

HEALTH & WELLBEING AND KEY COMMUNITY CONTACTS

MARDEN COMMUNITY CONTACTS

Kent Police Community Support Officer (PCSO): Nicola Morris – call 101 or email: nicola.morris@kent.police.uk

Marden Children's Centre: Open Monday & Wednesday 9am-5pm. Call 01622 831503, email: mardenchildrenscentre@kent.gov.uk or <https://local.kent.gov.uk/kb5/kent/directory/service.page?id=Q7rlslCd3S0>

Marden Come & Sing Group: Sessions held Thursday afternoons fortnightly in the Vestry Hall at 2pm. For more information email: emanuelfamily@btinternet.com

Marden Community Assistance Group: Rachel Gillis-Coates, Deputy Clerk - Call 07376 287981 or email: deputyclerk@mardenkent-pc.gov.uk

Marden Community Charitable Incorporated Organisation (CIO): Grants available for the relief of financial hardship within the Parish. For more information email: mardencommunitycio@gmail.com or check out <http://www.mardenkent-pc.gov.uk/community/marden-parish-council-13394/marden-cio/>

Marden Community Warden: Mira Martin call: 0796 958 4179 or email: mira.martin@kent.gov.uk – Helps to deal with residents' concerns or signposts them to another service/agency

Marden Dementia Group/Living Memories: Email: rachel_cachon@hotmail.co.uk or check out: <https://www.nhs.uk/conditions/dementia/about/>

Marden Dentist - Bupa Dental Care: Call 01622 831556 or check out <https://www.bupa.co.uk/dental/dental-care/practices/marden>

Marden Food Bank: Mondays 10am-12pm in Vestry Hall. Kathy Young – call 0783 4760787 or email: office@mardenchurch.org.uk or Rev. Nicky Harvey on 01622 831379

Marden Medical Centre: Call 01622 831257 or NHS 111 for non-urgent medical or dental advice (call 111 before visiting A&E) Check out: www.mardenmedicalcentre.nhs.uk and/or <https://111.nhs.uk/> or for life threatening emergencies call 999.

Marden Parish Church/Office: Rev. Nicky Harvey email: rev.nickyharvey@gmail.com or call 01622 831379; Kathy Young email: office@mardenchurch.org.uk_or call 01622 831890

Marden Parish Council: Parish Clerk - Mrs Ali Hooker - email: clerk@mardenkent-pc.gov.uk. Call 01622 832305 or 07376 287981. Deputy Clerk - Mrs Rachel Gillis-Coates - email: deputyclerk@mardenkent-pc.gov.uk. Call 01622 832305 or 07940 241333 or check out: <http://www.mardenkent-pc.gov.uk/community/marden-parish-council-13394/contact/>

Marden Pharmacy: Call 01622 831495 or check out <https://mardenpharmacy.co.uk/> or email: contact@mardenpharmacy.co.uk

Marden Primary Academy: Call 01622 831393 or email: office@mardenprimaryacademy.org.uk

Marden Walking Group: Local walking group, meeting weekly. Call Steve McArragher on 01622 831007 or Sian Burr on 1622 831106

HEALTH & WELLBEING

Citizens' Rights for Older People (CROP): CROP advocates will visit you if you an issue/problem you are struggling with. Call 01622

851200 or email: lenham@cropkent.org.uk or check out: <https://cropkent.org.uk/>

Compaid: Help disabled, older and vulnerable people to overcome the barriers of social and digital exclusion. Also provides a transport service. Call 01892 834539 or email: enquiries@compaid.org.uk or check out <https://www.compaid.org.uk/>

Information, Advice & Support Kent: (IASK): A service for special educational needs and disabilities (separate from SENS). Helpline 03000 412 412 or email iask@kent.gov.uk or check out: <https://www.iask.org.uk/>

Involve Kent: Provide a range of Social Prescribing Services via referral from Marden Medical Centre. Other services include supporting carers, connecting people to improve health and wellbeing. Call: 03000 810005 or email: office@involvekent.org.uk or check out: <https://www.involvekent.org.uk/>

Kent Safeguarding Children/Open Access: <https://www.kscmp.org.uk/>

Knock & Check: This service encourages people to check on their neighbours or anybody living alone: <https://kentcf.org.uk/knockandcheck>

Kooth: Emotional Wellbeing for Young People. Offer online support and counselling for ages 10-16. Check out <https://www.kooth.com/> email: headstart@kent.gov.uk or Call Young Minds: Childline 0800 1111

Maidstone Samaritans: Call 116123 free from any phone or 0330094 5717 or check out: <https://www.samaritans.org/branches/maidstone/>

Mind Mental Health Advice & Support: Call 0300 123 3393 or text 8646 or email: info@mind.org.uk or check out <https://www.mind.org.uk/>

Shout - Crisis Text Line: Call 0800 107 1060 or Text SHOUT 85258 or check out <https://giveusashout.org/>

Weald Club for the Disabled: Charity aimed at disabled people who reside within Staplehurst and Marden. Check out: <https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5068151>

NHS CONTACTS

Continuing Health Care: Some people with long-term complex health needs qualify for free social care arranged and funded solely by the NHS. Check out to see if you are eligible: <https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>

Covid Advice: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Domestic Violence & Abuse: 24 hour helpline for both men & women call 0808 2000 247 or check out: <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

Every Mind Matters: Check out: <https://www.nhs.uk/every-mind-matters/>

Kent & Medway Urgent Mental Health Support: Mental health matters: 0800 1070160 or check out: <https://www.kmpt.nhs.uk/need-help/> or **Samaritans:** Call 116 123 or email: jo@samaritans.org or check out <https://www.samaritans.org/>

Kent Youth Health: <https://www.kentyouthhealth.nhs.uk/>

Mental Health Matters – Safe Havens: Call 07484 061684 or email: maidstone.mhm@nhs.net or check out: <https://www.mhm.org.uk/kent-safe-havens>

One You Kent: Health and well-being advice & guidance. Call 0300 123 1220 or check out <https://www.kentcht.nhs.uk/service/one-you-kent/>

Volunteer Responders Service: Call 0808 196 3646 or check out <https://nhsvolunteerresponders.org.uk/>

KENT COUNTY COUNCIL CONTACTS

Care & Support: <https://www.kent.gov.uk/social-care-and-health/care-and-support>

Kent Together: Looking After Your Mental Health & Wellbeing Call: 03000 419292 or check out: <https://www.kent.gov.uk/social-care-and-health/health/protect-kent-and-medway/help-and-advice-for-residents/kent-together>

Online Youth Services: <https://www.kent.gov.uk/education-and-children/young-people/online-youth-services>

Open Access: Protecting vulnerable children and families. Email: kscmp@kent.gov.uk or check out: <https://www.kscmp.org.uk/guidance/kent-support-levels-guidance/additional-support-level-2/open-access>

Reconnect Children & Young People: Community based programme designed to get Kent's children and young people back to enjoying the activities they enjoyed prior to Covid and support for families on low incomes. Check out: <https://www.kent.gov.uk/education-and-children/schools/reconnect>

Release the Pressure: Free confidential support for anxiety, depressions, low esteem, money worries, stress and suicidal thoughts. Text the word **Kent to 85258** or call 0800 1070 160 or check out: <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

Special Education Needs and Services (SENS): <https://www.kent.gov.uk/education-and-children/special-educational-needs>

MISCELLANEOUS CONTACTS

Housing Helplines: Shelter: 0808 800 4444. Choices: 0800 917 9948. Victim Support. 0808 168 9111

Maidstone Borough Council Tax Support: Call 01622 602557 or check out <https://maidstone.gov.uk/home/primary-services/benefits/primary-areas/council-tax-support>

Maidstone Citizens Advice: Debt and other advice. Call 0344 848 7978 or check out <https://www.maidstonecab.org.uk/>

Other Benefits & Money Advice: Crisis Support – The Ombudsman, Housing, Scams, KSAS, Domestic Violence, Debt Advice, Power of Attorney <https://maidstone.gov.uk/home/primary-services/benefits/primary-areas/money-advice>

National Debt line: Call 0808 808400 or check out: <https://nationaldebtline.org/>

Step Change: Debt Solution Advice: <https://startwithchange.co.uk/>