

Peer Support Interventions

Our peer support group is a 12 week programme based in Dartford, offering a 2 hour session based around building positive relationships, recovery and making changes that benefit our lives. Our 2 hour sessions will then be followed up with a further 2 hours activity. This could be going for a coffee, having a group meal, going bowling or watching a film together. Our peer groups will rely on what the attendees need and their own ideas and suggestions, ensuring our peer support programme is entirely co-produced by ourselves and our attendees.

We will also be offering one to one individual support or telephone one-to-one sessions, motivating behaviour, inspiring recovery, and engagement with our services

Each client would be allocated to a Wellbeing Coach for a total of 12 weeks.

If you would like more information or wish to access these services, please either

Call us on **01322 291 380**

Email us at

wellbeing@northkentmind.co.uk

Or you can **self- refer** online at northkentmind.co.uk/self-referrals

Live well

Kent and Medway

North Kent Mind's other services

Wellbeing Services

A range of open sessions, activity sessions, coping with life courses, self-development, support groups, mindfulness courses, recovery groups.

Employment Services and Money Guidance

Our employment services support people into employment, volunteering or training. Our money guiders support those with money concerns.

Counselling and Therapy Services

Two services available; Affordable counselling with a 2 year cap, where fees are £15.00 per session. Or Fast Track counselling where fees are £40 for an online session and £45 for an in person session. We also provide anger management courses running over 6 weeks with a fee of £150.

Children and Young Person's Service

A diverse range of services aimed at young people in and out of schools to provide mental health awareness and improving wellbeing

Housing Services

A service consisted of supported housing properties offering short-term tenancies.

Training Services

Mental health training

North Kent Mind

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

admin@northkentmind.co.uk

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 **mind**
North Kent

Wellbeing Services

Dartford, Gravesham and Swanley



01322 291380

www.northkentmind.co.uk



Wellbeing Services in Dartford, Gravesham and Swanley

Our Wellbeing Courses help people to learn and develop coping strategies using different techniques. All courses are in person, over 6 weeks, 1.5 hours weekly,

Managing Depression - this course focus' on understanding depression and its relationship with our emotions, thoughts and behaviours. It provides tips to staying well and how to challenge negative thoughts

Managing Anxiety - this course helps us understand anxiety, how it affects our daily routine and how we can empower ourselves and regain control. We will look at ways to improve our self-esteem, our problem solving skills and relaxation skills to maintain mental wellbeing.

Improving Self-Esteem, Confidence & Assertiveness - this course centres around understanding what causes low self-esteem. We will look at how to improve our own self-worth, gain more confidence and teach strategies to become more assertive.

Stress Management and Relaxation Techniques - this course looks at identifying the root causes of our stressors, such as work, family, health, finances, and how we can manage stress more effectively. It practices relaxation techniques and how this can be incorporated in daily life



Mindfulness - Mindfulness is a concept that allows us to pay attention to the present, rather than being stuck in the past or worrying about the future. This course teaches how to apply mindfulness into our everyday life, understanding our thoughts and feelings and learning how to pay attention to the world around us.

Mental Wellbeing Matters - This new course is focused around our mental wellbeing, how we maintain good mental health, looking into empowerment, resilience, self-care and self-expression.

Men's Group - Meeting every week, this peer led group provides a warm and safe space for men to discuss topic-based subjects around mental health, share own experiences, reduce isolation and create new friendships!



Recovery Based Activity Groups

This is a 2hr, weekly in person group. Attendees will be engaging in activities including creativity and self-expression sessions, Tai Chi, bingo, music sessions and open discussions around our wellbeing over the course of 12 weeks. We will then follow up with a 1 hour 'wellbeing space', where we will offer more bespoke support around mental health support needs and how we can signpost into different courses we have available. Refreshments such as teas, coffees and sandwiches are provided. Our goal is to help reduce social isolation, provide peer support and a sense of community.

Our wellbeing space will be open to the public and offer the opportunity to sign up and discuss what our groups consist of.

Virtual Weekend Wellbeing Space (weekly on Saturdays for 2 hours). A weekly session hosted digitally on Saturday mornings to enable engagement for the isolated, paving the way for them to join in-person services. Focusing on peer support, engagement, making connections, developing confidence, task-based activities, and social skills.



Individual Support

A support pathway of 12 weeks providing 1-1 person-centred support with one of our Wellbeing Coaches

Service Users **co-produce support plans** alongside coaches identifying life goals. Actions are based on a shared understanding of barriers to recovery, identifying a preferred means to achieve them whilst being supported.

Weekly in person support sessions to support the journey to recovery, supporting partnerships, promoting connectedness, and social inclusion. Outside of which there can be calls and virtual 'catch-ups'. Regular reviews of plans and goals will be undertaken jointly.

Home visits where coaches would support those housebound or socially avoidant due to anxiety related disorders via coproduced gradual exposure plans.

Walk and talk will be available as integral to all support plans for all individuals, encouraging behaviour motivation, 'being outdoors', and general wellbeing.

A listening ear would be integral to the support offer, hence all service users can access support outside of booked sessions, although this would not be open-ended.

Informal catch ups in community settings i.e. public cafes, will encompass socialization and inclusion.