

## MEGAN CIC

Phone: 01634 402077 Address: 33 Magpie Hall Road, Chatham, ME4 5NE

Mobile: 07838 298591 Email: [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)

Offering Peer Support Groups face to face and online using Zoom.

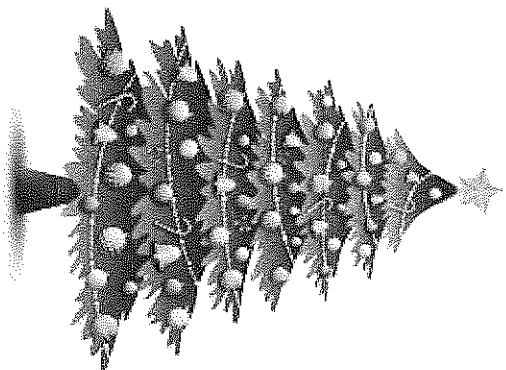
Also run the Medway and DGS User Voice Project.

The office will be closed from 20th December to re-open on 6th January with first group back 6th January.

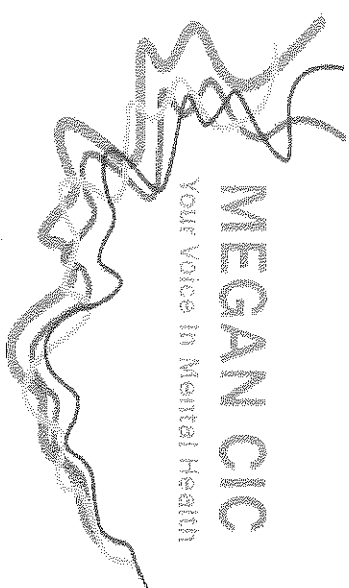
**We would like to wish you all a safe and enjoyable Christmas and we look forward to working with you in the New Year!**

**Take care,**

**From the team at  
MEGAN CIC**



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### Christmas Support in Medway 2024/25

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](mailto:enquiries@megancic.org.uk)

Website: [www.megancic.org.uk](http://www.megancic.org.uk)

Facebook: MEGAN CIC

Twitter: @MeganCic

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

## **Crisis Support**

### **Medway Safe Haven**

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

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

Address: The Portacabin opposite Urgent Treatment Centre at Medway Maritime Hospital, Windmill Road, Gillingham ME7 5NY

Christmas Open Hours: from 12pm-midnight every day (including weekends and bank holidays).

### **Gillingham Safe Haven**

Phone: 01634 962022 Email: info@sunlighttrust.org.uk

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

Christmas Open Hours: from 6pm-11pm every day (including weekends and bank holidays).

Safe Havens offer 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.

### **Samaritans**

Phone: 116 123 Website: www.samaritans.org

Email: jo@samaritans.org

Free to call, available 24 hours a day and will not show up on your phone bill.

### **Release the Pressure**

Helpline: 0800 107 0160 Text: Medway to 85258

Website: www.releasethepressure.uk

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

### **NHS Direct**

Phone: 111 (Option 2 for mental health support) 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.

## **Caring Hands**

Phone: 01634 409768 Website: caringhands.org

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

Open 25th December 12-2pm for a Christmas Meal—no booking necessary.

Closed 23rd December—3rd January

### **Medway Street Angels**

Phone: 07564 829189

Address: Clover Street Car Park at 7 pm

Soup kitchen on Wednesdays, Thursdays and Saturdays

Serving home cooked meals and hot drinks. Guests can request clothing items and also give out monthly toiletry packages and non-perishable food.

### **One Big Family**

Email: info@helpingthhomeless.org.uk Phone: 07865 928 174

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

Soup kitchen will be open on 24th and 31st as normal.

### **Severe Weather Emergency Protocol (SWEP)**

Phone: 01634 333600 Freephone: 0808 164 1444 before 5pm

Comes into place on any evening that the night time temperature is predicted to be below freezing. Emergency overnight accommodation can be found for anyone with no where to sleep.

### **21st Century Flooring**

Xmas Day Meal @ The Vines United Reform Church

Offering a free meal on Christmas day for anyone otherwise alone. Please contact Grace on 07870 636 451 for more information and to get booked on. Transport can be arranged for those unable to get there. And a delivery of food can be arranged if needed.

### **Carers First**

Phone: 0300 3031555      Website: [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

Providing information, support, guidance and emotional support for those caring for somebody. Providing online, in person support and walking groups.

Carers First will be closed over the Christmas period from lunchtime on 24th December to reopen on 2nd January 2024—visit the website for information.

### **Medway 5 Carers Group**

Phone 07885 617699 or 0739 287017

Email: [medway5carersgroup@hotmail.com](mailto:medway5carersgroup@hotmail.com)

A nonprofit self-help group providing support for all who care for someone with mental ill health. They hold informal round the table discussions, inviting guest speakers relating to KMPPT services and also have an understanding on all aspects of being a carer in the Medway and Swale community.

### **All Saints Community Project**

Phone: 01634 845419

Address: Magpie Café, 33 Magpie Hall Road, Chatham, ME4 5NE

Magpie Community Café is open 10am-2pm Monday to Friday. The Café will close on Monday 18th Dec at 1pm and re-open Tuesday 2nd Jan 2024.

### **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.

### **All Saints Good Neighbourhood Project**

Address: St Pauls with All Saints Church, Magpie Hall Road, Chatham, ME4 5NE

'Warm and Fed' sessions held on 1st and 3rd Wednesday of each month from 12.20-13.30pm providing a warm space together, free soup and children's corner with toys, etc.

### **Medway Puzzles**

Phone: 07506 114 611      Website: [www.medwaypuzzles.com](http://www.medwaypuzzles.com)

Social Media: [www.facebook.com/groups/1066770040584597](http://www.facebook.com/groups/1066770040584597)

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](mailto:enquiries@healthwatchmedway.com)

Online Form: [www.healthwatchmedway.com](http://www.healthwatchmedway.com) and click on 'Tell your story' in the top right corner

If you need support to find the right health or social care service for you, call 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 24<sup>th</sup> December to 2<sup>nd</sup> January inclusive. We will respond to you as soon as we can on our return.

### **Joy App**

Website: [services.thejoyapp.com](http://services.thejoyapp.com)

Visit the Joy Marketplace and search your postcode area to see what support and activities are available near you.

### **Medway Voluntary Action**

Phone: 01634 812850      Website: [www.mva.org.uk](http://www.mva.org.uk)

Providing opportunities for individuals to be engaged in communities, live well and make the most of every opportunity in Medway. Helping people find volunteering opportunities, co-ordinating befriending support and more.

### **River Recovery Service**

Phone: 01634 471700

Address: 95-97 High Street, Chatham, Kent ME4 4DL

Support for those affected by substance and/or alcohol abuse.

Christmas Opening Hours:

24th Dec—TBC

Closed on 25th and 26th Dec

Normal hours on 27th, 28th, 29th, Dec

Closed 1st Jan and resuming normal hours from 2nd Jan

### **Medway Foodbank**

Phone: 01634 757057

Email: [info@medway.foodbank.org.uk](mailto:info@medway.foodbank.org.uk)

Website: [www.medway.foodbank.org.uk/](http://www.medway.foodbank.org.uk/)

Office Open: - Tuesday - Thursday 9.30am-3.30pm

- Friday 9.30am-1.30pm

Warehouse Open: - Tuesday and Wednesday 9.30am-3.30pm

- Thursday 9.30am-1pm

For information relating to which centres are available over the festive period, please make contact with Foodbank direct or follow their Social Media

### **Gillingham Street Angels**

Phone: 07437 657982. Facebook: The Street Angels

Foodbank: 43 Skinner Street, Gillingham. ME7 1LG.

Offering food parcels, blankets, duvets, warm clothing and other essential living items.

Normal opening hours: Monday – Friday 9am-1pm.

Closed Christmas Eve, Christmas Day, Boxing Day, New Years Eve and New Years Day.

**Warm welcome spaces - website to help you find a warm space**

Website: [www.warmwelcome.uk/find-a-space](http://www.warmwelcome.uk/find-a-space)

### **Rethink Medway Peer Support Group**

Email: [medwaygroup@rethink.org](mailto:medwaygroup@rethink.org)

The group meet on the second Monday of every month from 1pm until 3pm.

### **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.

### **Medway Talking Therapies**

Phone: 0300 0293000 Email: [medway@insighthealthcare.org](mailto: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.

### **Live Well Kent and Medway**

Phone: 0800 567 7699 Email: [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk)

Website: [www.livewellkent.org.uk](http://www.livewellkent.org.uk)

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

### **Rethink Sahayak—Asian Mental Health Helpline**

Phone: 0808 800 2073 Email: [sahayak@rethink.org](mailto:sahayak@rethink.org)

Offers caring, non judgemental and empathetic support for mental health and domestic abuse issues. It is free and confidential. You can speak to advisers in Asian languages (Gujarati, Punjabi, Hindi, and Urdu) or in English on:

- Mondays & Wednesdays from 4pm-7pm

- Tuesdays and Thursdays from 12pm-3pm

### **North Kent Mind**

Phone: 01322 291380 Website: [www.northkentmind.co.uk](http://www.northkentmind.co.uk)

Offer a range of wellbeing services and resources for people who are going through a difficult time or struggling emotionally.