

INSPIRING HEALTH AND WELLBEING

SHEPPEY MATTERS



ISSUE No. 10

DECEMBER 2021

Upcoming Events

2022



ISLE CONNECT YOU

How we help ?

We are here to help over 65s lead independent, healthy and happy lives by offering a bespoke befriending service.

We provide social and emotional support to our community from a listening ear to group activities and clubs.

Isle Connect You prides itself on a person centred approach - giving people the support they need to stay safe, well and connected within our community.

Men's Model Making

Why not join our men only model making group. Taking place on Monday afternoons at Sheppey Healthy living Centre.

Arts & Craft Classes

Want to explore your creative side? Isle Connect You will be hosting a series of workshops and art classes.

Trace Your Family Tree

Isle Connect You will be teaming up with The Criterion Blue Town to offer a beginners' course in tracing your ancestry.

International Pen Pals

Our pen pal project connects over 65s on Sheppey with seniors worldwide.

Get in touch to receive your starter pack.

Wobble

Wobble offers gentle fun exercise to people who would benefit physically and mentally from a seated exercise class.

For detailed information: **Call Kelly: 07402 959 801**
or kelly@sheppeymatters.org.uk

Sheppey Matters

**COFFEE
MORNINGS**



**PEN PALS
PROGRAMME**



DAYS OUT



ISLECONNECTYOU

TACKLING LONELINESS IN OVER 65S ON SHEPPEY

TO FIND OUT MORE ☎ 07402 959801

**TELEPHONE
BEFRIENDING**



BOOK CLUB



CRAFTS



**Do more of what
brings you joy!**



ISLE CONNECT YOU



School Uniform Community Wardrobe

We offer : St George's Primary, Richmond Primary, Queenborough Primary, Minster Primary, Eastchurch Primary, Oasis Academy, The Sittingbourne School, Westlands, Borden, Highsted & many more...



Pre-loved, free, donated school uniform for all ages!

**WATERFRONT ROOM
SHEPPEY HEALTHY LIVING CENTRE
SHEERNESS**

- THURSDAY 20 JANUARY 2022
- THURSDAY 17 FEBRUARY 2022
- THURSDAY 24 MARCH 2022
- THURSDAY 14 APRIL 2022

FROM 10AM TO 12 NOON



01795 585335



office@sheppeymatters.org.uk



Are you 45+, not working and live in Swale?

If so, why not come and join the 'LOTS MORE TO OFFER' EMPLOYABILITY PROJECT



My name is Heather Medlock, I am an Employment Support Advisor and I work on the above project at Swale Community and Voluntary Services (SCVS) in Sittingbourne.

My role is to support those of 45+ who are not working or earning money to return to the workplace. I regularly meet people on a one-to-one basis at a time and place convenient to them and provide help with the following:

- ✓ Writing a good CV
- ✓ Job Searching and help to complete job applications
- ✓ Finding relevant training, to update skills
- ✓ Help with Interview Skills
- ✓ Help for those with ideas for starting their own business

I have been working on the project for 4 years now and feel that it has made a real difference to people's lives. I have seen many people grow in confidence whilst on the project, enabling them to move forward in achieving their individual goals. I have been able to source training relevant to their needs and have assisted some in starting on the foundations of going self-employed.

I am particularly looking for those who are not currently working, or receiving benefits but would still like help to find work.

Please feel free to contact me by phone or email to find out more,

Phone: 07734 256903 or SCVS office 01795 473828.

Email: heather.medlock@swalecvs.co.uk

Here is a quote from someone who has benefited from the project:

'I found the meetings with Heather very helpful, she helped me to get back on track as I hadn't worked for some time, so I needed encouragement, help and advice. I also needed to update my CV and Heather helped me with that too.'

'Whilst on the Lots More To Offer Project, Heather found me several training courses, to update my skills and encouraged me to find work again. I am so pleased I joined the project. Thank you Heather.'

FREE
AGES 8-18



Join a Youth Theatre near you!

Learn new skills, make friends and have fun!



Theatre for young people, by young people

Theatre31's youth theatres are for young people aged 8 to 18. They are run by professional practitioners, are Covid-safe and take place in locations all across Medway and Sheppey. All sessions run weekly during term time and are completely free!

You will have the chance to share your talents with regular performance opportunities, specially designed sessions on script writing and acting, as well as opportunities to develop your skills with industry professionals.

Whatever your interest or passion, our youth theatres will stretch your abilities, tap into your imagination and fulfil your creative potential.

We have Youth Theatre Bases in **Chatham**, **Gillingham**, **Hoo Peninsula** and **Sheerness**.

Theatre31 is an exciting new programme that puts young people in the driving seat. Taking place across Medway and Sheppey, this programme supports young people in making decisions and calling the shots on everything that happens – from deciding which artists to work with to designing the logo.

To sign up, contact our Youth Theatre Leaders Amy, Naomi or Lily and find out where your nearest base is.

DM us: @Theatre31_

WhatsApp Amy: 07832 285 432
WhatsApp Naomi: 07832 283 705
WhatsApp Lily: 07858 913 473

Email Amy: amy@icontheatre.co.uk
Email Naomi: naomi@icontheatre.org.uk
Email Lily: lily@icontheatre.org.uk

theatre31.co.uk

Managed by

Funded by

ICON



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

 Theatre31_

Managed by ICON Theatre.
Funded by Arts Council England in partnership with
Medway Council, Kent County Council & Port of Sheppey.

Room Hire

@ The Healthy Living
Centre



Sheppey Matters acts as a hub for the local community. We have two fully accessible venues situated at The Sheppey Healthy Living Centre in Sheerness and a Community Hub in Eastchurch.

Both venues are available to hire for community groups. We can offer a Community room, a large meeting room and smaller rooms for hire at reasonable rates.

To book, or for more information
call 01795 585335

Or email:

office@sheppeymatters.org.uk

All rooms are Covid-19 compliant and anti bac wipes and gel are supplied.



WHAT'S ON IN 2022

At the SHEPPEY HEALTHY LIVING CENTRE

MON

TUE

WED

THURS

THURS

FRI

SAT

| | | | | | | |
|--|---|--|--|---|---|---|
| <p>Waterfront Room 4-5.30pm Art Club for 8-12 years Book via UnitedSheppeyMatters.org.uk Or 01795 585335 FREE!</p>  | <p>Do you need some support with your mental health? Sheppey Matters are working with a counsellor in training every week. To book an appointment please email: Counselling@sheppeymatters.org.uk</p> | <p>Waterfront Room Every week 12 midday – 3pm Swale Your Way Art Group £3 Book via 07850 601939</p> | <p>Waterfront Room Song Signing 6 – 8pm £4 To book call 07731977593 or email SongSigning@gmail.com</p> | <p>Sports Hall Move & Groove 10-12 £3.15 Includes a free swim Call Bernadette on 07949066027</p> | <p>Waterfront Room Every week 3.30 – 5pm ADHD Support Group Book via UnitedSheppeyMatters.org.uk Or 01795 585335</p> | <p>Sheppey Media Centre  "Schools Out" Radio Club every Sat 9am – 12 midday for ages 8-25 years</p> |
| <p>ONE YOU Healthy Weight Loss Support 9am – 10m FREE or email oneyou.kent@nhs.net</p> | <p>Abbey Room Theatre 31 Youth Theatre Group FREE Every Week 5 – 9pm For more info call: 01634 813179 07779 592431</p> | <p>Abbey Room NHS Young Persons Sexual Health Clinic Drop-in every week 3pm -6pm For more information call 0300 7900 245</p> | <p>Kingsferry Room 2 ONE YOU Healthy Lifestyle Support 10am – 2pm FREE (To join call 0300 123 1220 or email oneyou.kent@nhs.net)</p> | <p>Waterfront Room U3A Scrabble Group 10am - Midday Last Thursday of the month FREE For more info contact Heather on 07882918234 Or email: lucy@sheppey3a@gmail.com</p> | <p>Waterfront Room Every week 5.15 – 6.45pm Additional Needs Support Group Ages 13 -25 Book via UnitedSheppeyMatters.org.uk Or 01795 585335</p> | |
| | <p>Mentalk A support group for all men aged 18 and over. FREE For more information call Sheppey Matters on 01795 585335 or mentalk@sheppeymatters.org.uk</p> | <p>Waterfront Room Board Game Night Every Wednesday 5pm – 8pm FREE For more information email Luke luke.af@hotmail.com</p> | | <p>Abbey Room Silver Surfers IT Group IT Learners Group for the over 60s FREE 10.30am - midday Booking essential Call 01795 585335 Or email office@sheppeymatters.org.uk</p> | | |

Please note that some events are subject to change and additional events will take place monthly. Please check our Facebook page for up-to-date information, call us on 01795 585335 or email office@sheppeymatters.org.uk



Hello Sheppey Matters members,

Please allow me to introduce myself. My name is Amanda and I have been a qualified exercise to music instructor for 30 years, living and working on Sheppey.

I have taught Paracise, which is a popular, low-impact and fun class to uplifting music, in the community for two years. It is a specially designed exercise class for beginners and those with health conditions.

I am now going to be teaching Wobble, which is another specialised class for those who cannot stand for long periods but still want to participate in a fun class.

Wobble offers an entry point to the millions of people who would benefit physically and mentally from a seated exercise class. Wobble focuses on exercises that help to improve strength, mobility and confidence.

My Mum was part of my inspiration to take up teaching this class. She has difficulty standing for too long as she has problems with her knees and back and is now looking forward to starting Wobble and improving her mobility.

The sessions will be live in the community and on Zoom for people who have difficulty getting out of the home. Dates, times and further details of the sessions will be available in the new year. To register your interest please call Sheppey Matters on 01795 585335 and keep an eye on our website for updates.

These sessions are sociable and fun, boosting your happy hormones 😊 Wobble has a fabulous playlist that will engage and inspire you to finish with a smile on your face and a feeling of positivity and wellbeing.

I hope to see you soon.

Amanda



Top Tips for an Active and Healthy Life

Message from Julie Calder, Everyday Active Champion

All through the ageing process our body changes both mentally and physically, making us more susceptible to long term health conditions such as heart disease, diabetes, dementia and poor balance.

Being physically active is so important to our quality of life and even more so as we age.

Doing an energetic activity regularly that boosts our circulation and raises our heart rate, increases the oxygen levels in our blood. This will help to reduce blood pressure and keeps our brain healthy in the long term win, win!



Being regularly active reduces the sugar levels in our blood. This helps to reduce fatigue from sugar spikes that can come after eating, and helps to control our desire for those high sugar or starchy foods throughout the day. This can help to prevent you from getting diabetes, as well as supporting your body if you already have the condition.

Strength work to build muscle is so important to the body's core temperature, lean muscle tissue is the body's internal radiator system, muscle keeps us warm when we are less active. Strong muscles also enable us to get out and socialise and they reduce our risk of falls, as this is what maintains our inner stabilising muscle.



A good posture equals better balance. Practice rolling your shoulders up, back and down, tuck your tailbone under and stand tall. This reduces the body's natural ageing pull which can lead to a stooped and humped back. This not only makes it harder to breathe, but it also puts your body off balance.

Do this daily and when taking part in any activity as this will help not only your performance, but muscle memory and this will help to make it a natural position for the body to hold without thinking about it.



What do we mean by regular? This is something you do daily and weekly, a minimum of 30 minutes a day, as well as something that challenges you at least 2/3 times a week.

You can do this in bite size pieces, such as 10 minutes in the morning, afternoon and evening and then go for a walk with friends or a local walking group, play a sport such as golf, bowls or walking football. Enjoyment is the key to longevity

If you are less abled, there are some great seated classes locally and Paracise (see page 9 for more information), which is a low impact exercise class for both beginners and those with health conditions. No getting up and down from the floor!

If you are looking for an activity and not sure what to do because of a health condition or injury, you can always call the Sheppey Matters office and ask for me Julie Calder and I will give you a call back or you can email me at juliec@sheppeymatters.org.uk

Remember you are never too old . Activity is the key to longevity and that deeper sense of wellbeing and happiness.



Community Chef has shared a recipe for a great winter soup that's easy to make and is light on the pocket too!

Butternut Squash & Sage Soup

Ingredients

- 1 tbsp olive oil
- 1 tbsp butter
- 3 onions , chopped
- 2 tbsp chopped sage
- 1.4kg peeled, deseeded butternut squash - buy whole squash and prepare, or buy bags of ready-prepared
- 1 tbsp clear honey
- 1 ½l vegetable stock
- bunch chives , snipped, and cracked black pepper, to serve



Method

STEP 1

Melt the oil and butter in a large saucepan or flameproof casserole. Add the onions and sage, and gently cook until really soft - about 15 mins. Tip in the squash and cook for 5 mins, stirring. Add the honey and stock, bring to a simmer and cook until the squash is tender.

STEP 2

Let the soup cool a bit so you don't burn yourself. Then whizz until really smooth with a hand blender or in batches in a blender. Season to taste, adding a drop more stock or water if the soup is too thick. Reheat before serving, sprinkled with chives and black pepper.



Art Club

**Mondays at
Sheppey Healthy
Living Centre
(8-12 years)
4.00-5.30pm**

No booking required

Eastchurch After School Club

**Thursdays at Eastchurch Hub
(8-12 years)
3.30 - 5.00pm - No booking required**



Additional Needs Club

**Fridays at Sheppey Healthy Living
Centre with use of the sports Hall
(13-25 years)
5.15-6.45pm**

To find out more, call the office on 01795 585335
or email elaine@sheppeymatters.org.uk

Please keep an eye on our Facebook page
and listen to Sheppey 92.2 FM for information
on Easter activities





SHEPPEY WHEELS DAY TRIPS

**BOOKING LINES OPEN ON
TUESDAY 11th JANUARY 2022**

To book, call Gemma or Russell on 01795 585335

Please be aware that due to the current circumstances, trips are subject to change or cancellation at short notice. However, we will endeavour to give you as much notice as possible of any changes to our trip schedule.

We hope to include some extra, exciting new trips in this brochure period (February – April) and to reduce our carbon footprint details of these will be e-mailed rather than posted. If you would like to be notified of these trips and other events, please call Russell or Gemma in the office on 01795 585335 with an e-mail address. Please do also keep an eye on our website and Facebook page.

FEBRUARY

Tuesday 1st February 2022 – Lakeside – £14.00

Indulge in some retail therapy at Lakeside for fashion, homewares, and much more – making this an ultimate shopping experience.

Wednesday 9th February 2022 – Romford Market – £17.00

The historical market offers customers from near and far the perfect place to spend the day and pick up great priced items ranging from fresh fruit and vegetables to gifts and quality clothing.

Wednesday 16th February 2022 – Hempstead Valley – £6.50

A popular destination with our customers. Home to 50 popular retailers and a variety of dining experiences.

Wednesday 23rd February 2022 – Canterbury – £12.00

An historic English Cathedral city and award-winning shopping district that is in a pleasant open environment.

PLEASE NOTE: PRICES ARE FOR BUS TRAVEL ONLY. ANY ENTRANCE FEE TO A VENUE IS PAYABLE BY YOU TO THE VENUE, UNLESS SPECIFICALLY STATED.

MARCH

Wednesday 2nd March 2022 – Ashford, County Square – 12.00

County Square is in the heart of Kent and has plenty of shops for a bit of retail therapy, alongside cafes and restaurants.

Monday 7th March 2022 – Westwood Cross (Thanet) – £16.00

More than 50 stores, restaurants and entertainment venues.

Friday 11th March 2022 – Faversham Market – £8.25

Faversham is an historic market town with a traditional street market in the centre of town with a variety of stalls including food, drink, plants, gifts, clothes and more.

Tuesday 15th March 2022 – Turner Contemporary, Margate – £14.50

Turner Contemporary is one of the UK's leading art galleries. Entry to the gallery is free, but donations are welcome. If you are interested, please call the office to register your interest and we will confirm if we have enough passengers to run the trip. Pre-booking is in place to help manage social distancing, and free tickets with time slots need to be booked in advance on the Turner Contemporary website. We will co-ordinate this for you once the trip is confirmed.

Thursday 17th March 2022 – Eclipse Park (M&S/Next) & Notcutts (Maidstone) – £8.25

Marks & Spencer clothing, Home and Food and Drink store all under one roof and Next clothing and home store. Notcutts has a comprehensive range of top-quality plants and gardening equipment along with furniture as well as everything you might need for your pets and garden wildlife.

Tuesday 22nd March 2022 – Hempstead Valley – £6.50

A popular destination with our customers. Home to 50 popular retailers and a variety of dining experiences.

Friday 25th March 2022 – Bluewater – £13.00

Shop until you drop! Bluewater has 300 stores, restaurants and cafés making this the ultimate shopping and leisure experience.

APRIL

Friday 1st April 2022 – Polhill Garden Centre – £14.00

Visit Pollhill Shopping Village for all of your gardening needs, plus gifts, books, cards, clothing and plenty more. Then stop for a drink and bite to eat in the restaurant.

Wednesday 6th April 2022 – The Glades, Bromley – £11.50

With over 100 stores, you're sure to find just the thing you're looking for and when it comes to dining, there's something for everyone - from street food to gourmet Japanese.

Friday 8th April 2022 – Hempstead Valley – £6.50

A popular destination with our customers. Home to 50 popular retailers and a variety of dining experiences.

Tuesday 12th April 2022 – Greenwich – £12.00

On the bank of the Thames. Visit the Royal Observatory and Planetarium, Cutty Sark or Greenwich Market.

Thursday 14th April 2022 – Horniman Museum & Gardens – £14.50

An inspiring, fascinating, family friendly, free attraction in South-East London's Forest Hill. If you are interested, please call the office to register your interest and we will confirm if we have enough passengers to run the trip. Pre-booking is in place for entrance to the museum to help manage social distancing, so free tickets with time slots need to be booked in advance on the Horniman website. We will co-ordinate this for you once the trip is confirmed. Please note: The Gardens are un-ticketed, but there is a separate charge on entry for the Aquarium, Butterfly House and some exhibitions and events.

Thursday 21st April 2022 – Canterbury – £12.00

An historic English Cathedral city and award-winning shopping district that is in a pleasant open environment.

Friday 22nd April 2022 – Faversham Market – £8.25

Faversham is an historic market town with a traditional street market in the centre of town with a variety of stalls including food, drink, plants, gifts, clothes and more.

Monday 25th April 2022 – Maidstone, Fremlin Walk – £8.25

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.

PLEASE NOTE: PRICES ARE FOR BUS TRAVEL ONLY. ANY ENTRANCE FEE TO A VENUE IS PAYABLE BY YOU TO THE VENUE, UNLESS SPECIFICALLY STATED.

Sheppey 92.2 FM

Community Radio for the Island

We are open 7 days a week, all year round
Contact us by E-mail: contact@sheppeyfm.org.uk
or Call: 01795 665898 Text: 07938 221617

In October, Sheppey FM attended the UK Community Radio Awards ceremony held in Coventry.



Sheppey FM scooped 2 bronze awards for 'Best Station of the Year' and 'Best Young Person of the Year' was awarded to Aimee Cordwell, who has learned sign language to help communicate with people hard of hearing. With over 300 community stations spread across Scotland, Northern Ireland, Wales & England, it was a proud moment to be valued as third best across the UK.



Sheppey FM's Saturday Youth Presenters taking part in national 'Local Radio Day.'



On Wednesday 3rd November we held an Arts Award presentation at the Oasis Academy for 23 students that have all passed their bronze & silver qualifications. What a proud day for everyone!

**Join The Fastest Growing
Sport in the Nation.....**

WALKING FOOTBALL

Over 50?

**Doctor saying
Get Fit?**

**Want to relive
former glories?**

**Looking to
reclaim your
Social life?**

**Just want to
have some
fun?**

**Chat with one of our teammates here at
Sheppey Warriors.**

To find out more call

07957 120066

Sponsored by



PALLISER PLATT & SONS LIMITED

A family that cares



SHEPPEY
MATTERS



WELL
LIFE
PROJECT



HEALTH
RECOVERY
WELLNESS



Welcome to our newest project!!

Thanks to your replies, views and ideas about your health and wellbeing, you have inspired us to shape the original Lifestyle project into a new and exciting direction for everyone.

Joining forces are our Community Chef Jason, our Everyday Active Champion Julie and a soon to be appointed Community Gardener.

Along with Nicola our Community Manager we will bring you lots of activities and events for all ages to get involved in, to feel better, try new things and get active.....to live a "Well Life."

**To join us or for more details call 01795 585335 or
email: office@sheppeymatters.org.uk**

Everyday Active Champion

A sense of wellbeing is different for everyone, we want to support you to discover what that means to YOU as we are all individuals. This project is about supporting you to take those steps into what is the unknown or revisiting that time when you felt good in yourself. It's about what works and inspires you. COVID has made many of us retreat into ourselves, let us find a way forward!

Regular physical activity has a proven health benefit both physically and mentally, and when enjoyed can be uplifting and rewarding by bringing a great sense of achievement. We want to support you to find that joy.

Let us explore together.

Community Gardener

Gardening and growing can bring a huge sense of achievement to all, even a herb pot on a windowsill can bring extra flavour to your food and a positive feeling of encouragement to your day.

So, whether you are hoping to improve your limited knowledge or share your skills with the wider community, the physical and mental health benefits of gardening are irrefutable. We will share our knowledge and enthusiasm for all aspects of growing as well as the abundance of produce we hope to have.

Community Chef

The importance of good food and how it brings people together. After the trying times we all have suffered it is key to eat healthily for our mind, body and wellbeing, so how can the Community Chef help ?

Simple affordable meals and recipes, sessions to cook together and eat together. For ages 3 to 103, we are never too young or old to learn and get back to having fun with food. We will learn the basics of a simple soup to choices of fillings for a healthy packed lunch and link up with our community allotment to support and encourage "plot to plate."

All three projects will work together throughout the coming three years to create an accessible and holistic guide and support programme to live a "WELL LIFE"

Let us explore together.

Call: 01795 585335 or email: office@sheppeymatters.org.uk



Now Available: iPad Loan

LET'S GET DIGITAL

Drop in Sessions to support any problems you may have with iPads, tablets or laptops.

For more information call us on 01795 585335

Wellbeing Warriors

Worry is not only a way of emotionally downgrading your day, it also actually makes the thing you are worrying about MORE likely to occur.

Worrying is a pointless activity. Fact!

Worrying is focusing on a fear that is not currently present.

And here's another thing.

Worrying actually makes the thing you are worrying about more likely to happen.

Yep, that's right.



How?

Well, worry makes you filter. Filtering is selective awareness of what's going on around you. Our brains are built to filter because otherwise we couldn't cope with the sheer volume of information around us.

Here's an example of filtering. I got a new car a couple of years ago. I wasn't that fussed about what I got as long as it was small enough so I could park it and that it wasn't another unreliable money eating machine. I settled on a blue Mazda 3, never really seen one before but it ticked all the boxes. Then, when driving about in the shiny new blue Mazda 3 a funny thing happened. They are EVERYWHERE! Blue Mazda 3s? Every third car is a blue Mazda 3. So many in fact that twice I tried to get into the wrong parked car. Blue Mazda 3s are super common but I had never noticed one before I bought one, then I see them everywhere. Why? Filtering. My brain is filtering for the thing I put my attention on, so I see it everywhere.

It's how the brain works. So, if you are worrying about a thing, you are actually far more likely to find evidence for it as you have primed your brain to search for it. That makes worries far more likely to become real.

Worrying is meditating on the thing you don't want to happen.

So, stop it!

Decide what you DO want to happen, however unlikely that may seem, and focus your thoughts and energy on that.

It will make a HUGE difference to how enjoyable your day is and the outcome of the thing.

You can find information about our new Well Life Project in this brochure or call us on 01795 585335 to find out more about activities and events for all ages to get involved in to feel better, try new things, get active and to live a 'Well Life.'

MENTALK

TIME TO LISTEN

SHEPPEY MATTERS
MINDING HEALTH AND WELLBEING FOR ALL



**Non judgemental, safe drop ins for men
in various locations during the week.**

Come along and get support.

**Mental health is just as important as our
physical health. Run by men for men.**

**To find out more about the venues and times
please email Mentalk@sheppeymatters.org.uk**

CALM

Calm is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone **0800 58 58 58**
(daily, 5pm to midnight).

Website: **www.thecalmzone.net**

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website
www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website:
www.mentalhealth.org.uk



Adult Mental Health Services



If you are in distress, you can get immediate support from trained staff 24 hours a day. Call 0800 107 0160 or text the word Kent to 85258
www.release.thepressure.uk



Safe Havens

If you need to see someone face to face, there are Safe Havens across Kent and Medway which offer friendly support to anyone over the age of 16 living in Kent and Medway. Available between 6pm-11pm, 365 days a year
www.kentchhs.uk/safehavenskentmedway



If you are known to KIMFT or need urgent mental health support, advice and guidance, call the 24-hour helpline 0300 222 0123



Talking Therapies

Sometimes it takes more than one conversation to make a difference. You can access a range of NHS therapies from this website
www.nhs.uk/service-search/find-a-psychological-therapies-service



Is your mental health impacting your life, work, money, housing or relationships? Live Well can help through a range of groups, programmes and services. Find out more at www.livewellkent.org.uk



For a confidential service offering support and guidance for people with dementia and their carers call 0800 500 3014 or visit www.dementiafriendlykent.org.uk

Useful Contact Numbers

| | |
|---|--|
| Sheppey Matters | 01795 585335 |
| | Mobile: 07402 959801 |
| Addiction Health Service (Rehabilitation service) | 0800 755 5123 |
| Age UK Sheppey (Older people) | 01795 662562 |
| Community Wardens – (uniformed support service in the community) | |
| - Minster (Jackie Swan) | 07811 271304 |
| - Sheerness West (Dave Osborne) | 07813 712803 |
| - Warden & Leysdown (Debbie Foreman) | 07977 981992 |
| Forward Trust (Drug & alcohol treatment) | 01795 411780 or 0300 123 1186 |
| Harmony Therapy Trust (Support therapy for the seriously ill) | 01795 663050 |
| Holy Trinity Church Foodbank (Feeding those in need) | 01795 871500 |
| One You (Better health choices) | 0300 123 1220 |
| Porchlight (Supporting the homeless) | 0800 567 7699 |
| Queenborough Town Council Food Bank | 01795 668509 |
| Weekdays 9am-1pm. (Help with food parcel if you or someone you know in Rushenden or Queenborough who is struggling financially) | |
| SATEDA (Domestic abuse) - | 01795 417251 |
| Salvation Army Sheppey (Practical support in the community) | 01795 664964 |
| Samaritans (Supporting people in crisis) | 116123 |
| Swale Borough Council | 01795 417850 |
| Swale Food Bank | 07486 370709 |
| | or info@swale.foodbank.org.uk |
| Swale Your Way (Mental health and wellbeing) | 07515 099191 |
| Young Persons Sexual Health Service | 0300 790 0245 |
| (Contraception and advice) | Clinic at Sheppey Healthy Living Centre Wednesdays 3-5pm |

