppey Matters allotments at Medway Road; the first provides produce to the Community Chef; the second is going to be a Community Garden by the community for the community. It is a work in progress! Everything on an allotment is about upcycling. Creativity saves money. We are designing a plastic bottle greenhouse with support from Sheppey FM 92.2 War on Waste project. Working alongside people from various communities across Sheppey we are sure of one thing - gardening unites people of all generations. Interested in participating? Come and see us - Anita Brunt - Community Gardener.

Youth Leader

As the youth leader for Sheppey Lifestyle we link fun and fitness together to help young people connect with their community. The place they live in and work together with other community groups and clubs to make the most out of life. We work in partnership to run a range of healthy lifestyle activities, beach clean ups, bee walks, archery classes, baseball and basketball to name a few. Let's not forget our tasty healthy eating sessions where on the menu wraps, fruit kebabs and ways to start your day right with breakfast treats. Contact us to find out how you too can join in.

Sheppey FM 92.2

We are an award-winning 24-hour community radio station based at the Sheppey Community Media Centre in Sheerness. We offer a range of music shows, local news and youth shows as well as Drive time to keep you up to date with traffic and travel. For young people we offer a fantastic Saturday Radio Club where they can learn to be the presenters of tomorrow. Drop in and speak to us, listen to us in your car, online or stream straight to your phone. Check out one of our many community roadshows across Sheppey and meet the team, you'll be glad you did.





Room hire:

Sheppey Matters acts as a hub for the local community. We have three fully accessible venues across the Isle of Sheppey with good local transport links to hire at very competitive rates for businesses and communities. Our flagship room has breathtaking views catering for up to 30 people. We can also offer smaller rooms for the more

personal approach. If you would like to view the facilities in any of our venues, then a member of our team would be on hand to show you around. Our venues are situated in the Sheppey Healthy Living Centre and the Sheppey Community Media Centre both in Sheerness and the Community Hub in Eastchurch. Contact the office to discuss your requirements either by phone, email or in person. 01795 585335 office@sheppeymatters.org.uk

Invest in us – in our future – in our community



If you would like to join us in our journey for a bigger, brighter and better future, we would be only too happy to meet with you and discuss this. We would very much like you to join us as we venture through the next 25 years - working in partnership for the benefit of the Isle of Sheppey. Donations, however big or small - would be gratefully received.

Bereavement support

Cruse Bereavement Care

Free National Helpline - 0808 808 1677 www.eastkentswalecruse.org.uk

Swale referral number: 07999 362 322 eastkentwithswale@cruse.org.uk

Kent Bereavement Advice Centre - Kent Bereavement Advice Services (KBAS) and helpline are available, free of charge, for anyone affected by the death of someone significant to them whether the death occurred in Kent or the person who died lived in Kent or the bereaved person lives in Kent. People planning for the end of their own lives or expecting a bereavement are welcome to call, as are professionals and volunteers who support people around the time of death. **If you are seeking information and advice concerning a death, please call this freephone number 0800 258 5944** (*a charge may be made by some mobile networks*)

The lines are open from 9am to 5pm, Monday to Friday except bank holidays. You will hear a brief recorded message and then speak to one of our advisors. There is an answer-machine at all other times - please do leave a message with your telephone number.



Local advice service for local people

Citizens Advice Swale

Sheppey Gateway, 38-42 High Street
Sheerness, ME12 1NL

Additional local
services can be
accessed in
Sittingbourne and
Faversham. See
citizensadvice.swale.uk

Opening times:

Monday Pre-arranged debt appointments
Tuesday Drop-in 9.30am-12.30pm
Wednesday Drop-in 9.30am-12.30pm
and pre-arranged benefit appointments
Friday Pre-arranged general appointments

General advice:

Adviceline 0344 848 7978 or 0344 411 1445 (BT Text Relay)

Debt-only advice:

Text 07596 836138
Send us your name and number and
we'll call you back



Help to Claim (for new Universal Credit claims):

Call 0800 144 8 444
Drop-in Wednesday 10.00am-4.00pm
Sheerness Job Centre Plus

Samaritans

You can speak to someone at
the Samaritans 24 hours a
day, seven days a week from
any phone, for free on 116

123, you can e-mail
jo@samaritans.org

(response time 24hrs) or you
can drop into your local
Samaritans Centre

Medway, Gravesham and
Swale West

Priory Road,
Strood,
Rochester,
Kent

ME2 2EG



Holy Trinity Church
Mondays
11am - 12.30pm

Foodbank is open in the main church during
this time for anyone needing food assistance.
No voucher needed.

Contact the Foodbank Team:

✉ mspocchia@diocant.org

f @SheernessFoodbank

Mental Health Matters

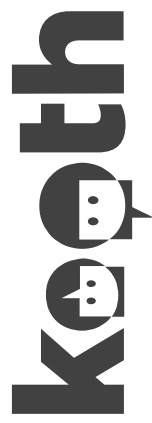
0800 107 0160

Helpline for people with mental health
problems, their careers, families and
friends.

The Team can offer emotional guidance and
information and help people who may be
feeling low, anxious or stressed or in
extreme emotional distress and feel that
there is nowhere else to turn.

Support is also provided to people caring for
another person and finding it difficult to
cope. The service is confidential unless it is
considered there is a risk to yourself or
others.





Please search Kooth.com
Free, safe and anonymous
online support for young people
Monday to Friday
12pm – 10pm
Saturday – Sunday
6pm – 10pm

Kooth is an online counselling
and emotional well-being
platform for children and young
people, accessible through
mobile, tablet and desktop and
free at the point of use.

On Kooth you can, chat to our
friendly counsellors, read
articles written by young people.



Every Monday evening at 7pm at
Holy Trinity for anyone. Tea &
coffee, snacky food plus a hot meal
once a month, and the evening is fun
and relaxed with activities and games
to engage guests and to connect
them to each other.



COME AND JOIN US! >>>



Wednesdays 10am-12pm



Holy Trinity Church, Sheerness

For anyone and everyone the
opportunity to build community
relationships over a cuppa and a
biscuit, in the main church.

WE'RE SUPPORTING **ONE YOU**

Search **One You** and take the free health quiz
to see how you score.

BECAUSE THERE'S ONLY **ONE YOU**

Free

Are you ready to make some changes to your lifestyle?

Would you like some **free** help and support?

Log onto the **ONE YOU** website for **free** tips, advice and services
to help **YOU**.

oneyoukent.org.uk

stop smoking, healthy weight & lifestyle advice

contact the **ONE YOU** advisors

0300 123 1220

This service is also available free at

Sheppey Healthy Living Centre

&

Eastchurch Community Hub

(For times and details look at the

"What's On" guide page 11)

Drink less * Move more * Eat well * Stop smoking

Mental Health support this #WorldMentalHealthDay

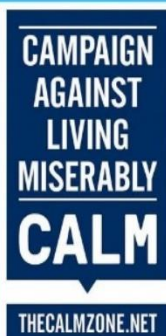


If you're in mental health crisis,
text SHOUT to 85258 available 24/7
free and confidential crisis support



The Samaritans can be contacted
by phone or email and are there
to listen 24/7

call 116 123 from any phone or email jo@samaritans.org



Calm run a helpline & webchat to support
men who need to talk or find information
It is open 5pm - midnight, every day
Call 0800 58 58 58 nationwide
or 0808 802 58 58 from London
Or visit www.thecalmzone.net/help/get-help/



Free, confidential support for young
via online, social and mobile.

Visit www.themix.org.uk/get-support **to find out more**

**We have various well-being support groups both situated in the
Sheerness and the Eastern end of the island.**

**If you would like to know more about each of these please
contact us and a member of staff would be happy to show you
all that we have to offer.**



Find us on Sheppey Matters





HEALTHY LIVING CENTRE, SHEERNESS THURSDAYS 6PM - 8PM

EASTCHURCH VILLAGE HALL EVERY OTHER TUESDAY 6PM-8PM

THE BASICS IN SIGN LANGUAGE

FIRST ATTENDANCE FREE
£3 EACH - PAY AS YOU GO

**USING THE AMAZING POWER OF MUSIC TO BOOST
YOUR CONFIDENCE AND SELF ESTEEM**

VISIT WWW.FACEBOOK.COM/SONGSIGNING

LEARN, LAUGH AND LIVE!



The University of the Third Age



Are you retired or semi-retired and now
no longer in full time employment?

• Would you like to gain new skills and knowledge?

• Make new friends? • Become fit and active?

Monthly meetings with professional speakers
Special interest groups and much, much more

Want to find out more?

Please contact Heather on 07882 918234
or email: IsleofSheppeyU3A@gmail.com

www.u3a.org.uk



Create and Chat



Join like-minded locals and try some new crafts, a relaxed social session, for all skill levels. Would you like to show us a new craft? We are looking for new inspirations too.

Monthly meetings at

Eastchurch Community Hub

Warden Road, Eastchurch 9.30-11.30.

£3 per session includes Tea and biscuits

Friday 25th Oct

Friday 29th Nov

Friday 13th Dec

"2020"

Friday 24th Jan

Friday 28th Feb

Friday 27th March

Friday 24th April

CRAFT
LIKE NO ONE'S
WATCHING



To book call 01795 585335 office@sheppeymatters.org.uk





12 Tins of Christmas

- 1—Curry
- 2—Chilli
- 3—Chicken in Sauce
- 4—Meatballs
- 5—Stew
- 6—Pasta (Ravioli/Macaroni)
- 7—Tuna/Fish
- 8—Potatoes
- 9—Peas/Carrots
- 10—Sweetcorn
- 11—Custard/Rice Pudding
- 12—Fruit



Please share your photo on social media and tag the Family Food Bank in and use #12TinsOfXmas #FamilyFoodBank

If you don't have time to collect food, have you thought about giving???

For just £5 you can help pay for one of our family boxes, this feeds a family of four, two meals a day for five days. That's 40 meals for £5.

Please visit our website to find out more ways you can donate:

<https://www.familyfoodbank.org/make-a-donation.html>

Thank you for your support!



Please Like & Follow Us On Facebook—Search 'Family Food Bank'



This Christmas The Family Food Bank Presents

'The 12 Tins of Christmas'

Christmas can be an expensive time for everybody, but for those already on a tight budget, the added expenses of increased winter fuel bills and the need for Christmas presents can plunge many people into crisis, leading them to make difficult choices.

How you can help...

From the 4th November until 20th December 2019 we are asking people to collect the 12 Tins of Christmas.

These 12 Tins are very important to us, as they are often the least donated products, but are really important to us when making up our food boxes.

Once you finished collecting please visit www.familyfoodbank.org

to find out your nearest distribution centre. You can also get in touch by calling

01233 500477 or emailing familyfoodbank@children-families.org.

To find out more please follow us on Facebook!

This year please take the decision to donate and together we can make this Christmas a time to remember for all the right reasons!



Please Like & Follow Us On Facebook—Search 'Family Food Bank'

Sheppey KCC Community Wardens

We are your local Kent County Council Community Wardens: Dave Osborne (Sheerness), Debbie Foreman (Leysdown, Warden and Eastchurch) and Jackie Swan (Minster). We work in partnership with many agencies and organisations like the Police, Kent Fire and Rescue Services, Social Services, your Parish Councils (and many more) in support of all our communities.

Our role is varied, and a lot of our work is around community safety and supporting those who are most vulnerable. Scam Awareness and Road Safety within schools, are a couple of examples of projects we are currently doing within the community.



We also work hard to maintain a safe environment for our residents by reporting fly tipping, road issues as well as other points of concern relating to safety. We will do our best to resolve any issues and signpost people to the correct place when they require a specific service, have certain needs or need guidance for reporting concerns they have.

Please feel free to contact your local KCC Community Warden on the telephone numbers below:

Dave Osborne – Sheerness – 07813 712803

Debbie Foreman – Leysdown/Warden/Eastchurch – 07977 981992

Jackie Swan – Minster – 07811 271304

Feedback – We would really like to hear from you. We would like your help

Your feedback is very important to us and it helps us to secure funding.

**Please complete the form enclosed with this brochure and return to Sheppey Matters –
Sheppey Healthy Living Centre ME12 1HH**

**Have you used our services? What did you think? Could it be improved?
What's missing? What didn't you like?**





So
many
things
to see
and do
inside
this
Young
Persons
Guide



2019/2020
Edition

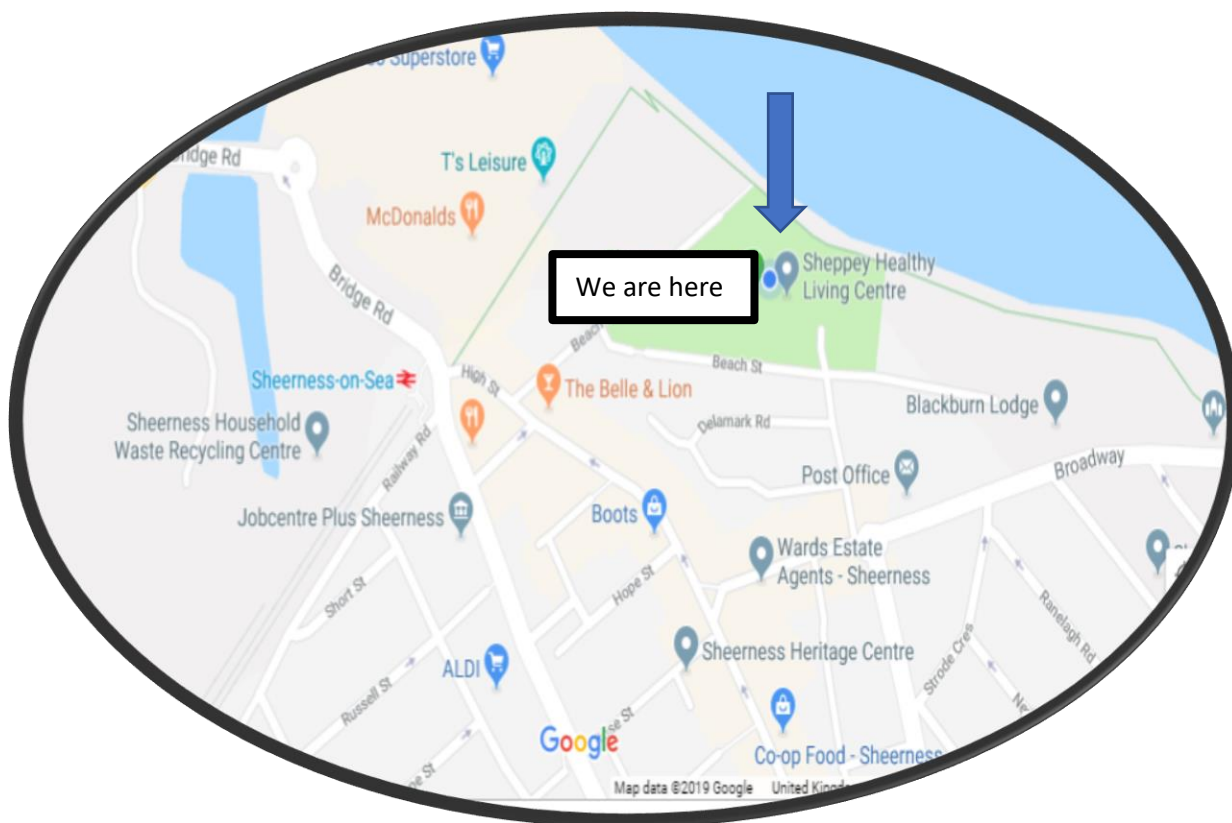
This
project
was
funded by
Kent
Community
Foundation
and
designed
by the
young
people of
Sheppey
FM

A Young People's Guide to Activities and Clubs on Sheppey
Welcome to our young people's guide to clubs and activities to get your copy call us on 01795 585335



So much happening on The Isle of
Sheppey
Get your copy now!





CONTACT US:

Sheppey Matters
Sheppey Healthy Living Centre
Off the Broadway
Sheerness
Kent
ME12 1HH
01795 585 335

www.sheppeymatters.org.uk

Find us on Facebook and Twitter

