

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 2022/23

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.releasethepressure.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

Free to call, 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 every day (including weekends and bank holidays)

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 Urgent Mental Health Helpline

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.

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.

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—4th January

Chatham Salvation Army

Phone: 01634 843689

One Stop Hub—Wednesdays 10am—2pm (lunch at 12.30)

Last session on 14th December to reopen 4th January

Coffee, Cake and Chatter—Mondays 10am—12pm (contribution only)

Closes 20th December to reopen on 9th January

'Christmas with the New King' on Sunday 18th December at 6pm
Chatham SA Music sections and all your favourite carols. Admission free

Open Road—Supporting those affected by substance and or alcohol abuse

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

Christmas Opening Hours:

Normal hours up to 23rd Dec

24th Dec—TBC

Closed on 25th, 26th and 27th Dec

Normal hours on 28th, 29th and 30th Dec

New Years Eve—TBC

Closed 1st and 2nd Jan and resuming normal hours from Tues 3rd Jan

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.

Warm Banks

Website: www.warmspaces.org

This website shows a map of places that will be open to the public offering a warm space throughout winter.

Medway Foodbank

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

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

The office and warehouse will be closing at 3pm on 22nd December and will reopen at 9.30am on 3rd January 2023.

Foodbank Centres:

Strood—closed from 23rd Dec to reopen 6th Jan

Mid Kent—closed 28th Dec to reopen 4th Jan

The Net—open as usual except 29th Dec (9:30am-10:30am only)

St Justus—closed from 27th Dec to reopen 3rd Jan

All Saints—closed from 23rd Dec to reopen 6th Jan

Twydall—closed 27th Dec

St Mark's—closed 24th & 31st Dec

Open Doors—closed 28th Dec to reopen 4th Jan

Gillingham Street Angels

Phone: 07827 298882 Facebook: The Gillingham Street Angels

Shop: 43 Skinner Street, Gillingham—closed 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.

Medway Street Angels

Phone: 07564 829189 Address: Clover Street Car Park at 7pm

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: gemma@helpingthehomeless.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.

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

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

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

Website: www.livewellkent.org.uk

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

MEGAN CIC

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

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

Offering Peer Support Groups face to face and using Zoom, Medway User Voice and Peer 2 Peer befriending calls.

The office will be closed from 20th December with the last group being held on 15th December to re-open 3rd January with first group back 9th January.

North Kent Mind

Phone: 01322 291380 Website: www.northkentmind.co.uk

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

Rethink Sahayak—Asian Mental Health Helpline

Phone: 0808 800 2073

Email: 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 & Wednesday from 4pm-7pm
- Tuesdays and Thursdays from 12pm-3pm

Sunlight Centre—Wellbeing Café

Phone: 01634 581511

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

Wellbeing Café Opening Hours over Christmas:

23rd Dec—5.30-8.30pm	24th Dec Closed
28th Dec 1pm –4pm	30th Dec 1pm-4pm
31st Dec Closed	2nd Jan Closed

Returning to normal provisions from 3rd Jan 2023

All Saints Community Project

Phone: 01634 845419

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

Magpie Community Café open 10am to 2pm Monday to Friday. Café will close Friday 16th Dec and re-open Tuesday 3rd Jan 2023

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: 07506 114 611 Website: www.medwaypuzzles.com

Social Media: 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

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 23rd December to 2nd January inclusive.

Carers First

Phone: 0300 3031555

Website: www.carersfirst.org.uk

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

Carers First will be closed over the Christmas period from 23rd December to reopen on 3rd January 2023—visit the website for information.

Medway Voluntary Action

Phone: 01634 812850

Website: 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.

Rainham Toy and Gift Bank—St Margaret's Church Rainham

Free community coffee mornings with breakfast where they will have an array of pre-loved gifts for children to choose from. Tuesdays—9-11am.