

North Kent Mind is registered with the Charity Commission as Charity Number 1103790

It is also registered with Companies House as a company limited by Guarantee, number 5093370

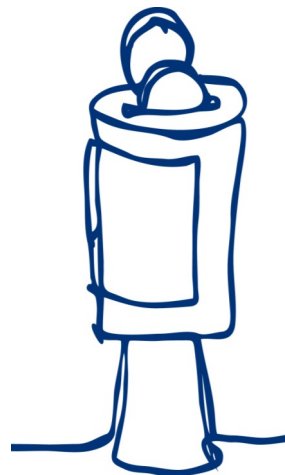
Its head office is at: **The Almshouses**
20 West Hill
Dartford
Kent
DA1 2EP

Call us on: 01322 291380

Email us on: admin@northkentmind.co.uk

North Kent Mind is an independent organisation affiliated to national Mind as part of a network of over 140 Local Mind Associations.

To support our valuable work, donations and the proceeds of any fundraising events are always gratefully received, and should be sent to the address above, or via the donations page on the website:



www.northkentmind.co.uk

Sept 2019



What We Do: A Directory of Services

North Kent Mind is the local mental health charity delivering services to people in Dartford, Gravesham, Swanley and Medway. To access any of these services, just ring:

01322 291380

NHS Talking Therapies

These are psychological therapies provided free on the NHS for people over 18 with issues of anxiety, depression, OCD, Post Traumatic Stress Disorder, panic attacks and similar mental health issues. Qualified and experienced therapists, specially trained in this type of work, provide effective but time-limited individual help, using counselling or CBT-based techniques. We also run Mindfulness and Psycho-educational Groups. Available in venues in Dartford, Gravesham, Swanley and Medway, and an online service is also available. An assessment is arranged prior to being offered these services.

Employment Services

We run Springboard Services in Dartford, Gravesham and Swanley funded by Kent County Council through its strategic partnership with the charity Porchlight, which help people over 18 who have experienced mental health issues get back into employment, vocational training or volunteering. Through individual programmes, we help people with their CVs, job searches, interview techniques, and learning to overcome whatever barriers there are to their gaining employment. We run a "Preparing for Work Course" at the Job Centre Plus, and can arrange work experience placements in our own retail shop.



We also run an EU/National Lottery funded project throughout North Kent called "Aspirations" which targets people with mental health issues who are "hard to reach", and will be helping these people back into employment. Other employment programmes are provided from time to time from funding from the Department of Work and Pensions.

Within our Talking Therapies services in Medway we have a dedicated Employment Advisor.

Young Beginnings

We work in secondary schools in North Kent providing mental health awareness and improving resilience for young people. We do this through assemblies, interactive classroom sessions, safe space groups and drama workshops. Schools wishing to use this service are charged an appropriate fee, but we are happy to help them apply for external funds to pay for this.

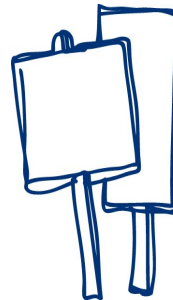
Through grant funding from the Richard Watts Charities, we are in particular working with 4 schools in Medway for an extended period on these issues.

Volunteering Opportunities

Many of our services rely on volunteers who give their time and skills freely and for whom we cover expenses. Volunteers are trained and supported, but must be able to commit themselves, as a minimum, to regular attendance over a number of months.

made in kent

In January 2016, North Kent Mind were the first to open a new kind of charity shop, which retails only new goods. For "made in kent" these are all goods which have been made by local craftspeople, artists and artisans in Kent. The shop is run as our trading arm, and all profits are given to North Kent Mind. It is located in Gravesend High Street, in the Heritage Quarter.



Campaigning

North Kent Mind believes in better services for people with mental health issues and, besides striving to provide quality services itself, will participate in initiatives that try to reduce the stigma of mental ill-health, raise awareness and understanding of mental health issues, or plan to improve existing services.

North Kent Mind does not provide crisis services, other than the Swanley Crisis Drop-in Service.

In a crisis situation out-of-hours the following contacts are available 24/7:

Kent and Medway Partnership Trust (KMPT) 0300 222 0123

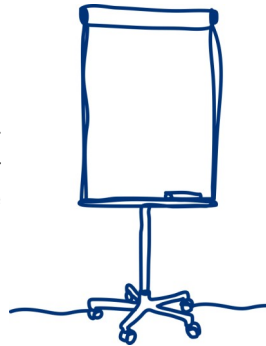
Samaritans Freephone 116 123

Mental Health Matters 0800 107 0160

North Kent Mind also provides a number of other services to organisations, the public and professionals.....

Mental Health Training

The national First Aid in Mental Health course, and First Aid in Mental Health Youth are available to other organisations for a negotiated fee through our in-house trainers. Bespoke training and awareness-raising courses are also available.



Placements

We offer professional placements to the following trainees:

Student Social Workers (BA or MA)

Trainee Counsellors

Mental Health Nurses

Trainee Psychological Wellbeing Practitioners

Trainee High Intensity CBT Therapists



In addition, work experience placements for sixth form students and undergraduate psychology students can be arranged.

Practise Hope

North Kent Mind is currently part of a pilot project funded by Health Education England. In this, we are working with a number of GP Practices in North Kent, helping them improve their response to people aged 10-25 who are self-harming, or having thoughts of suicide.

Wellbeing Services

These are services provided free for people aged 17+ living in the Dartford, Gravesham or Swanley areas. They are funded by Kent County Council through its strategic partnership with the charity Porchlight.

These services comprise:

- **Recovery Group**

People can attend this weekly support group for up to six months to help consolidate the progress to recovery that they have made. Participants will have made use of other North Kent Mind services before they start to attend this group.

- **Coping with Life Courses**



These courses are run a few times each year, each delivered in small groups once a week over seven weeks: how to manage anxiety and stress, how to manage depression, and how to improve confidence, self-esteem and assertiveness. Please ask us for dates of the next courses.

- **Open Activity Sessions**

Running once a week in each of the three towns of Dartford, Gravesend and Swanley, these provide a variety of wellbeing activities (eg Tai Chi, Arts and Crafts, Zumba) and opportunities for social support. We are exploring how to make the Gravesend session more of a peer-led event.

- **Mindfulness Course**

A six-week course introducing this popular way of overcoming fears and anxieties. These are run periodically.

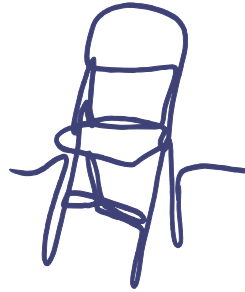
- **Computer Group**

A weekly group helping people start to use, and gain further skills and confidence in working with computers.



Low-Cost Counselling

Available throughout Dartford, Gravesham, Swanley, and Medway. This service is funded through a small charge made to clients who use it. This ranges from £10 per session upwards depending on the client's income. Unlike the NHS Talking Therapies Service, this service is not time-limited.



Anger Management Courses

We run these courses regularly, in Dartford, Gravesham and Medway, for which a charge of £120 for 8 weeks is made, payable in advance.

Group Therapy

We also run a weekly therapy group in Gravesend for which a charge is made.

The Allotment Group

In Gravesend we have an allotment that provides a welcoming environment where people can come together to promote personal wellbeing and belonging. This is part of a wider movement called "Sheds Kent and Medway" where people jointly share activities.



Supported Housing Services

We have 27 units of accommodation in Dartford, Gravesham and Swanley. We provide short-term tenancies for up to two years for people needing a supported period before moving to independent housing.

Drama Course

In association with the Orchard Theatre in Dartford, from time to time we run a Drama Course, and which last year resulted in the public performance of a piece written by participants. Currently this is funded by North Kent Mind itself.

Complementary Therapies

Available in Gravesend two afternoons a week, and on Saturdays, a qualified therapist can provide reflexology and massage by appointment. A charge is made for this service.

Time for Change

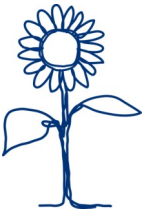
A supportive but challenging group for people who have had long-standing mental health issues, and wish to work on moving on from feeling "stuck". Meets twice a week in Dartford and is free to participants, with costs met by North Kent Mind.

The Friendship Group

An opportunity to spend some time socially on a Saturday with other service users, as a peer-led session, funded by Kent Community Foundation.

Eco-Island

An ever-popular outdoor ecological project working on land surrounded by the river Darent, currently funded by Dartford Borough Council.



Swanley: New Service

We have been running a pilot service in Swanley where people are able to come without appointment to discuss their mental health issues. In the light of experience, this is currently being redesigned.

The Circle

With grant funding from national Mind, in early 2019 we will be setting up peer support groups in Gillingham, Chatham and Dartford for women over the age of 45 who have been severely affected by adverse events in their lives.

Reboot



In cooperation with other Mind organisations in Kent, we are part of an initiative that helps people with mental health issues to make full use of any digital technology devices that they possess. This service too is grant funded from national Mind.