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# KEY COMMUNITY CONTACT AND HEALTH & WELLBEING LIST - FEBRUARY 2023

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## 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=Q7rlsCd3S0>

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

**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 Friendly Community/Living Memories:** email: [mardenfcinfo@gmail.com](mailto:mardenfcinfo@gmail.com) or call Rachel Chacon on 01622 831941 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](http://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 - Ali Hooker - email: clerk@mardenkent-pc.gov.uk. Call 01622 832305 or 07376 287981. Deputy Clerk - 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 Pre-School:** Call 01622 832857 or email: [mardenpreschool@yahoo.co.uk](mailto:mardenpreschool@yahoo.co.uk)

**Marden Primary Academy:** Call 01622 831393 or email: [office@mardenprimaryacademy.org.uk](mailto:office@mardenprimaryacademy.org.uk)

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## **MARDEN COMMUNITY CONTACTS (CONTD)**

**Marden Sporting Memories:** Tuesdays 2.30pm-4pm Marden Cricket & Hockey Club - email [MardenSportingMemories@gmail.com](mailto:MardenSportingMemories@gmail.com) or call 01622 833053

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

## **HEALTH & WELLBEING**

**Actively Involved:** A Kent service which aims to improve health and happiness for those 55 and over or living with complex health conditions. Check out: <https://www.involvekent.org.uk/actively-involved> or call 03000 810005

**Admiral Nurse Dementia Helpline:** Call 0800 888 6678 or [helpline@demential.uk.org](mailto:helpline@demential.uk.org)

**Age UK: helps with the Cost of Living:** Call 0800 678 1602 or <https://www.ageuk.org.uk/>

**Alzheimer's Society:** 24 hour helpline 0800 500 3014 or <https://www.alzheimers.org.uk/>

**CALM:** Campaign Against Living Miserably: Call 0800 585 858

**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](mailto: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](mailto: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, Children's Navigation service Call: 03000 810005 or email: [office@involvekent.org.uk](mailto:office@involvekent.org.uk) or <https://www.involvekent.org.uk/>

**Wellbeing in the Weald:** Providing a range of community based activities in and around Cranbrook and the surrounding area. <https://wellbeingintheweald.co.uk/> or email or call [hello@wellbeingintheweald.co.uk](mailto:hello@wellbeingintheweald.co.uk) or 07961 669575

**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](mailto: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:** Practical tips on managing your money & mental health. Call 0300 123 3393 or text 8646 or email: [info@mind.org.uk](mailto:info@mind.org.uk) or check out <https://www.mind.org.uk/>

**One You Kent:** Health programme to help you lose weight, get active, quit smoking etc at <https://www.kentcht.nhs.uk/service/one-you-kent/> or call 0300 123 1220 – Monday-Friday 9am-5pm.

## **HEALTH AND WELLBEING (CONTD)**

**Papyrus:** UK Suicide Prevention: Call 0800 0684141 or check out: <https://papyrus.uk.org>

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

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

**Children & Young People's Mental Health Services:** <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>

**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/>

**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:** Support for loneliness, anxiety etc. 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/>  
Samaritans: Call 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org) or check out <https://www.samaritans.org/>

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

**Mental Health Services:** <https://www.nhs.uk/nhs-services/mental-health-services/>

**Mental Health Matters:** Safe Havens: Call 07484 061684 or email: [maidstone.mhm@nhs.net](mailto: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**

**Adult Safeguarding:** <https://www.kent.gov.uk/social-care-and-health/information-for-social-care-professionals/adult-safeguarding>

**Care & Support in the Home Services:** <https://www.kent.gov.uk/social-care-and-health/care-and-support>

**Cost of Living Support:** <https://www.kent.gov.uk/leisure-and-community/cost-of-living-support>

**Domestic Abuse & Refuges:** <https://www.kent.gov.uk/social-care-and-health/care-and-support/staying-safe/domestic-abuse-and-refuges>

**Mental Health Support:** Check out <https://www.kent.gov.uk/social-care-and-health/health/mental-health> For urgent mental health, call 0800 107 0160

**Kent Together Helpline:** 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>

## **KENT COUNTY COUNCIL CONTACTS (CONTD)**

**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](mailto: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>

**Social Care & Health:** <https://www.kent.gov.uk/social-care-and-health>

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

## **MISCELLANEOUS CONTACTS**

**Community Transport – Involve:** call 03000 810005 Ext. 1; Imago/Dial2Drive  
Tonbridge: call 0300 777 1200

**Digital Kent:** Helping people to operate digitally. Check out <https://www.digitalkent.uk/>

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

**Kent Fire & Rescue Service (KFRS):** Home safety advice. Check out <https://www.kent.fire-uk.org/>

**Live Well Kent:** <https://livewellkent.org.uk/>

**Maidstone Borough Council Cost of Living Advice:**  
<https://maidstone.gov.uk/home/other-services/cost-of-living-advice>

**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/>

**Paddock Wood Community Advice Centre:** Advice on consumer matters, debt & money, employment, family, housing & homelessness, mental health support – call 01892 838619 or email: [info@pwadvice.org](mailto:info@pwadvice.org) You can also contact Angus Boucher (Marden resident) on 07759 043721 or email: [angus@manifold.co.uk](mailto:angus@manifold.co.uk) for Benefit form advice, PIP Attendance Allowance, Blue Badge applications

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

**PLEASE CONTACT THE PARISH OFFICE (01622 832305) IF YOU REQUIRE THIS IN BIGGER PRINT**