

We would like to wish you all a safe and enjoyable Christmas and we look forward to working with you in the New Year!

**Take care,
From the team at
MEGAN CIC**



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Your Voice In Mental Health

Christmas Support

Available in Medway - 2021

Feeling lonely?	Feeling stressed?	Feeling depressed or anxious?
Need someone to talk to?	Spending Christmas Day alone?	Going hungry over Christmas?

Look inside for local services and support available over the Christmas period

For further information, please contact us on:

Tel: 01634 402077

Email: enquiries@megancic.org.uk

Website: www.megancic.org.uk

Facebook: MEGAN CIC

Twitter: @MeganCic

Instagram: [megan_cic](https://www.instagram.com/megan_cic)

Mental Health Matters

Helpline: 0800 107 0160

Text: Medway to 85258

Website: www.release.thepressure.uk

If you are in distress, you can get immediate support from trained staff 24 hours a day.

Samaritans

Phone: 116 123

Website: www.samaritans.org

Email: jo@samaritans.org

The number is free to call and is available 24 hours a day and will not show up on your phone bill.

Medway Safe Haven

Phone: 07850 901151 or 07808 795036 **Email:** Medway.mhm@nhs.net

Website: mhm.org.uk/kent-safe-havens

Address: Mackenney Centre, Woodlands Road, Gillingham, ME7 2BX

Christmas Open Hours: 6pm-11pm on 24th, 26th, 27th & 28th December

Out-of-hours mental health support for anyone aged 16+ in the Kent area. They provide information and emotional support for individuals who are in crisis or feel they are heading towards a crisis situation.

KMPT Single Point of Access (SPoA)

Phone: 0800 7839111 **Text:** 07860 022819

If you are known to KMPT or need urgent mental health support, advice and guidance, call the 24 hour helpline.

Caring Hands

Phone: 01634 409768

Website: caringhands.org

Address: 15a-16 New Road Avenue, Chatham, Kent ME4 6BA

Christmas Opening Times:

Closed from 22nd December—4th January excluding 25th December when they open from 12-2pm to provide a Christmas Meal—no booking necessary.

Community Dinner

Email: xmas@21stcenturyflooring.co.uk

Join them for Christmas Dinner on 25th December at the United Reform Church, Rochester from 12-3pm.

Alternatively, you can book to collect a hot meal between 12-2pm on Christmas Day or have a cold meal delivered Christmas Day between 9.30am-1.30pm (heating instructions will be provided).

St Francis Church, Strood

Email: stfrancisstrood@gmail.com

Distributing Christmas Hampers to vulnerable and needy households on 18th December—email the Church to make a referral.

They are also accepting donations of treats and gifts for the hampers—please email them if you would like to donate.

Swale CVS

Phone: 01795 473828 **Email:** louise.johnson@swalecvs.co.uk

Meeting at Phoenix House, Sittingbourne on Christmas Day and Boxing Day. They will be providing Christmas dinner, quizzes, carol singing and companionship. Attendance is free of charge, but pre-booking is required. They are also looking for volunteers.

Medway Foodbank

Phone: 01634 757057 **Email:** info@medway.foodbank.org.uk

Website: www.medway.foodbank.org.uk/

Foodbank will be closing at 12pm on 23rd December and will then re-open at 9.30am on 11th January 2022.

Medway Street Angels

Phone: 07564 829189

Soup Kitchen runs every Wednesday, Thursday and Saturday at 7pm in the Rhode Street car park behind the old Debenhams shop in Chatham.

Gillingham Street Angels

Phone: 07827 298882 **Facebook:** The Gillingham Street Angels

Shop: 43 Skinner Street, Gillingham

Shop closed on Christmas Day and Boxing Day

Offering food parcels and the shoe box appeal up to Christmas Eve

Also running a Santa's Grotto—contact for more information.

One Big Family

Email: gemma@helpingthehomeless.org.uk

Phone: 07865928174

Running weekly Soup Kitchens on Sundays at 6.30pm at the bottom of Meeting House Lane - fresh homecooked food and food parcels available.

Emergency food/essentials parcels can be delivered Wednesdays & Fridays, (with exclusion of 25th December and 1st January) Contact them to request a delivery.

NHS Direct

Phone: 111

Website: www.nhs.uk

Help, advice and reassurance, 24 hours a day, 365 days a year for any health concerns. 111 when it's less urgent than 999.

Dementia Helpline

Phone: 0800 500 3014 **Website:** www.dementiafriendlykent.org.uk

A confidential service offering support and guidance for people with dementia and their carers.

KMPT—Medway Community Mental Health Team (CMHT)

Phone: 0300 303 3189

If you are receiving care and treatment from KMPT, you can contact CMHT for mental health help, support or advice.

NELFT—Single Point of Access (Children & Young People)

Phone: 0300 123 4496

If you need to speak to someone to find the most appropriate support for a young person, you can contact the Single Point of Access.

INSIGHT— Medway Talking Therapy

Phone: 0300 0293000 **Email:** medway@insighthealthcare.org

Offer talking therapies to support with a range of issues including low mood, depression, anxiety, panic, trauma, bereavement and loss, etc. You can self refer by telephone or via the website.

MEGAN CIC

Phone: 01634 402077 **Address:** 13 Military Road, Chatham, ME4 4JG

Mobile: 07838 298591 **Email:** enquiries@megancic.org.uk

Offering Wellbeing Calls, online Peer Support Groups using Zoom, Social Media support and Peer 2 Peer befriending calls.

The office will be closed from 17th December with the last group being held on 23rd December to re-open on 4th January.

Live Well Kent and Medway

Phone: 0800 567 7699 **Email:** info@livewellkent.org.uk

Website: www.livewellkent.org.uk

Provides free mental health support for people aged 17+ including support with employment, housing, peer support, carers support, etc.

Sunlight Centre—Wellbeing Café

Phone: 01634 581511

Address: 105 Richmond Road, Gillingham, Kent ME7 1LX

Wellbeing Café: Open 24th, 29th and 31st December (normal opening resumes from 4th January 2022)

Men in Sheds: Closed from 20th December to 7th January 2022

Men's Health: Open 30th December

Nucleus Arts

Phone: 01634 812108

The Nucleus Social is a free magazine full of artistic challenges, puzzles, quizzes, artist interviews, family fun and more. Contact Nucleus Arts if you would like a copy.

Medway Puzzles

Phone: 07398 241832

Website: www.medwaypuzzles.com

Social Media: <https://www.facebook.com/groups/671047213318305>

Puzzles run activities for families & adults with Autism and other disabilities. Visit the website to sign up to their Blog and closed Facebook group to chat with other families, seek advice and see what activities they are running. Puzzles also leads the way in disability sport with football, pool, darts, snooker and therapy swimming club.

Healthwatch Medway

Phone: 0800 136656 (Freephone)

Enquiries: enquiries@healthwatchmedway.com

If you need support to find the right health or social care service for you, try Healthwatch Medway. They're also on hand to hear your experience of any health or social care service and will use your feedback to help improve services for other people. The Information and Signposting Service will be closed from 24th December to 3rd January inclusive.

Carers First

Phone: 0300 3031555

Website: www.carersfirst.org.uk

Carers First will be closed over the Christmas period from midday Christmas Eve to reopen on 4th January 2021—visit the website for information.

Medway Voluntary Action

Phone: 01634 812850

Website: www.mva.org.uk

Park Meets and group chats continuing up to and including 24th December which will then resume week commencing 4th January. The member and volunteer Zooms will run as usual. Limited befriending support will be offered over Christmas period. Contact them for more information.
