

North Kent Mind runs a wide range of services funded by Kent County Council at no cost to the service user. These services offer different types of help and support for people with various mental health issues.

• Open Activity Sessions

These are open sessions held throughout North Kent. They offer an unpressured environment, a 'safe space' where people with mental health issues can come and meet others and generally socialise. They are an opportunity for you to develop your interests and get involved in things you might not have done before in a supportive environment with other people.

We put on a variety of activities such as Relaxation, Mental Wealth, Music, Keep Fit, Art and Crafts, Tai Chi and many others.

Each 3-hour session is made up of activities as well as time for general socialising. People interested in these sessions can just turn up on the day.

Check with the office for times and venues.

• Employment Services

Employment Services help to provide a supportive start to volunteering involvement in the local community, and vocational and employment opportunities. Individual one-to-one and group meetings are available.

See the Employment Services Leaflet for further information.

• Coping with Life Courses

These are 6 week courses led by a facilitator for small groups. They deal with such issues as Improving Self-Esteem and Confidence, Managing Depression, Anxiety and Stress and Assertiveness Skills.

• Time For Change Group

This is a fairly intensive group, helping people with longer-term issues to look at their situation, and learn to make changes and accept responsibility to improve the quality of their life. It meets twice a week for periods of 10 weeks. Participants can remain with the group for up to a year, and people leave and join at different times.

• Computer Group

Run in the Dartford Adult Education premises once a week to help people learn to use computers in a friendly environment.

• Service User Representative Panel

The Service User Representative Panel, made up of elected representatives from each of the towns we cover, meets regularly and helps guide what we provide.

Service users themselves plan and arrange a number of social events for all service users: these have included meals out, holidays away, use of local leisure facilities, and coach visits to places of interest.

We run our Wellbeing Services in a number of locations, and vary the content from time to time as new needs are expressed: check the current Wellbeing Services Programme for the latest information.

• Mentoring for Agoraphobia Service

In this service a trained volunteer is matched with a service user to help them work on their agreed goals, usually over a number of months, meeting once a week.

The volunteer specifically helps a person with agoraphobia or social phobia to overcome their anxieties in small supported stages.

See the Mentoring for Agoraphobia Leaflet for further information on this service.

• Recovery Group

This group meets once a week, and is designed to support people who have made good progress in their journey to recovery, but could profit from further mutual group support for up to 6 months.

• Peer Led Activities

Usually supported within an Open Session or a group environment, this gives service users the opportunity to lead an activity in which they have a skill or interest, or where they can use their life experiences to support others going through similar issues.

• Book Club

A peer-led group (ie a group run by service-users themselves) using an interest in books and literature as a means to provide social support, confidence building and discussion.

• Drama Course

In association with the Orchard Theatre, Dartford, we periodically run a 13-week Drama Course. Participants are engaged in script-writing, puppet-making, improvisation, a trip to a show, and at the end get to perform a piece they have created during the course.

• Mindfulness

Mindfulness is about Awareness — paying more attention to the present moment, to your own thoughts and feelings, and to the world around you, and being at ease with that. Mindfulness has been shown to help people with issues of anxiety and depression, and we run our own 6-week course.

Principles of our Wellbeing Services

- We are committed to supporting people in working towards their recovery.
- We encourage self-help, mutual support, peer-support, and empower people to make their own decisions, improving their confidence and self-esteem.
- We encourage participation in the planning, delivery and evaluation of our services.
- We believe in providing a personalised service.
- We believe in delivering services in ordinary community facilities wherever possible.

Accessing Wellbeing Services

Ask the office for the current programme or contact:

Wellbeing Services Manager
North Kent Mind
The Almshouses, 20 West Hill
Dartford Kent DA1 2EP
Tel: 01322 291380

Email: kathynoble@northkentmind.co.uk

North Kent Mind provides other services in a variety of locations in the area:

Psychological Therapies:

Provided on behalf of the NHS

Low-Cost Counselling:

Fees starting at £8.00 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for trainee mental health

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

In North Kent Mind we are committed to continuously improving our services through quality review and service user feedback.

01322 291380
www.northkentmind.co.uk

North Kent Mind

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Wellbeing Services

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Community wellbeing