



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

All information can be found on our website:

northkentmind.co.uk

Important Information

North Kent Mind operates in the areas of Dartford, Gravesham, Swanley and Medway. Throughout this document, they will be referred to as the following:

Dartford- **D** Gravesham- **G** Swanley- **S** Medway- **M**

We also run our services in a range of venues. A list of these, along with their addresses, can be found below:

54a The High Street	Gravesend, Kent, DA11 0AY
Darenth Country Park	Darenth Park Ave, Dartford, DA2 6LZ
Dartford Adult Education Centre	Summerhill Road, Dartford, Kent, DA1 2LP
Dartford FC	Princess Park Stadium, Grass Banks, DA1 1RT
Dartford Methodist Church	43 Spital Street, Dartford, DA1 2DX
Dragon Community Hub	5A New Road Avenue, Chatham, ME4 6BB
Gravesham Place	Bath Street, Gravesend, DA11 0DG
Dartford Job Centre	61 Lowfield Street, Dartford, Kent, DA1 1JY
Riverside Centre	Dickens Road, Denton, Gravesend, DA12 2JY
St Anselm's	89 West Hill, Dartford, Kent, DA1 2HJ
St Augustine's	Vicarage Road, Rock Avenue, Gillingham, ME7 5PW
The Almshouses	20 West Hill, Dartford, Kent , DA1 2EP
The Hill Hub	Highfield Road, Dartford, DA1 2JW
Gravesend Veterans Club	Clarence Place, Gravesend, Kent, DA12 1LB

NHS Talking Therapies (IAPT)

These are psychological therapies provided free on the NHS for people over 18 residing in **DGSM**. Tackling 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. An assessment is arranged prior to being offered these services, which may be delivered remotely or in-person, individually or in groups. These are available within the venues of **Dragon Community Hub, 54A The High Street, Gravesham Place, The Almshouses, St Anselm's and online.**

If you reside in **DGS**, to directly access this service, please email:

firstcontact@northkentmind.co.uk

If you reside in **M**, please call: **0300 029 3000.**

In a crisis situation the following contacts are available 24/7:

Mental Health Matters - 0800 107 0160

Kent and Medway Partnership Trust (KMPT) - 0800 783 9111

Samaritans Freephone - 116 123

SHOUT - Text 'KENT' to 85258

**Under 18 Single Point of Access -
0800 011 3474 (select option one, then option three)**

Employment Services

We run services to individuals over 17 residing in **DGSM**, to help those 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 in Medway an individual placement service. We run a “Preparing for Work Course” at various venues, including digital platforms, and can arrange work experience placements . These services are held at the following venues: **The Almshouses, Job Centres and Dragon Community Hub.**



We also run a **Computer Group** which is held weekly to help people start to use, and gain further skills and confidence in working with computers. This is held at the **Dartford Adult Education Centre.**

These are Live Well Kent & Medway services provided by Porchlight and Shaw Trust on behalf of Kent County Council and the NHS.

We also run a project throughout North Kent called **“Aspirations”** which targets people with mental health issues who are “hard to reach”, and will be helping these people to become economically active in their local community. This is based at **Dragon Community Hub and 54A the Highstreet.** Aspirations is funded by the European Social Fund and the National Lottery, through The National Lottery Community Fund.



Within our Talking Therapies services in Medway we have a dedicated Employment Advisor. This can be accessed through our IAPT service (see page 3).

To directly contact someone regarding these services, please email:

Employmentservices@northkentmind.co.uk

Wellbeing Services

These are services provided free for people aged 17+, and are available for those residing in **DGSM**.

The following Wellbeing groups are Live Well Kent & Medway services provided by Porchlight and Shaw Trust on behalf of Kent County Council and the NHS.

Social Skills Sessions

A weekly peer led session, available for those residing in **DGSM**, to help people to interact with, and support each other, overcoming feelings of isolation and engaging in coproduction of these sessions. These sessions are held at the **Riverside Centre and online**.

Recovery and Activity Sessions

These are weekly sessions for those residing in **DGSM**. They include scheduled activities such as crafts and art, and physical activities such as Tai Chi. These sessions are held at the **Dartford Methodist Church and Dragon Community Hub**.

Coping with Life Courses

These courses are run a few times each quarter, delivered in small groups for up to seven weeks: how to manage anxiety and stress, how to manage depression, and how to improve confidence, self-esteem and assertiveness. These courses are available for individuals residing in **DGSM**, and at the locations **Dragon Community Hub, The Hill Hub, Riverside Centre and online**.



Mindfulness

A course running periodically introducing this popular way of overcoming fears and anxieties. Available for individuals residing in **DGSM**, and at the locations **Dragon Community Hub** and **The Hill Hub**.

Managing your Money for Better Mental Health

A periodic 4 week course covering budget planning, benefit entitlements, managing stress and anxiety, and signposting to other agencies. This course is available for those residing in **M**, and are held at **St Augustine's**.

The following Wellbeing groups are funded by North Kent Mind or from other sources.

Friendship Group

A group for individuals residing in **DGSM**, to give the opportunity to spend some time socially on a Saturday with other service users, as a peer-led session. This is held **online**.

Time for Change

A supportive but challenging weekly group for people who have long-standing mental health issues, and wish to work on moving on from feeling “stuck”. This group is available for those residing in **DGSM**, and is held at **The Hill Hub**.

Ecology Island

This is an award winning nature-based intervention, available for those residing in **DGSM**. The participants take part in a range of nature-based activities which allow them to learn new skills in a supported environment, outdoors in nature. Examples include bush craft, campfire cooking, scrub clearance, wildlife ID, litter picking, bird and bat box building, wildflower planting and more. This is held at **Darenth Country Park**.



St Augustine's Outreach Project

This is an opportunity for anyone residing in DGSM to come along and engage with North Kent Mind to find out more about what we do, how we can support and to sign up for our courses. The project is held at St Augustine's.



Garden Project

This is a new project open to anyone residing in DGSM with green or creative fingers to help us rejuvenate our Almshouses' office garden in a social activity. Activities will include clearing, planting and maintaining green space, making it inviting for local wildlife, and painting wellbeing rocks. This will be held at The Almshouses.

Men's Group

Running over 10 weeks, this group offers support for individuals over 25 who have a mental health issue and reside in DGSM. The group combines open discussion with exercise and nutrition to tackle the stigma of mental health and to get men talking. It's set over a 10 week period and is held at Dartford FC.

Crisis Peer Alternative Service

This service will provide people residing in DGSM, who have experienced a mental health crisis, with appropriate post-crisis support. This will enable them to access longer term community help so that a further crisis is less likely. It will also work with those who have been unable to access more specialist mental health support, or are waiting for services, but may be at risk of crisis during that time. The service will primarily run between 10.00 am and 6.00 pm, Monday to Friday. There will also be a remote service on Saturday.

To directly access these services, please email:

wellingbeingservices@northkentmind.co.uk

Fee-Paying Services

Low-Cost Counselling

This service is available for those residing in **DGSM** and is funded through a small charge made by clients who use it. This starts from a minimum of £12 a session depending on the client's income. Unlike the NHS Talking Therapies Service, this service is not time-limited. This service is held at **Dragon Community Hub, 54A The High Street, The Almshouses and St Anselm's**.

Anger Management Courses

We run these courses regularly, for which a charge of £150 for 6 weeks is made, payable in advance. This service is available for individuals residing in **DGSM** and they are held at various locations.

Group Therapy

We also run a weekly therapy group, for which a charge of £12 per session is made. This is available for those residing in **DGSM** and is held at the **Gravesend Veterans Club**.



To directly contact someone regarding these services, please email:

Fee-payingservices@northkentmind.co.uk

Housing Services

Supported Housing Service

We have 27 units of accommodation based in DGS. We currently provide short-term tenancies for up to two years for people needing a supported period before moving to independent housing. This is a Live Well Kent & Medway service provided by Porchlight on behalf of Kent County Council and the NHS.



Rough Sleepers Initiative

A service that assists with the support of rough sleepers and people without fixed accommodation, to help them break the cycle of homelessness. We provide person-centred support in partnership with other agencies. This is based in G.

Hostel Support

We provide the mental health support service to residents in an hostel for local rough sleepers. The accommodation provides both short hold tenancies and emergency accommodation. This is based in G.

To directly contact someone regarding these services, please email:

supportedhousingsservices@northkentmind.co.uk

Children and Young Persons' Service

This service is variously funded by Kent County Council, Individual Schools, Medway Virtual Schools, National Mind and Richard Watts Charities, and is available for residents of **DGSM**. We work in both Primary and Secondary schools, as well as community venues in various locations, providing mental health awareness and improving resilience for young people. We do this through a diverse range of services, including individual support, coaching, group workshops, and parent and staff training.



To directly contact someone regarding this service, please email:

cyp@northkentmind.co.uk

Interested in fundraising for North Kent Mind?

We welcome all kinds of fundraising activities and aim to support these where we can. If you are interested please email

fundraising@northkentmind.co.uk

Donations can also be made via our website.

We are hugely grateful for all support.

Other Opportunities

Mental Health Training

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



To directly contact someone regarding training, please email:

training@northkentmind.co.uk

Volunteering Opportunities

Many of our services rely on volunteers who give their time and skills freely and for whom we cover expenses. We ask that volunteers commit to a minimum of 4 hours a week for a minimum of 6 months, with additional time to attend support sessions and training. We ask for this level of commitment to ensure continuity for our clients and smooth running of services.

To directly contact someone regarding volunteering, please email:

volunteering@northkentmind.co.uk



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

North Kent Mind is an independent organisation affiliated to national Mind .

The Almshouses, 20 West Hill, Dartford, Kent , DA1 2EP

01322 291380

admin@northkentmind.co.uk

northkentmind.co.uk