

SIGNPOSTING GUIDE (DEC 2022)



support with housing and finances:

**CHAC - Canterbury Housing Advice Centre: 01227 762605 / adviceteam@chac.co.uk
FREE Support with landlord disputes, housing issues, homelessness, advice and advocacy.
Drop in at The Whitstable Umbrella Community Centre on Thursdays between 1 and 3pm**

STEPCHANGE - stepchange.org / [0800 138 1111](tel:08001381111) Free debt support and 'breathing space' scheme providing 60 day reprieve from rent arrears, interest etc.

NATIONAL DEBT LINE 0808 808 4000 - free financial advice and payment plan design to reduce debt.

**CANTERBURY CITY COUNCIL 01227 781879 - Advice and assessment for housing support.
If you're getting a means tested benefit - like Universal Credit for example - you'll get a cost of living payment of £650 this year. It's split into two instalments, one in summer and one in autumn. You don't need to apply for it, you'll be paid automatically.**

**CITIZENS ADVICE 01227 452762 / 01227 740647 / admin@canterburycab.cabnet.org.uk
.citizensadvice.org.uk/**

**Support with benefits, housing, employment and lots of other issues.
Drop in at The Whitstable Umbrella Community Centre on Wednesdays between 10:15-1pm.**

**NECESSARY FURNITURE Mon - Fri 9-4.30pm Sat 9-4pm. necessary_furniture@hotmail.com
Charity offering support with furniture and white goods at very low cost**

SAINT VINCENT DE PAUL 0784255099 - Support with occasional grants, befriending and financial advice

WHITSTABLE NON-ECCLESIASTICAL SOCIETY [0122 7763939](tel:01227763939) - Can provide support for families and people living alone, with home visits and grants for one of items

CAP WHITSTABLE - 0800 328 0006 / joycemitchell@capuk.org - Free debt support and advice

CIVIL LEGAL ADVICE / 0345 345 4 345 / Free legal advice for those on benefits, low income or facing eviction due to rent/mortgage arrears.

KENT LAW CLINIC / www.ket.ac.uk/law/law-clinic / Free legal advice for on housing, employment or immigration issues.

mental health support

TNHS Mental Health self referral services

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

Text SHOUT to 85258 for 24/7 mental health crisis support

Samaritans Call 116 123 for 24/7 support.

REVIVAL KENT revivalkent.co.uk - peer support groups and one to one mentoring available for anyone living with mental health issues.

TAKE OFF takeoff.works/canterbury-groups/ office@takeoff.works

Peer support activities and groups for anyone living with mental health issues. Groups active in Canterbury, Herne Bay and Faversham

CANTERBURY UMBRELLA CENTRE. 01227 767660. A wealth of classes and activities - anyone is welcome. <https://www.canterburyumbrella.org/whats-on/centre-activities/>

EVERY MIND MATTERS - NHS supported services for mental health and wellbeing <https://www.nhs.uk/every-mind-matters/>

CALM - Campaign Against Living Miserably. 0800 58 58 58 / For anyone struggling emotionally.

meeting new people

WALKING FOR HEALTH. 07932 129754. Weekly walks of max 1.5 Miles. Locations vary

TALK TIME @WHITSTABLE LIBRARY - Every Monday 11am. Meet new people, have a cuppa and a chat.

CAMEO at All Saints Whitstable - Every Monday 2-3.30. Social activity group with cake.

WATERLOO ROAD COMMUNITY CENTRE 01227 272093. Board games, bingo, tea and cake and more, a great way to meet new people.

**BETHANY LUNCH CLUB AT HAMILTON ROAD EVANGELICAL CHURCH. 01227 263617
Tuesdays from 12:30pm, an affordable meal for older people and a chance to chat.**

STREAM WALK COMMUNITY GARDEN. <https://streamwalkgarden.com/contact/>Thursdays 10-2pm. Gardening club

BODGERS HUT at Stream Walk Community Garden. streamwalkcg@google.com Part of the Mens Sheds projects to bring men together to talk, support and enjoy woodcraft.

Whitstable Umbrella have a number of free social events at www.umbrellacentre.co.uk

help with clothing and toys

COMMUNITY CLOTHES BANK £1 shopping events, clothes parcels and pop ups.

<https://www.facebook.com/Community-Clothes-Bank-104509675001352/about>

MAGIC WARDROBE: .facebook.com/standrews.whitstable / 07776 425512 free clothes for people of all ages, Donations also accepted.

WHITSTABLE TOYS 07761 963971 - A toy library with books, games and toys for all ages

GROWBABY - Riverside Church 01227 250240 - free clothes and equipment for children 0-5yrs

free / cheap activities for kids

Stay and Play at the Umbrella Centre, Oxford St. Mondays 09:30-11:30am

Playmates at Harbour Street Fellowship, Tuesdays 9.30 - 11.30am

Little Salties at Seasalter Christian Centre, Tuesdays 10.00 - 11.30am

Little (S)Whales at Swalecliffe Baptist Church, Wednesdays 9.30 - 11am

Stay and Play at Whitstable Baptist Church, Thursdays 9.30 - 11.30am

Stay and Play at Hamilton Road Evangelical Church, Thursdays 10am-11.30am

Chatterbox at St Johns Centre, Swalecliffe, Friday 9.30 - 11am

Messy Play at St Johns Methodist Church, Argyle Road, Friday 10am - 11.30am

Storytime at Whitstable Library. Fridays 2:30-3pm

Little Green Fingers Stream Walk Community Garden family sessions. Term Time. Fridays 09:30-11:30

Who Let the Dad's Out - 07595 955401. 2nd Saturday of the month 10:30-12:30 St Johns Methodist Church, Argyle Road activities for dads and kids.

homelessness

HAVEN, St Johns Methodist Church, Argyle Road. Mondays, Wednesdays and Fridays 2-4pm. jackie.haven@btinternet.com Warm showers, washing machines, meal parcels and clothes available too.

PORCHLIGHT. 0800 567 7699 / porchlight.org.uk- Support for those facing homelessness and isolation in Kent.

CATCHING LIVES 01227 464904 / catchinglives.org. Day centre and support for people facing homelessness. Outreach van in Gorrell Tank every Weds 11-1pm - support with accessing services.

support

**SNAAP - Special Needs Advisory Service . 01227 367555. snaap.org.uk
Family support, activities and clubs for families with children with additional needs.**

KENT PACT . 07947 563123 / kentpact.org.uk . Providing a platform for parents and carers to influence services. A parent and carer forum for children with disabilities and additional needs.

CAP JOB CLUB. 07869 313 264 / ian.grant@capjobclubs.org. 10 week job seeking support programme run through Harbour Street Fellowship

**Age UK advice line 0800 678 1602 / Whitstable and Herne Bay branch 01227 749 570
<https://www.ageuk.org.uk/hernebayandwhitstable/> Services available: meals on wheels, shopping support, dementia support, home help and more**

FOOD FRIENDS - food-friends.co.uk / Whitstable based charity connecting neighbours to share meals and befriend.

**NATIONAL CAREERS SERVICE 0800 100 900 / national.careers.service.gov.uk
Free impartial careers advice, interview support, CV development, training and more**

Art Bank at The Horsebridge Arts Centre - fortnightly Mondays 2-4pm. Art supplies available on a pay what you can basis.

The Horsebridge also offer art classes, free creative sessions for children and a young digital makers course for teens.