

Support Over Christmas Across East Kent

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| <p>Folkestone Safe Haven</p> <p>Folkestone and Hythe District</p> | <p>A safe and welcoming space for residents of the Folkestone and Hythe district aged 16 and over to use if they are experiencing mental health distress.</p> <p>This non-clinical service is free to use and is staffed by well-trained mental health recovery workers that can support you on your road back to good mental health, whatever the cause of your distress.</p> <p>You don't need an appointment to use the service you can just turn up during our opening hours and either speak to someone for a person lead 1-1 or join in with any of our group activities designed to support recovery.</p> <ul style="list-style-type: none"> • This venue has an accessible toilet and lift, and there are disabled spaces on the road outside the building (not attached to building) | <p>Christmas Opening Hours - 12:00 – 23:00</p> | <p>The Rainbow Centre, 69 Sandgate Road, Folkestone, CT20 2AF</p> <p>07827 533 871</p> <p>Folkestone.haven@hestia.org</p> |
| <p>MHM Medway Safe Haven</p> | <p>Are an out of hours mental health service run by Mental Health Matters, on behalf of the NHS. Primary motivation is to reduce the number of people visiting A&E for mental health related concerns. Are all mental health professionals, trained to de-escalate mental health crises and create safety plans for those in need of them.</p> <p>Not everyone who uses the service has to be in crisis as</p> | <p>Will be providing service on Christmas as they provide 356-day service to individuals in crisis.</p> <p>Face-to-face drop-in service: open every evening between 6pm and 11pm for anyone aged 16 and over</p> | <p>Located in the Age UK centre on Woodlands Road, Gillingham, ME7 2BX.</p> <p>07850 901151 07808 795036</p> <p>Email: Medway.mhm@nhs.net</p> |

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| | <p>are also here for crisis prevention. Are also a signposting service so if someone doesn't know where to go for help, can help point them to the right services. Please note that cannot refer to or liaise with other services.</p> <p>Are a face-to-face drop-in service, so no appointment is needed to visit. Also offer online sessions for those who are unable to get to the Haven.</p> | | |
| <p>MHM Canterbury Safe Haven</p> <p>Canterbury District</p> | <p>Are an out of hours mental health service run by Mental Health Matters, on behalf of the NHS. Primary motivation is to reduce the number of people visiting A&E for mental health related concerns. Are all mental health professionals, trained to de-escalate mental health crises and create safety plans for those in need of them.</p> <p>Not everyone who uses the service has to be in crisis as are also here for crisis prevention. Are also a signposting service so if someone doesn't know where to go for help, can help point them to the right services. Please note that cannot refer to or liaise with other services.</p> <p>Are a face-to-face drop-in service, so no appointment is needed to visit. Also offer online sessions for those who are unable to get to the Haven.</p> | <p>Will be providing service on Christmas as they provide 356-day service to individuals in crisis.</p> <p>Face-to-face drop-in service: open every evening between 6pm and 11pm for anyone aged 16 and over</p> | <p>Located in the Age UK centre on Castle Row, Canterbury, CT1 2QY</p> <p>07876 476 703 07483 163 953</p> <p>Email: Canterbury.mhm@nhs.net</p> |

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| <p>MHM Thanet Safe Haven Thanet District</p> | <p>Are an out of hours mental health service run by Mental Health Matters, on behalf of the NHS. Primary motivation is to reduce the number of people visiting A&E for mental health related concerns. Are all mental health professionals, trained to de-escalate mental health crises and create safety plans for those in need of them.</p> <p>Not everyone who uses the service has to be in crisis as are also here for crisis prevention. Are also a signposting service so if someone doesn't know where to go for help, can help point them to the right services. Please note that cannot refer to or liaise with other services.</p> <p>Are a face-to-face drop-in service, so no appointment is needed to visit. Also offer online sessions for those who are unable to get to the Haven.</p> | <p>Will be providing service on Christmas as they provide 356-day service to individuals in crisis.</p> <p>Face-to-face drop-in service: open every evening between 6pm and 11pm for anyone aged 16 and over</p> | <p>Holy Trinity Church, St Mary's Avenue, Dane Valley, Margate, CT9 3TN</p> <p>07850 655 877</p> <p>Email: thanet.mhm@nhs.net</p> |
| <p>The Community Network Cheriton- United Response Folkestone</p> | <p>We have opened our space to 'Warm Welcome'.</p> | <p>Open Christmas day 11am-2pm</p> | <p>378A Cheriton Road, Folkestone, CT19 4DX</p> <p>Rachael-stickells@unitedresponse.org.uk</p> <p>07909882121</p> |

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| <p>United Families</p> <p>Deal, Dover and Sandwich</p> | <p>23rd December – Hampers are delivered which have everything you need to cook a roast dinner for the 25th.</p> <p>People can self-nominate via the website. This closes on 15th December, so people must nominate themselves before this date.</p> <p>25th December – Free Christmas dinner, drop in between 12pm – 4pm to Betteshanger sports and social club, Deal, CT14 9HN. Please call or email to book</p> | <p>Christmas Dinner: Drop in between 12-4</p> | <p>www.unitedfamiliesuk.org.uk/</p> <p>To book onto Christmas dinner 01304 799997 info@unitedfamiliesuk.org.uk</p> |
| <p>Free Christmas Dinner- Cinnamon Spice</p> <p>Ashford</p> | <p>Open to anyone who needs/wants a warm meal, no questions asked.</p> | <p>Available Sunday-Thursdays, 5-10pm</p> <p>From 1st-30th December</p> | <p>4 Eureka Place, Trinity Road, Ashford, TN25 4BY</p> <p>01233668731</p> <p>www.cinnamonspicekent.co.uk</p> |
| <p>Care Leavers Christmas Dinner Folkestone</p> <p>Open to those East Kent, including those living in Ashford, Canterbury, Dover and Folkestone & Hythe (at a push could go to Thanet as well)</p> | <ul style="list-style-type: none"> • For care leavers only • There'll be fun, food, gifts and great company. • Guests can self-refer – please email guests.thexmasdinnerfolkestone@gmail.com • Transport will be provided to and from the venue | <p>Midday to 7pm on Christmas Day</p> | <p>Location will be Folkestone (exact venue to be disclosed at a later date due to safeguarding)</p> <p>For further information please contact: guests.thexmasdinnerfolkestone@gmail.com</p> |

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| <p>Age UK Faversham and Sittingbourne</p> <p>Faversham and Sittingbourne Areas</p> | <p>Are open on Christmas Day for hot food delivery.</p> <p>Currently have funding to provide this for free for people of pensionable age.</p> <p>Have capacity for 40 more people</p> <p>Please call 01795 532766 to book a meal</p> | | <p>www.ageuk.org.uk/favershamandsittingbourne</p> <p>The Old Fire Station, Crescent Road, Faversham, ME13 7GU</p> <p>01795 532766</p> <p>reception@ageukfs.org.uk</p> |
| <p>Age UK Herne Bay and Whitstable</p> <p>Canterbury District</p> | <p>Offer Meals at both centres over the Christmas period including Christmas day boxing day and all over the new year.</p> <p>Meals are £7.25 pudding £1.25</p> | | <p>www.ageuk.org.uk/hernebayandwhitstable/</p> <p>AgeUK Herne Bay and Whitstable 16 Reculver Road, CT6 6LE</p> <p>To book a meal contact Leanne via Leanne.amos@ageukhbw.org.uk or call 01227 749570</p> |
| <p>Age UK Thanet</p> <p>Thanet District</p> | <p>Christmas Dinner Meal Delivery Service - 15 spaces available in the Thanet area.</p> <p>The cost is £10 for a Christmas Dinner (vegetarian option is available) and Christmas pudding.</p> | | <p>Randolph House, Zion Place, Margate, Kent, CT9 1RP</p> <p>01843 223881</p> <p>info@ageukthanet.org.uk</p> |

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| <p>Salvation Army Ramsgate Thanet District</p> | <p>Are providing a dinner on Christmas day at the centre on Ramsgate Highstreet. Transport to and from the meal is available and meal delivery option for those unable to join us.</p> <p>Refer by calling 07900 49 73 26</p> | <p>Christmas dinner- 12/12.30pm</p> | <p>www.salvationarmy.org.uk/ramsgate</p> <p>Ramsgate Salvation Army Building, 167 High Street, Ramsgate, CT11 9TT</p> <p>07900497326 carl.whitewood@salvationarmy.org.uk</p> |
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