



Directory of Services

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. We've included a list of venues with their details on the following page.

Our Venues

Darenth Country Park

Darenth Park Ave, Dartford, DA1 6LZ

**Dartford Methodist
Church**

43 Spital Street, Dartford, DA1 2DX

5A Community Hub

**5A New Road Avenue, Chatham, ME4
6BB**

Gravesham Place

Bath Street, Gravesend, DA11 0DG

Riverside Centre

**Dickens Road, Denton, Gravesend, DA12
2JY**

St Anselm's

89 West Hill, Dartford, Kent, DA12 2HJ

St Augustine's

**Vicarage Road, Rock Avenue, Gillingham,
ME7 5PW**

**The Almshouses (Main
Office)**

20 West Hill, Dartford, Kent, DA1 2EP

St. Peter's Church

College Road, Swanley, BR8 7RH

**Gravesend Veterans
Club**

**Clarence Place, Gravesend, Kent, DA12
1LB**

Our Services:

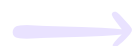


Employment Services

We offer individual Placement Support in our DGS areas with weekly support with job searching, CVs, Mock interviews, dealing with interview anxieties and identifying suitable opportunities, providing tools to move forward in a competitive employment environment.

Money Guidance

DGS offers money management for better health via a weekly digital workshop. Support from peers to help gain life skills and with managing mental health issues associated with money worries. Some 1-to-1 support sessions are available depending on availability.



Medway offers money guidance sessions that are 1-to-1 for 4-12 weeks and is limited to 17+. Support is offered mainly in person and looks at individuals financial situation and how it can be improved. This support includes debt management, awareness of scams, welfare, benefits advice and tips for budgeting.

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



Wellbeing Services

Our wellbeing services are free for people aged 17+, and are available for those located in **DSGM.**

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

Managing Depression (DSGM): This course focuses on understanding depression and its relationship with our emotions, thoughts and behaviours. It also provides tips to staying well and how we can challenge negative thoughts.

Managing Anxiety (DGSM): This course helps us to 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 (DGSM) : This course circulates around understanding what causes low self-esteem. We will also 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.

Self-Help Condition Based Groups

Social Anxiety and Agoraphobia (M): Over the course of 3 months, we'll run a course for those with social anxiety and agoraphobia, alternating weekly between online and in-person sessions. It's designed to gently encourage community engagement, build confidence, challenge negative beliefs, and help participants understand and manage their fears.

Improving Self-Esteem, Confidence & Assertiveness (DGSM): This course circulates around understanding what causes low self-esteem. We will also look at how to improve our own self-worth, gain more confidence and teach strategies to become more assertive.

Let's Be Mindful (M): 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. Over 6 weeks, we will learn how to apply mindfulness into our everyday life, understanding our thoughts and feelings and learning how to pay attention to the world around us.



Depression (M): Over the course of 12 weeks, we'll offer peer support focused on understanding and managing depression, its root causes, and personal triggers. We'll explore how emotions affect thoughts and behavior, the impact on daily life, and strategies for recovery, including challenging negative thinking and improving overall well-being.

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

Mindfulness (DGS): 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.

Recovery Based Activity Groups (DGS): This course is a weekly 2 hour in person groups where attendees will be engaging in activities and have open discussions around wellbeing. Refreshments will be provided. Our goal is to help reduce social isolation, provide peer support and a sense of community.

Individual Support (DGS): A support pathway of 12 weeks that provides 1-1 person centred support with one of our Wellbeing Coaches. Service users co-produce support plans alongside coach identifying life goals.

Peer Support Interventions (DGS): 12 week programme based around building positive relationships, recovery and making changes that benefit our lives. Each 2 hour session will be followed up with a further 2 hour activity. We also offer 1-to-1 individual support or telephone 1-to-1 sessions.

Time for Change (M): This is a 8 week programme that offers a 2 hour session based on forming positive relationships, recovery and making changes that benefit our lives. Our 2 hour session will then be followed up with a 2 hour activity.

More information and self-referral to these services can be made at:

DGS: northkentmind.co.uk/dgs-wellbeing-services

M: northkentmind.co.uk/medway-wellbeing-services

Men's Group

Men's Group is a mental health support group designed to give men of the age of **17+** the opportunity to be open about their mental health, discuss mental health topics, and form a support network. Running over **12 weeks** the group takes place over weekly evening sessions held in Dartford and supports those who reside in **DGSM**. Through open conversations we can battle the stigma facing men and their mental health.



More information and self-referral to our men's group can be made at:

northkentmind.co.uk/mens-group

Ecology Island

This is an award winning nature-based intervention, available for those living in the **DGSM area.**

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.**



**More information and self-referral can be found at
on our website!**

Peer Partnership Project

Our Peer Partnership Project is a crisis prevention and recovery service for individuals aged 17+ in Dartford, Gravesham or Swanley. It supports those who have experienced, or are at risk of, a mental health crisis.

Using a Peer Support model, the service draws on shared lived experience to offer both group and 1:1 support.

Our 12-week group programme combines educational and client-led sessions focused on topics like self-esteem, resilience, trauma, self-care, emotional regulation, and healthy relationships.



**For more information
please email: ppp@northkentmind.co.uk
or visit our website to self-refer!**

Counselling & Therapy Services



Affordable Service

One to one weekly counselling, delivered by trainee and newly qualified counsellors, the cost is £15 per session for long term support with an annual review and possible extension available. Waiting list 4-6 months. Self-referral only for those residing in DGSM, this service is provided at the Almshouses Dartford and the Community Hub Chatham.

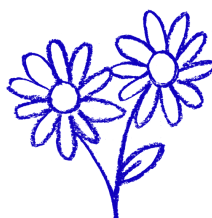
Anger Management Course

We run these courses regularly, in a group of up to 10 attendees, costing £150 for a 6 week course made payable in advance. Self-referral only for those residing in DGSM, this service is provided in person held at various locations.

Fast Track Service

One to one weekly counselling, delivered by qualified experienced counsellors, the cost is £40 on line or £45 in person per session for up to 20 sessions with a review and possible extension. Waiting list 2-4 weeks. Self-referral only for those residing in DGSM, this service is provided on line and at the Almshouses Dartford and the Community Hub Chatham.

To find out more information and or to self-refer to our counselling and therapy services please visit our website: northkentmind.co.uk



Children and Young Persons Services



The Children and Young Persons Service is funded by various organisations such as 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 find out more details or more about this service, please visit our website or email: cyp@northkentmind.co.uk

Housing Services



Supported Housing Services: We have **34 units** of accommodation based in **DGS**. We currently provide short-term tenancies up to two years for people needing a supported period before moving into independent housing. This is a Live Well Kent & Medway service provided by Porchlight on behalf of Kent County Council and the NHS.

Hostel Support: We provided the mental health support serviced to residents in an hostel for the local rough sleepers. The accommodation provides both short hold tenancies and emergency accommodation. This is based in our Gravesend area.

To find out more details about our housing service, please visit our website or email: traceyhinton@northkentmind.co.uk

Fundraising



As a charity we welcome all different kinds of fundraising activities and always aim to support these when we can!

We have a fundraising informational pack that has advice and tips to creating fundraising opportunities.

For more information and to download our fundraising pack please visit our website or email us at communications@northkentmind.co.uk



Thank you for your generous support in fundraising for North Kent Mind. Your contributions make a real difference in helping us support mental health in our community!

Get Involved!



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, which includes workplace wellbeing and awareness-raising courses are also offered for a negotiated fee.



Volunteering:

Most of our services depend on dedicated volunteers. We cover expenses and ask for a minimum commitment of 4 hours a week for 6 months, plus time for training and support, to ensure continuity and quality of service.



To get in touch with someone regarding our training and volunteer opportunities please email:

training@northkentmind.co.uk / volunteering@northkentmind.co.uk

Want to contact us?

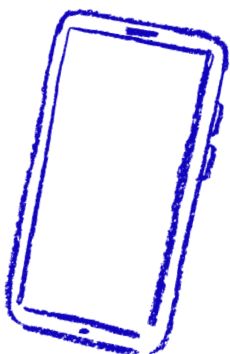


For more information please visit our website:

www.northkentmind.co.uk

If you'd like to get in touch, please email:

admin@northkentmind.co.uk



or call: 01322 291380

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