



**D**artford

**G**ravesham

**S**wanley

For better  
mental health



# Community Services

Dartford Gravesham and Swanley Mind runs a wide range of Community Services for people with mental health problems: we hope you will find something that suits you!

## Doing things together.....

### ● Drop-ins:

Our Drop-ins offer an unpressured environment, a "safe space" where people with mental health problems can come and meet others and generally socialise. The staff are on hand if someone needs to discuss anything in private. A light snack is available. These sessions run weekly.

### ● Activity Sessions:

Activity Sessions are a chance for you to develop your interests, and to get involved in things you might not have done before, again in a supportive environment with other people. Volunteers are often available to provide individual help to people who are finding it difficult to take part.

We put on a variety of activities such as Creative Writing, Healthy Living, Arts and Crafts, Music, Cook and Eat. Each particular activity will normally run for 13 weeks. Consult the Community Services Programme to see what's on at any particular time.

The Gardening Group at the Almshouses runs throughout the year.

We also have a number of activities which run on a semi-permanent basis. These include Learning to use Computers, Relaxation, Discussion, Literacy and Numeracy, Photography.

### ● Self Management Groups:

These are groups lead by a facilitator: they are intended to help people to find ways of coping with their particular mental health problem, to share, and learn from others in the group. Coping With Life Courses run on various themes: anxiety, self-esteem, depression and stress. We also run the Time for Change Group, which helps people with a wide variety of issues. We are also running a group for people who hear voices. Self-management groups change from time to time: again, the current day services programme gives details of how to access these groups.

### ● Peer led Groups

These are small support groups run by people with personal knowledge of particular issues; at present they include an LGBT Group (Lesbian, Gay, Bisexual and Transgendered) and OCD Group (Obsessive Compulsive Disorder)

### ● Options:

Options is the DGS Mind Service User led initiative which plans and organises social events.

### ● BAME Forum

This provides group and individual support to help people from the Black, Asian and Minority Ethnic Communities.

A Community Service User Panel, made up from elected representatives from the various Community Services, helps guide what we do.

## Doing things just for you.

We also run 3 different programmes working with people on a 1 to 1 basis. These are:

### ● **Mentoring:**

A person is matched with a trained volunteer who meets with them once a week to support them to achieve their goals. Very suitable for people who have anxieties about going out or mixing with others. A separate leaflet is available.

### ● **Assisted Volunteering:**

People are supported to become volunteers in other organisations, or within DGS Mind. This is a really practical way to gain self confidence and new skills. A separate leaflet is available.

### ● **Individual Work:**

A staff member will work with you to help you to build a social network and to achieve any ambitions you might have.

For further information contact:

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## AIMS OF THE COMMUNITY SERVICES

To support people with mental health problems to manage and work towards their recovery by providing a wide range of useful experiences.

To encourage self-help, and mutual support to work against people with mental health problems becoming socially isolated.

To encourage participation in the planning, delivery and evaluation of the service.

To develop new and existing interests and skills.

To provide a personalised service to meet individuals own needs, as well as providing group experiences.

To empower people to make their own decisions, improve their confidence and self-esteem.

## DGS Mind provides other services including:

### **Housing:**

Long and short-term supported housing.

### **Counselling:**

Over 28 counsellors provide weekly sessions to individuals at venues in Gravesend and Dartford.

### **Caring for Mental Health:**

A service for the carers of people with a mental health problem. Support groups, training, 1 to 1 support sessions as well as arranging breaks for the carers.

### **Education:**

Placements for social work students, mental health nurse trainees and police cadets. Mental health training sessions in various settings.

All our leaflets are available in large print, Braille, or other formats, on request.

In DGS Mind we are committed to continuously improve our services through quality review and service user feedback. We follow the values of the Code of Practice for Social Care Workers as defined by the General Social Care Council.

**01322 291380**  
**www.dgsmind.co.uk**

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