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<p>Activity Box Canterbury &amp; Coastal</p> 	<p>The Activity Box provide individual sessions covering various forms of Arts and Crafts to Live Well Kent Clients. The Activity Box will post kits to the client and then hold online tutorials with the client for a period of 10 sessions held on a weekly basis.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Ashford Umbrella Ashford</p> 	<p>Ashford Umbrella provide weekly structured social support groups which facilitate recovery, social inclusion and personal achievement. The service will provide 3 online weekly sessions that will support the client to undertake art and craft and physical wellbeing activities in their home environment.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Blackthorn Trust Maidstone</p> 	<p>Blackthorn Trust provide weekly 1:1 telephone wellbeing sessions for an 8 week period. The session is person centred and is guided by the needs of the client. These are facilitated by their resident Counsellors. One Counsellor will be delivering online groups that will cover various activities. These are person centred and guided by the needs of the clients. Clients receive a weekly newsletter that supports with connecting people and supporting them to online resources that may be of use to them. Blackthorn Trust's resident Gardener will be delivering online garden tutorials. The materials will be sent via the post.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Canterbury Art Studio Canterbury &amp; Coastal</p> 	<p>Canterbury Art Studio provides 8 week Art Therapy courses to an Art Therapy Model. The sessions explore suppressed feelings and allow the client to express these through art. The groups get the opportunity to exhibit their work at the end of the courses</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Canterbury Umbrella Canterbury &amp; Coastal</p> 	<p>Canterbury Umbrella provide weekly structured social support groups which facilitate recovery, social inclusion and personal achievement. The service will provide wellbeing support sessions via the telephone to each client. This is available Mon – Fri and can be daily if the client needs this. The service will provide additional digital support through social media and their website. The accessible information will include well-being and mental health good practise There will be daily activity plans on their social media platforms with interactive content. The service will provide the following groups via an online platform. Mindfulness, Art Group, Dance and Music, Meditation and Keep Fit.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

	The service are creating a telephone network of support to ensure that there is support for individuals that do not have access to the internet. This will include the function of a hotline and also booked in 1:1 sessions. This will provide a person centred support for individuals, including signposting support and linking with volunteers to provide shopping support.	
<p>Choice Support Maidstone</p> 	Choices Support provide an employment service. The service is delivered by using the telephone and email to support the client to achieve the goals detailed in the individual's action plan in relation to Employment support needs. The service is provided to adults with serious mental health needs, who identify an aspiration of paid employment.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Clarion Housing Association Ashford Canterbury &amp; Coastal</p> 	Clarion Housing Association provide Housing Related Support. Topics include Rent & Mortgage Arrears, Repairs, Homelessness, Drugs & Alcohol, Benefits & Debts, Anti-Social Behaviour, Domestic Violence, Social Inclusion, promoting Health & Well-Being. The topics must be in relation to and be having an impact on the client's tenancy.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Fegans Maidstone</p> 	Fegans provide One-to-one counselling for people who want help to deal with loss of any kind such as the loss of a partner or family member, loss of employment, a home, or mobility. Counselling will offer a confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss. The counselling is person centred and responsive to the unique situation of each individual.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Herne Bay Umbrella Canterbury &amp; Coastal</p> 	To be confirmed	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>J R Counselling Ashford Canterbury &amp; Coastal</p>  <p>JULIE ROGERS COUNSELLING SERVICE</p>	J R Counselling provide One-to-one and Living in the Moment group counselling for people who want help to deal with loss of any kind such as the loss of a partner or family member, loss of employment, a home, or mobility. Counselling will offer a confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss. The counselling is person centred and responsive to the unique situation of each individual.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

<p>Kent High Weald Partnership West Kent</p> 	<p>Kent High Weald Partnership provide 2 peer led park programme. The programme will include learning new skills, resilience building and physical exercise. The programme will focus on the 6 ways to Wellbeing with the focus being around feeling to closer to others and more engaged within the community.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Marchwood CIC Ashford</p> 	<p>Marchwood provide Adult Bushcraft sessions. The programme is for 12 weeks. There will be weekly online tutorials on green woodworking, natural tinders, tree and plant identification, shelter. Tree and plant ID guides will be uploaded to online platforms to help people identify plants and trees in their garden or whilst out for exercise. Encourage to collect natural tinders. Clients are encouraged to use closed Facebook group and Whatsapp group to share their crafts and other ideas and support with others (this is already in place).</p> <p>Well-being sessions. The programme is for 12 weeks. There will be weekly meditation and mindfulness exercises uploaded to online platforms. Encouraging clients to take daily exercise and to be mindful of their environment. Clients are encouraged to use closed Facebook group and Whatsapp group to share their crafts and other ideas and support with others (this is already in place).</p> <p>Women's mental health spa. The programme is for 12 weeks. There will be weekly craft tutorials on natural crafts or crafts using everyday home objects. Tai chi and green woodworking videos will be uploaded to the online platform. Clients are encouraged to use natural materials found in their garden or whilst out for exercise. Clients are encouraged to use closed Facebook group and Whatsapp group to share their crafts and other ideas and support with others (this is already in place).</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Maidstone and Mid Kent Mind Canterbury &amp; Coastal Maidstone</p> 	<p>Maidstone and Mid Kent Mind provide a series of Coping with Life courses. These are designed to help clients cope with Anxiety and Depression. The programme is for 5 weeks.</p> <p>There are weekly structured social support groups which facilitate recovery, social inclusion and personal achievement. The service will provide a weekly wellbeing session that will support with clients feeling isolated and work with the client to find activities they can undertake around their home environment to promote wellbeing. There will be a weekly virtual cookery session that will allow clients to receive a cookery tutorial and get the opportunity to interact with other clients accessing the group. There will be a weekly virtual arts and crafts session that</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

	will allow clients to receive a tutorial and get the opportunity to interact with other clients accessing the group. There will be a weekly virtual Mindfulness session that will allow clients to gain an understanding of tools and resources they can use to promote and maintain their health and wellbeing. There will be a weekly virtual Physical Wellbeing session that will allow the client to gain tools to be able to manage their physical wellbeing in their own home environment.	
<p>Speak Up CIC Ashford</p> 	Speak Up provides 8 week Art Therapy courses to an Art Therapy Model. The sessions explore suppressed feelings and allow the client to express these through art. The group get to adopt their learning and undertake art activities away from the group.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Take Off CIC Ashford Canterbury &amp; Coastal</p> 	Take Off provide clients with 1:1 telephone/online support to support them to use tools and resources to improve and sustain their health and wellbeing. There will be a fortnightly virtual Art and Craft group with sessions of photography included. Sessions have included making positivity jars, chromatography, mosaics, painting and more. There will be weekly Virtual Peer Support Groups. There is a Mood Group that offers support through discussion for these complex diagnoses to prevent deterioration of symptoms and promote a healthy understanding and awareness and a Depression Group that offers ongoing support in a safe space for those with Depression and Anxiety. Discussions on how to manage mental health, advising each other on coping mechanisms through the ups and downs with depression and anxiety.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Tunbridge Wells &amp; District Citizen Advice Canterbury &amp; Coastal West Kent</p> 	Tunbridge Wells & District Citizen Advice and their partners in Canterbury & Coastal and Maidstone provide a Money Management counselling service to enable LWK clients to have access to a range of CAB services. The service will cover but limited to the following, Money Management, Debt Advice, Budgeting, Benefits advice and general money issues. This service is provided over the telephone and via email.	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>Tunbridge Wells Mental Health Resource Centre West Kent</p>	Tunbridge Wells Mental Health Resource Centre provide emotional wellbeing support through regular 1-1 telephone conversations, through which they provide tools and resources to advise clients on the importance of looking after their physical and emotional wellbeing. Clients are encouraged to eat well, to get their daily exercise if they are able and to connect with others	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

	<p>through online forums. The service is also working on providing group sessions to allow clients to connect online and stay in touch.</p>	
<p>West Kent Housing West Kent</p>  <p>Places to live. Space to grow.</p>	<p>West Kent Housing Association provide Housing Related Support. Topics include Rent &amp; Mortgage Arrears, Repairs, Homelessness, Drugs &amp; Alcohol, Benefits &amp; Debts, Anti-Social Behaviour, Domestic Violence, Social Inclusion, promoting Health &amp; Well-Being. The topics must be in relation to and be having an impact on the client's tenancy.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>
<p>West Kent Mind Ashford West Kent</p> 	<p>West Kent Mind provide One-to-one counselling for people who want help to deal with loss of any kind such as the loss of a partner or family member, loss of employment, a home, or mobility. Counselling will offer a confidential and non-judgemental space in which beneficiaries can work with the difficult and sometimes unexpected emotions that can arise from loss. The counselling will be highly personal and responsive to the unique situation of each individual.</p> <p>They provide a series of Life Skills courses. A CBT based psycho-educational course designed for identifying unhelpful thought patterns and to help manage or cure problematic moods and behaviour. These are designed to help clients cope with Anxiety and Depression. The programme is for 6 weeks.</p> <p>There are weekly structured social support groups which facilitate recovery, social inclusion and personal achievement. There will be a weekly virtual Creative Minds group. They will follow 6 week activity topics e.g. art genres or specific artist. They will identify what materials the group have available and may give a good opportunity to recycle materials they have available. Work will be shared between the group and action plans agreed for the next session. There will be a weekly virtual Living Well group. They will 6 week activity topics e.g. cooking or exercise. They will discuss recipes and adapt according to what is available or share ideas for exercising while isolated. Activity plan agreed for the next session. There will be a weekly virtual Natural Ways to Wellbeing group. There will be a group check in and wellbeing check. There will be the opportunity to share ideas on how to maintain motivation. For those with a garden – an activity plan will be agreed to what area of their garden they will work on, what they will do/wildlife watching. For those without a garden – go on daily walk what gardens do they pass/like/see, what park will they visit, what wildlife they spot. The group will share photos and discuss the impact on environment of the current situation, e.g. less cars, less pollution. Each group will have the opportunity to share information regarding online resources. Support will be given to clients to create regular routine plans to help motivation skills.</p>	<p>Live Well Kent 0800 389 0226 <a href="mailto:livewellkentreferral@shaw-trust.org.uk">livewellkentreferral@shaw-trust.org.uk</a></p>

	<p>They will provide a Money Management counselling service. The service will cover but limited to the following, Money Management, Debt Advice, Budgeting, Benefits advice and general money issues. This service is provided over the telephone and via email.</p>	
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