



# Charities and Support Services in Kent

# CHARITIES AND SUPPORT SERVICES IN KENT

Kent Teach

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## Abuse

### Sateda - Empowering women, ending domestic abuse

*Sateda provide direct access to support, advocacy, and advice for victims of domestic abuse through a range of services. They offer a full journey of support for victims/survivors of domestic abuse: assisting people with remaining safe whilst in an abusive relationship, helping them to safely exit an abusive relationship when they are ready and providing support in their recovery and when they are rebuilding their lives after abuse.*

Telephone: 01795417251  
Email: [admin@sateda.org](mailto:admin@sateda.org)  
Website: [sateda.org](http://sateda.org)

### East Kent Rape Crisis Centre

*East Kent Rape Crisis Centre is a registered charity made up of trained professionals & volunteers providing a safe space to everyone affected by any kind of sexual violence or coercion, experienced at any time during their lives.*

Telephone: Crisis: 0800 458 2818  
Support: 01227 450400  
Website: [info@ekrcc.org.uk](mailto:info@ekrcc.org.uk)

### Beech House - Sexual Assault Referral Centre

*Beech House offers free support and practical help to anyone who has experienced sexual abuse or sexual violence. The service is completely confidential, and you do not have to give any personal information in order to get help.*

Telephone: 0800 133 7432 available 24/7  
01622 726461 (9am-5pm)  
Email: [bh.admin@nhs.net](mailto:bh.admin@nhs.net)  
Website: [www.beechhousesarc.org](http://www.beechhousesarc.org)

### Family Matters Counselling

*The Family Matters counselling practice is supported by qualified professionals - specialists in the areas of childhood sexual abuse and rape.*

Telephone: 01474 537392  
Email: [admin@familymattersuk.org](mailto:admin@familymattersuk.org)  
Website: [www.familymattersuk.org](http://www.familymattersuk.org)

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## Addiction

### Kenward Trust

*Kenward Trust Therapeutic Community is a residential drug and alcohol recovery project offering a supported residential environment for men and women. They deliver a therapeutic programme incorporating recovery focussed group work, counselling/art psychotherapy, social enterprise, and education sessions.*

Telephone: **01622 814187**

Email: [reception@kenwardtrust.org.uk](mailto:reception@kenwardtrust.org.uk)

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

### Change Grow Live - Drug and Alcohol Wellbeing Service - West Kent

*Drug and Alcohol support available to adults who live in the districts of Dartford, Gravesham, Maidstone, Sevenoaks, Tonbridge & Malling, and Tunbridge Wells.*

Telephone: 0330 440 9000

Email: [westkent.firststep@cgl.org.uk](mailto:westkent.firststep@cgl.org.uk)

Website: [www.changegrowlive.org/westkent/help](http://www.changegrowlive.org/westkent/help)

### Forward

*Offering over 30 years' experience in supporting people to overcome drug and alcohol problems . Forward help people that have issues with drugs and/or alcohol and want to make a positive change. They also support the family and friends of people who are worried about their loved ones substance use. There are several Hubs available throughout Kent and Medway.*

Website: [www.forwardtrust.org.uk/support-type/drug-alcohol-support/](http://www.forwardtrust.org.uk/support-type/drug-alcohol-support/)

### Turning Point - Medway Active Recovery Service

*This is the integrated substance misuse service for Medway. It works with anyone who is affected by drugs or alcohol and wants support to make change.*

Telephone: 01634 820 390

Email: [medwayreferrals@turning-point.co.uk](mailto:medwayreferrals@turning-point.co.uk)

Website: <https://www.turning-point.co.uk/find-a-service.html#/>

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## Children's Mental Health

### Fegans

*Fegans provides a full range of professional counselling services in our centres and also in primary and secondary schools throughout London and the South East. Our BACP registered counsellors are all fully qualified and work with parents and children to enable them to manage their lives, build relationships and make positive choices.*

Telephone: 01892 538288  
Email: [info@fegans.org.uk](mailto:info@fegans.org.uk)  
Website: [www.fegans.org.uk/contact-us/](http://www.fegans.org.uk/contact-us/)

### Dandelion Time

*Dandelion Time offers help to children with very challenging emotional issues, often resulting from trauma, violence, or serious health difficulties in the family.*

Telephone: 01622 814001  
Email: [info@dandeliontime.org.uk](mailto:info@dandeliontime.org.uk)  
Website: <https://dandeliontime.org.uk/about-us-childrens-charity/>

### Children and Young People's Mental Health Service. Kent CYPMHS

*CYPMHS stands for the Children and Young People's Mental Health Service. Kent CYPMHS provides emotional wellbeing and mental health advice and support for young people and their families across Kent. The service is open to young people between the ages of 0-18, or up to 25 in some instances, for example those with special educational needs. CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours.*

Website: <https://www.nelft.nhs.uk/kent-cypmhs-get-in-touch>



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## Depression, Anxiety & Bipolar

### FCS Talking Therapies

*A free NHS service providing short-term evidence based treatments for anxiety and depression disorders.*

Telephone: 01795591019 Helpline **0300 222 0123**  
Email: [kmccg.fcstalkingtherapies@nhs.net](mailto:kmccg.fcstalkingtherapies@nhs.net)  
Website: <https://www.fcstalkingtherapies.org>

### Live Well Kent

*Live Well Kent and Medway provides free mental health support across Kent and Medway for people aged 17+.*

Telephone: 0300 330 5486 (free for mobiles) - 0800 107 0160  
Website: <https://livewellkent.org.uk/>

### East Kent Mind

*East Kent Mind is an independent, charity providing quality outcome-based services to make a positive difference to the Mental Health of the people of East Kent which includes the Canterbury District and Thanet.*

Telephone: 01843 319 193  
Email: [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk)  
Website: [eastkentmind.org.uk/contact](http://eastkentmind.org.uk/contact)

### Maidstone & Mid-Kent Mind

*Maidstone & Mid-Kent Mind are passionate about supporting people with mental health issues. They believe in recognising people as unique individuals and not as a diagnosis or a label. They aim to equip people with the tools they need to work towards positive wellbeing.*

Telephone: 01622 692383 Helpline 0800 783 9111  
Email: [mindhelp@midkentmind.org.uk](mailto:mindhelp@midkentmind.org.uk)  
Website: [www.maidstonemind.org](http://www.maidstonemind.org)



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## West Kent Mind

*West Kent Mind offer mental health advice and signposting to agencies and services in the area. They have a Solace Café which is a drop-in session for those at risk of developing a mental health crisis.*

Telephone: 01732 744950  
Email: [hello@westkentmind.org.uk](mailto:hello@westkentmind.org.uk)  
Website: [www.westkentmind.org.uk](http://www.westkentmind.org.uk)

## North Kent Mind

*North Kent Mind is an independent mental health charity operating in Dartford and Gravesham, Swanley and surrounding villages, and the Unitary Authority of Medway. They provide a wide range of services for people who experience mental health issues, whether these are described as anxiety, depression, bipolar, schizophrenia, OCD (Obsessive Compulsive Disorder), Personality Disorder, or otherwise.*

Telephone: 01322 291380  
Email: [admin@northkentmind.co.uk](mailto:admin@northkentmind.co.uk)  
Website: [northkentmind.co.uk](http://northkentmind.co.uk)

## South Kent Mind

*Supporting people in Deal, Dover, Folkestone, Hythe, Romney Marsh and Sandwich offering a place to turn for advice and support.*

Telephone: 01303 250090  
Email: [contact@southkentmind.org.uk](mailto:contact@southkentmind.org.uk)  
Website: [www.southkentmind.org.uk/contactus/](http://www.southkentmind.org.uk/contactus/)

## Rethink Support Groups

*Rethink support groups offer support, friendship, and acceptance for everyone affected by mental illness. Find your nearest group and join our community.*

Website: [www.rethink.org/help-in-your-area/groups-in-your-area/](http://www.rethink.org/help-in-your-area/groups-in-your-area/)

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## Medway Engagement Group and Network CIC (MEGAN)

*Offers and signposts to local Mental Health services and peer support groups in Kent and Medway area.*

Telephone: 01634 402077  
Email: [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)  
Website: [www.megancic.org.uk/about-us](http://www.megancic.org.uk/about-us)

## Reachout

*Reachout is a free service for adults living in Kent, who are looking for some support for their mental and emotional wellbeing. Trained and supportive staff deliver weekly face to face 'walk & talk' support groups, as well as online & telephone groups.*

Telephone: (0)1892 615 552  
Email: [info@mentalhealthresource.org.uk](mailto:info@mentalhealthresource.org.uk)  
Website: [www.mentalhealthresource.org.uk/reachout](http://www.mentalhealthresource.org.uk/reachout)

## Take Off

*Services run throughout East Kent. Take Off provides ready-made social networks and provide other peer support services as needed.*

Telephone: 01227 788 211  
Website: [www.takeoff.works/testimonials](http://www.takeoff.works/testimonials)

## BlackThorn Trust

*Provide holistic, life enhancing opportunities for people with mental health challenges, chronic pain, and type 2 diabetes. Specialist therapies and a range of workshops at facilities near Maidstone, which include a large biodynamic garden, a deli/café and kitchen, craft and woodwork studios and therapy rooms.*

Telephone: 01622 828382  
Email: [martin@blackthorn.org.uk](mailto:martin@blackthorn.org.uk)  
Website: [www.blackthorn.org.uk/contact-us](http://www.blackthorn.org.uk/contact-us)

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## Kent Crisis Support

*Providing safe and effective community based treatment in the least restrictive and most appropriate environment for individuals aged 18 and above who are experiencing a mental ill health crisis.*

*All teams aim to prevent admission to hospital where appropriate by facilitating treatment in the patient's home. All patients in receipt of home treatment will receive an individualised treatment plan.*

### Adults

Kent and Medway NHS and Social Care Partnership Trust (KMPT)

#### Patients

- For KMPT patients needing urgent mental health support contact their Community Mental Health Team. <https://www.kmpt.nhs.uk/our-services/?id=1181#?id=1181>
- Where support is needed outside of 9 – 5pm contact the local crisis team:
- Medway and Swale Crisis Resolution and Home Treatment team - 01634 968460
- Dartford Crisis Resolution and Home Treatment team - 01322 622222
- North East Kent Crisis Resolution and Home Treatment team - 07554 050 242
- South East Kent Crisis Resolution and Home Treatment team - 07553 814 499
- West Kent Crisis Resolution and Home Treatment team - 01622 725000

#### Non Patients

- For residents of Kent and Medway who are **not currently a patient with KMPT** but need urgent mental health support, advice, and guidance.
- Telephone: 24 hour helpline **0800 783 9111**

### Children

Kent and Medway Children and Young People Mental Health Services

- Kent and Medway Single Point of Access: 0800 011 3474
- Kent & Medway All-age Eating Disorders Service: 0300 300 1980

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## Psychosis

### Early Intervention for Psychosis (East Kent)

*If you live in Ashford, Canterbury, Dover, Folkestone, and Thanet the east Kent team can help you.*

*They work with people between 14 and 65 years old who are experiencing their first episode of psychosis, and who have been experiencing symptoms for less than three years.*

*The NHS England standard requires that for people experiencing their first episode of psychosis start a NICE recommended package of care within two weeks of referral.*

Email: [kmpt.eipeast@nhs.net](mailto:kmpt.eipeast@nhs.net)

Telephone: 01227 812390

Website: <https://www.kmpt.nhs.uk/our-services/early-intervention-for-psychosis-east-kent/>

### Early Intervention for Psychosis (West Kent and Medway)

*If you live in Swale, Medway, Dartford, Gravesend, Swanley, Maidstone or southwest Kent, the west Kent Team can help you.*

*They work with people between 14 and 65 years old who are experiencing their first episode of psychosis, and who have been experiencing symptoms for less than three years.*

*The NHS England standard requires that for people experiencing their first episode of psychosis start a NICE recommended package of care within two weeks of referral.*

Telephone: 0300 303 3189

Email: [kmpt.eipwest@nhs.net](mailto:kmpt.eipwest@nhs.net)

Website: <https://www.kmpt.nhs.uk/our-services/early-intervention-for-psychosis-west-kent-and-medway/>

### Medway Area Rethink Support Group (MARS)

*They are a weekly peer support group that's open to anyone living with mental illness or struggling with social isolation issues. At their meetings, members discuss issues they're facing and share experiences, helping to prevent social isolation. They also arrange for speakers to regularly attend our meetings.*

Telephone: [07763 971085 \(group\)](tel:07763971085)

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

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Website: <https://www.rethink.org/help-in-your-area/support-groups/medway-area-rethink-support-group-mars/>

## Charlton Athletic Community Trust

*CACT's Early Help & Prevention department incorporates multiple strands of work. These include CACT's traditional disability work, including the Charlton Upbeats Down's syndrome team and the Short Breaks programme delivered on behalf of the Royal Borough of Greenwich and the London Borough of Bexley.*

*The department also runs award-winning mental health initiatives alongside partners such as Oxleas NHS Foundation Trust and Kent and Medway NHS Trust, including Up & At 'Em for over 65s with a mental health diagnosis and Early Intervention in Psychosis.*

Telephone: 0208 850 2866

Email: [carl.krauhaus@cact.org.uk](mailto:carl.krauhaus@cact.org.uk)

Website: <https://cact.org.uk/early-help-and-prevention>

## Self-Harm

### The Samaritans

*Every day, Samaritans volunteers respond to around 10,000 calls for help.*

*They are there, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, they take action to prevent the crisis. They give people ways to cope and the skills to be there for others. And they encourage, promote, and celebrate those moments of connection between people that can save lives.*

*They offer listening and support to people and communities in times of need.*

### The Samaritans of Maidstone and Weald

Telephone: [0330 094 5717](tel:03300945717)

Website: <https://www.samaritans.org/branches/maidstone/>

### The Samaritans of Medway Gravesham and Swale West

Telephone: [0330 094 5717](tel:03300945717)

Website: <https://www.samaritans.org/branches/rochester/>

### The Samaritans of Ashford and Tenterden

Telephone: [0330 094 5717](tel:03300945717)

Website: <https://www.samaritans.org/branches/ashford/>

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## Folkestone Dover and Hythe Samaritans

Telephone: [0330 094 5717](tel:03300945717)

Website: <https://www.samaritans.org/branches/folkestone/>

## Eating Disorder

### Eating disorders-Kent and Medway

*The All Age Eating Disorder Service for Kent and Medway is a specialist service. Their service aims to bring hope and confidence, through help and support, to those who have an eating disorder, to enable them to take back control of their life by overcoming their eating disorder.*

*They are a friendly team who will work with clients and their families (if appropriate). To ensure everyone is working together and sharing information about treatment and progress, you will have regular meetings to review how things are going and keep GPs updated on progress.*

*Throughout treatment, clients (& families) will be involved in the decision-making regarding care, reflecting basic rights for privacy, confidentiality, dignity, and respect.*

Telephone: 0300 300 1980

Email: [nem-tr.eds.kentandmedway.referrals@nhs.net](mailto:nem-tr.eds.kentandmedway.referrals@nhs.net)

Website: <https://www.nelft.nhs.uk/services-kent-medway-eating-disorders>

### Addictive Eaters Anonymous

*Addictive Eaters Anonymous (AEA) is a worldwide Twelve Step fellowship based on Alcoholics Anonymous. AEA members have found recovery from binge eating, anorexia, bulimia, other forms of addictive eating and compulsive exercise. Through working the Twelve Steps of AEA, members find peace of mind and the ability to live a meaningful and productive life.*

### Addictive Eaters Anonymous - Tonbridge

Telephone: 07903 729 106

Email: [contact@aeainfo.org](mailto:contact@aeainfo.org)

Website: <https://www.addictiveeatersanonymous.org/contact-aea>

### Addictive Eaters Anonymous - Dover

Telephone: 03301333615

Email: [contact@aeainfo.org](mailto:contact@aeainfo.org)



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Website: <https://www.addictiveeatersanonymous.org/contact-aea>

## Addictive Eaters Anonymous - Canterbury

Telephone: 07903 729 106

Email: [contact@aeainfo.org](mailto:contact@aeainfo.org)

Website: <https://www.addictiveeatersanonymous.org/contact-aea>

## Veterans

### The Veterans Mental Health and Wellbeing Service

*The Veterans Mental Health and Wellbeing Service combines the existing Transition, Intervention and Liaison (TIL) Service, Complex Treatment Service, and the London High Intensity Service. These are free NHS mental health services for all ex-serving members of the UK Armed Forces and service personnel, including those who are making the transition to civilian life and reservists. They work with any veterans and service leavers who live in London, Greater London, East / West Sussex, Surrey, Kent, and Medway or are registered with a GP in these areas.*

Telephone: [020 3317 6818](tel:02033176818)

Email: [cim-tr.veteranstilservice-lse@nhs.net](mailto:cim-tr.veteranstilservice-lse@nhs.net)

Website: <https://www.veteransserviceelse.nhs.uk/>

### Veterans' Mental Health High Intensity Service

*Kent and Medway's Veterans' High Intensity Service (HIS) provides care and treatment for former armed forces personnel (veterans) and their loved ones who are in a mental health crisis and need urgent help. The service works in collaboration with other services and will also help people who struggle to engage with services.*

Telephone: 023 9438 7924

Email: [snhs.veteranshis.se@nhs.net](mailto:snhs.veteranshis.se@nhs.net)

Website: <https://www.kmpt.nhs.uk/our-services/veterans-mental-health-high-intensity-service/>

### Kent & Medway Civilian Military Partnership Board

*The Board works hard to ensure serving and ex-armed forces personnel and their families can enjoy equal access to public services as the civilian community and are not disadvantaged because of being in the military.*

Telephone: 443000416140

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Email: [armedforces@kent.gov.uk](mailto:armedforces@kent.gov.uk)

Website: <http://www.kentcouncilleaders.org.uk/military/>

## Kent and Medway Armed Forces Network

*The Kent and Medway Armed Forces Network (KMAFN) is a multi-organisational group which includes members from the NHS, MoD, Armed Forces Reservists, mental and physical health clinicians, the Royal British Legion and other interested charities and organisations from across Kent and Medway.*

Telephone: 01273 403693

Website: <https://www.kmpt.nhs.uk/information-and-advice/support-and-signposting/kent-and-medway-armed-forces-network/>

## LGBTQ+

### The BeYou Project

*The BeYou Project connects young people in Kent and Medway who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. They offer a safe, welcoming, and non-judgemental space where young LGBTQ+ people can meet to socialise, have fun, and help each other*

Email: [beyou@porchlight.org.uk](mailto:beyou@porchlight.org.uk)

Website: <https://thebeyouproject.co.uk/>

### Whitstable, Tankerton Mental Health Swim

*They believe in empowering everyone – people of all skin colours, body shapes, ages, sexualities, genders, backgrounds, and abilities to enjoy the healing power of cold water and community. Join them for a chat on the beach, a litter pick, a paddle, or a swim in the shallows. They are an easy-going group that prefers short dips to long distances and puts companionship before competitive swimming.*

Email: [hello@mentalhealthswims.co.uk](mailto:hello@mentalhealthswims.co.uk)

Website: <https://www.mentalhealthswims.co.uk/>

### Pride Canterbury

*Pride Canterbury is a spectacular celebration of LGBTQ+ identity for the whole family set in the heart of Canterbury. Featuring a parade through Canterbury High Street, followed by live entertainment with food and drink in the Dane John Gardens. Join 25,000 other people to come together to celebrate diversity, equality, and progress.*

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Contact: <https://pridecanterbury.com/contact>  
Website: <https://pridecanterbury.com/whats-on>

## Tonbridge and Malling Youth Hub - LGBTQ

*This is a specialist group designed to support young people from the LGBTQ community.*

Telephone: 03000 41 64 56  
E-mail: [ellen.shaw@kent.gov.uk](mailto:ellen.shaw@kent.gov.uk)  
Website: [Tonbridge and Malling Youth Hub Facebook](#)

## Debt

### West Kent Debt Advice

*Operating throughout West Kent, 100 volunteer Advisers are trained to help people through the process of sorting out their money issues and helping them back on the road to financial stability by providing counselling, advice, and practical help.*

Telephone: 01732 300 425  
E-mail: [info@crosslightadvice.org](mailto:info@crosslightadvice.org)  
Website: [www.wkda.org.uk](http://www.wkda.org.uk)

### Release the pressure

*Release the Pressure team in Kent is available 24/7. They provide urgent support with trained counsellors who will listen, no matter what you are going through.*

Telephone: 0800 107 0160  
Website: <https://www.porchlight.org.uk/information-support/how-to-access-support>

### The Paddock Wood Community Advice Centre

*They provide free, confidential, and impartial advice on a wide range of issues. Their advisers can deal with any problem, no matter how small. They have specialist benefit and debt advisers who can help you manage your finances. Come to them for advice on a wide range of issues including consumer matters, debt and money, employment, family (children, domestic abuse, or relationship breakdown), housing and homelessness, mental health support or welfare benefits.*

Telephone: 01892 838619  
Email: [info@pwadvice.org](mailto:info@pwadvice.org)  
Website: <https://www.pwadvice.org/>

# CHARITIES AND SUPPORT SERVICES IN KENT

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## Citizens Advice in North and West Kent

*They provide free, confidential, and impartial advice and campaign on big issues affecting people's lives.*

*Their goal is to help everyone find a way forward, whatever problem they face.*

Telephone: 0808 278 7810

Website: <https://www.citizensadvice.org.uk/local/north-west-kent/>

## Workplace Stress

### NHS psychological therapies service (IAPT)

*If stress is affecting your daily life or causing you distress, call NHS 111 or talk to your GP. In England, you can also refer yourself for psychological therapy through the NHS IAPT service without seeing your GP.*

Website: <https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/>

### Kent County Council

*Life can get really tough sometimes but talking can help. KCC have a highly trained and experienced team available 24/7 to provide expert support no matter what you are going through.*

*Don't suffer in silence: text the word Kent to 85258 or call the number below*

Telephone: [0800 107 0160](tel:08001070160)

Website: <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

### Folkestone and Hythe Safe Haven

*Safe Havens offer face-to-face mental health support. They offer services in Canterbury, Maidstone, Medway, and Thanet Safe Havens, which are run by Mental Health Matters. They also run services in Folkestone and Hythe, run by Hestia.*

Telephone: 07827 533871

Email: [Folkestone.haven@hestia.org](mailto:Folkestone.haven@hestia.org)

Website: <https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub/safe-havens-kent-and-medway>

# CHARITIES AND SUPPORT SERVICES IN KENT

Kent Teach

## Medway Safe Haven

Telephone: 07850 901 151

Email: [Medway.mhm@nhs.net](mailto:Medway.mhm@nhs.net)

Website: <https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub/safe-havens-kent-and-medway>

## Nutrition

### Clinical Nutrition and Dietetics Service - Kent Community

*They provide nutrition advice on a wide range of general and specialist nutritional needs for children and adults. This includes a wide range of conditions including malnutrition; enteral feeding, allergies, and food intolerances; faltering growth, gastrointestinal conditions such as irritable bowel syndrome, crohns disease, ulcerative colitis, and coeliac disease; diabetes; nutrition during cancer treatment; obesity management; nutritional deficiencies and cholesterol lowering, inherited metabolic disorders, behavioural eating problems in children.*

Telephone: East Kent: 0300 123 0861

Telephone: West Kent: 0300 123 4495

Email: [kcht.centralisedappointmentteam@nhs.net](mailto:kcht.centralisedappointmentteam@nhs.net)

Website: <https://www.kentcht.nhs.uk/service/clinical-nutrition-and-dietetics-service/>

### Clinical Nutrition and Dietetics Service – Sevenoaks Hospital

*Registered dieticians providing nutrition advice on a wide range of general and specialist nutritional needs for children and adults. This includes a wide range of conditions including nutrition during cancer treatment. It provides services across Kent including outpatient clinics; group education, visit community hospitals, care homes, and visits to housebound patients at home. It provides in-patient nutrition care at the Kent and Canterbury Hospital, the Queen Elizabeth the Queen Mother Hospital in Margate, and at the William Harvey Hospital in Ashford. More information can be found on its website. Referral by GP or other health care professional. Virtual, face to face and telephone appointments.*

Telephone: [01732 470200](tel:01732470200)

Email: [kcht.centralisedappointmentteam@nhs.net](mailto:kcht.centralisedappointmentteam@nhs.net)

Website: <https://www.cancercaremap.org/care-provider/clinical-nutrition-and-dietetics-service-sevenoaks-hospital/>

# CHARITIES AND SUPPORT SERVICES IN KENT

Kent Teach

## Home Enteral Nutrition Service

*The Home Enteral Nutrition (HEN) team comprises dieticians, dietetic assistants, and administration support. The service is available for adults and children registered with an east or west Kent GP Practice.*

*They provide assessments and continuing support for patients with enteral feeding in the community. Patients are seen at home or in an appropriate community setting.*

*Enteral feeding involves providing complete liquid nutrition to patients who are unable to meet their nutritional requirements from oral nutrition. This may be because they are unable to physically eat and/or drink due to an obstruction/surgery/treatment, they have an unsafe swallow or because they have high nutritional requirements which cannot be met from an oral diet.*

Telephone: 0300 123 7058 (East)

Telephone: 0300 123 1952 (West)

Email: [kentchft.henseast@nhs.net](mailto:kentchft.henseast@nhs.net)

Email: [kentchft.henswest@nhs.net](mailto:kentchft.henswest@nhs.net)

Website: <https://www.kentcht.nhs.uk/service/home-enteral-nutrition-service/>

## Acute Dietetic Service

*They are a group of specialist dietitians and dietetic assistants who support both inpatients and outpatients receiving specialist care in areas including oncology, intensive therapy, stroke, gastroenterology, paediatrics and neuro-rehabilitation.*

*They translate scientific information about nutrition and food into dietary advice and are experts in assessing individual nutritional requirements and providing dietary advice on health and disease.*

Telephone: 01227 864236

Website: <https://www.kentcht.nhs.uk/service/acute-dietetic-service/>

## Crime Victims

### Victim Support

*They give emotional and practical help to people who have been affected by crime in Kent. They are an independent charity and you can contact them for support regardless of whether you've contacted the police, and no matter how long ago the crime took place. They will help you for as long as it takes to overcome the impact of crime.*

Telephone: [0808 168 9276](tel:08081689276)



# CHARITIES AND SUPPORT SERVICES IN KENT

Kent Teach

Website: <https://www.victimsupport.org.uk/help-and-support/get-help/supportline/email-supportline/>

## Kent Integrated Domestic Abuse Service (KIDAS)

*The Kent Integrated Domestic Abuse Service (KIDAS) offer a person centred, holistic range of support services to victims and their families in Kent, with support available including;*

- Safe refuge accommodation
- Specialist Independent Domestic Violence Advisors (IDVA) support
- Community Outreach Services
- Therapeutic and group programmes (e.g. Freedom Programme)
- Sanctuary provision (adaptations to make the home safer)
- Assistance with legal issues including seeking court orders and access to legal advice.
- Emergency welfare assistance for clients in crisis (food, energy, travel)

Telephone: 0808 168-9111

Website: <https://www.domesticabuseservices.org.uk/locations/sevenoaks/>

## Look Ahead

*Look Ahead provide support to those experiencing domestic abuse in West Kent. Look Ahead provide refuge accommodation to support twenty three families who are not able to stay in their own homes and an IDVA service offering risk assessment, safety planning, advice, advocacy and support to court for high risk victims. Look Ahead provide emergency overnight accommodation, a Sanctuary Scheme for those wishing to stay in their own homes and a Welfare Fund for victims needing support with food, travel, furniture, or white goods.*

Telephone: 03330 104660

Email: [kentdomesticabuse@lookahead.org.uk](mailto:kentdomesticabuse@lookahead.org.uk)

Website: <https://www.lookahead.org.uk/our-services/our-kent-services/>

## Phoenix Groups

*Phoenix is a ten-week psycho-educational programme that runs across Kent. It explores how to stay safe in and out of abusive relationships. The programme has been designed to be interactive, inclusive, and educational.*

Email: [admin@phoenixgroups.uk](mailto:admin@phoenixgroups.uk)

Website: <https://www.phoenixgroups.uk/>

# CHARITIES AND SUPPORT SERVICES IN KENT

Kent Teach

## Bereavement

### Cruse Bereavement Counselling

*Cruse offers support, advice and information to children, young people, and adults when someone dies and works to enhance society's care of bereaved people.*

*They offer face-to-face, telephone, email, and website support.*

Telephone: 01622 671011

Email: [maidstone@cruse.org.uk](mailto:maidstone@cruse.org.uk)

Website: <https://www.kmpt.nhs.uk/contact-us/>

### Amparo Kent and Medway

*Amparo offers practical and emotional support for anyone bereaved by suicide in Kent and Medway*

Telephone: [0330 088 9255](tel:03300889255)

Website: <https://amparo.org.uk/our-locations/kent-medway/>

### Chums Kent & Medway Specialist Bereavement Support Service

*CHUMS offer specialist bereavement support to children and young people from 3½ up until their 26th birthday in Kent and Medway.*

*Specialist support is needed when a child or young person is experiencing complex grief or traumatic bereavement. This might mean that it is extra hard for them to manage the death and so it is having an enduring negative impact on everyday life.*

Telephone: 01525 863924

Email: [info@chums.uk.com](mailto:info@chums.uk.com)

Website: <http://chums.uk.com/kent-bereavement-service/>

### Heart of Kent Hospice

*It's only natural after the death of a loved one to feel grief. How we mourn and deal with that loss is entirely personal. The most important thing to realise is that you don't need to face it alone. Heart of Kent Hospice offers a range of bereavement support services for the families, friends, and carers of our patients. They are here to support you whether it's been several months or even up to two years after your loss*

Telephone: 01622 792200

Email: [fst@hokh.co.uk](mailto:fst@hokh.co.uk)

Website: <https://www.hokh.org/caring-for-you/bereavement-support/>