

HEALTH & WELLBEING AND KEY COMMUNITY CONTACTS

HEALTH & WELLBEING

NHS Kent & Medway Urgent Mental Health Support: Call 0800 783 9111 or check out <https://www.kmpt.nhs.uk/need-help/>

Release the Pressure: Men's Support Helpline : Call 0800 1070 160 or check out <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

Samaritans: For urgent support call the Samaritans on 116 123 or check out <https://www.samaritans.org/> or email jo@samaritans.org

NHS Every Mind matters: Mental Health advice. Check out <https://www.nhs.uk/oneyou/every-mind-matters/>

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>

Mental Health Matters Helpline: For emotional distress call 0300 330 5486 (24/7) or 0800 107 0160 or check out: <https://livewellkent.org.uk/how-to-get-help/>

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/>

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.

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

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

NHS COVID-19 Test : If you have Coronavirus symptoms Call 119 and book a test or check out <https://111.nhs.uk/covid-19>

Kent County Council Symptom-free COVID-19 Testing: Check out <https://kcc.healthit.org.uk/covbook/home> or email ASTHQ@kent.gov.uk

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

NHS 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/>

Domestic Abuse: 24-hour National Domestic Abuse Helpline: 0808 2000 247 or www.domesticabuseservices.org.uk. Men's Advice Line: 0808 8010327 or Broken Rainbow: 0300 9995428.

Involve: Providing a range of Social Prescribing Services via referral from Marden Medical Centre. Call: 03000 810005 or check out: <https://www.involvekent.org.uk/>

MARDEN COMMUNITY CONTACTS

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/>.

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

Marden Children’s Centre: Kasha De Verny, Senior Early Help Worker, Early Help and Preventative Services, Children Young People and Education – email: kasha.deverny@kent.gov.uk or call: 03000 415665.

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 Café: Email: rachel_cachon@hotmail.co.uk or gail.jessel@hotmail.co.uk or check out: Dementia: <https://www.nhs.uk/conditions/dementia/about/>

Marden Food Bank: Kathy Young – call 0783 4760787 or email: office@mardenchurch.org.uk or Rev. Nicky Harvey on 01622 831379

Marden Parish Church: Rev. Nicky Harvey email: rev.nickyharvey@gmail.com or call 01622 831379

Marden Parish Church Office: Kathy Young email: office@mardenchurch.org.uk or call 01622 831890

Marden Primary Academy Family Liaison Officer: Call 01622 831393 Candice Dady. Email: candice.dady@marden.kent.sch.uk

MAIDSTONE BOROUGH COUNCIL (MBC)

MBC Community Hub: Check out <https://maidstone.gov.uk/home/other-services/covid-19/tier-2-primary-areas/need-support/community-hubs-and-local-support>

National Shielded Support System: Assistance for the clinically vulnerable: Registration via: <https://www.gov.uk/coronavirus-shielding-support> or call the MBC helpline: 01622 602307 or call the Kent Together line: 03000 419292.

MISCELLANEOUS

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

Maidstone Citizens Advice: Debt and other advice. Call 0344 848 7978 or check out <https://www.maidstonecab.org.uk/>. In normal times, Citizens Advice visit Marden on the 3rd Tuesday of each month from 2pm-4pm in the Old School Room in the Memorial Hall.