



## Cost of Living Support Across East Kent

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Cost of Living Support Across East Kent			
Canterbury District			
<b>Canterbury City Council</b>  Across Canterbury District	Schemes or signposting for support with:  Housing costs Help paying bills Help with food costs Help with money and debt Help for children and families Help with health and wellbeing Help with council tax bills Support for those at risk of homelessness Discretionary Housing Payment for help with housing costs  <a href="#">Help with the cost of living   Canterbury City Council</a>		<a href="#">Help with the cost of living   Canterbury City Council</a>  www.canterbury.gov.uk  Council Offices, Military Rd, Canterbury, CT1 1YW  01227 862000
<b>Canterbury City Council Household Support Fund</b>	Household Support Fund for any Canterbury residents. Able to provide a grant for ovens as well as other White Goods. Other items include help with food costs, energy and water costs and essential products such as period products, clothes and broadband.  To apply you must be: A Canterbury district resident, 16 or over and a low income household of £30,000 or less.	Scheme closes on 15 <sup>th</sup> March 2024.	Find out more: <a href="#">Apply for a Household Support Fund payment   Canterbury City Council</a>
<b>Catching Lives</b>	Support for anyone who is homeless or vulnerably	Monday – Sunday, 9:00am - 2:00pm	<a href="#">Home - Catching Lives</a>



	<p>housed.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>• Food &amp; Drink for rough sleepers</li> <li>• Laundry</li> <li>• Clothes Bank</li> <li>• Toilets &amp; Showers</li> <li>• Storage</li> <li>• Postal Address</li> <li>• Telephone, Computer &amp; Internet Access</li> <li>• Mental Health Outreach Service</li> <li>• Signposting</li> </ul> <p>Staff receive training on various ways of working with clients (strength-based approach, counselling skills, motivational interviewing, trauma informed care etc.)</p>		<p>Canterbury Open Day Centre, Palmer House, Station Road East, Canterbury, CT1 2RB.</p> <p>01227 464904 info@catchinglives.org</p>
<p><b>Porchlight Open Door (POD)</b></p> <p>Venue is fully accessible</p>	<p>Porchlight Open Door is a friendly get-together at the heart of your community. Our weekly drop-in sessions are run by our warm, welcoming team. They're there to listen, to give practical advice on benefits, housing and debt and to help you connect with services and support networks in your area. You can also try different activities every week to boost your wellbeing, from cooking to table tennis to painting – but there's no pressure to take part. You can just pop in for a chat. It's completely free, and everyone aged over 18 is welcome.</p>	Monday, 11am-2pm	All Saints Church Canterbury, Military Road, CT1 1PA
<p><b>Age UK Herne Bay and Whitstable</b></p>	<ul style="list-style-type: none"> <li>• Bradbury Day Centre from Monday to Friday 9am-3.30pm. £20 (or £27 with transport) which includes a two course freshly cooked meal, social activities and entertainment.</li> </ul>	Monday – Friday, 8:30am-4:30pm	<p>www.ageuk.org.uk/hernebayandwhitstable/</p> <p>AgeUK Herne Bay and Whitstable 16 Reculver Road,</p>



	<ul style="list-style-type: none"> <li>• Hazell Neville Dementia Day Centre from Monday to Friday 9am-3.30pm. £50 (or £57 with transport) which includes a two course freshly cooked meal, plus activities and entertainment.</li> <li>• COGS memory clubs are held every Wednesday, Thursday and Friday. Costs £25 for the day including lunch.</li> <li>• Hot meal delivery to vulnerable members of the community based in Herne Bay and Whitstable. This service operates 365 days a year. Cost of a main meal is £7.75; pudding is £1.25 and sandwiches and a cake are £3.00.</li> <li>• Monthly Dementia Café at our centre in Reculver Road for anyone affected by Dementia looking to meet and talk to others. Refreshments provided. First Tuesday of every month, 10-11.30am</li> <li>• Monthly Dementia Drop-in Clinics offering advice and support about Dementia from a wide range of professionals. Herne Bay- last Friday of every month 1-4pm. Whitstable- third Thursday of every month 2-4pm.</li> <li>• Men’s Shed workshop for men aged 50 and over. Every Monday, Wednesday, and Friday from 10am-2pm.</li> <li>• Walking Football- Herne Bay Sports Hub every Tuesday 2-3.30pm. £5 per session.</li> <li>• Free Information and Advice Service.</li> <li>• Free Digital Skills Support- group and 1-1 sessions.</li> </ul>		<p>CT6 6LE</p> <p>01227749570</p> <p>reception@ageukhbw.org.uk</p>
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	<ul style="list-style-type: none"> <li>• Tai Chi for Wellbeing, every Wednesday 2-3pm. £5 per session.</li> <li>• Drop in – Drop in for a chat and a nice hot cup of tea or coffee with a biscuit for only 50p.</li> <li>• Lunch- freshly cooked meals can be booked at the centre the day before- a two course meal is £8.00 at the centre between 11.30am and 1.30pm.</li> <li>• Free Befriending service.</li> <li>• Marigold cleaning service, £14 per hour.</li> <li>• Laundry service. This is collected once a week (Herne Bay and Whitstable) at a cost of £12.</li> <li>• Keysafe fitting £35/ Handyman service.</li> </ul> <p><b>Bradbury centre is all wheelchair accessible; this is the same for the main reception area and into the hazel Nevill centre. Has disabled parking available, accessible toilets; can offer transport at additional cost.</b></p>		
<p><b>Age UK Canterbury</b></p> <p>Venue is fully accessible and has disabled facilities.</p> <p>Have a fleet of disabled access minibuses to assist clients to access the centre.</p>	<p>Age UK Canterbury provides a range of well-being and support service activities for the over 55's, such as:</p> <ul style="list-style-type: none"> <li>• Wellbeing Activities and classes</li> <li>• Social Opportunities including freshly prepared lunches</li> <li>• Hot Meal Delivery</li> <li>• Information and Advice</li> <li>• Dementia Services including Dementia Day Care and COGS</li> <li>• Foot Health Services, in our centre and home visiting</li> <li>• Befriending</li> <li>• Key Safe Fitting</li> <li>• A range of outreach services</li> </ul>	<p>Monday to Friday, 8.30am to 4.00pm</p>	<p><a href="http://www.ageukcanterbury.org.uk">www.ageukcanterbury.org.uk</a></p> <p>The Centre, Castle Row, Canterbury, CT1 2QY</p> <p>01227 462368</p> <p><a href="mailto:info@ageukcanterbury.org.uk">info@ageukcanterbury.org.uk</a></p>



<p><b>MHM Canterbury Safe Haven</b></p>	<p>Are an out of hours mental health service run by Mental Health Matters, on behalf of the NHS. Primary motivation is to reduce the number of people visiting A&amp;E for mental health related concerns. Are all mental health professionals, trained to de-escalate mental health crises and create safety plans for those in need of them.</p> <p>Not everyone who uses the service has to be in crisis as are also here for crisis prevention. Are also a signposting service so if someone doesn't know where to go for help, can help point them to the right services. Please note that cannot refer to or liaise with other services.</p> <p>Are a face-to-face drop-in service, so no appointment is needed to visit. Also offer online sessions for those who are unable to get to the Haven.</p>	<p>Local crisis alternative mental health service for those in Canterbury area. Our service is open from 6pm until 11pm, 365 days a year.</p> <p>We offer a non-clinical, non-judgemental service with an emphasis on providing support to those experiencing distress, as well as supporting clients to access potential services and opportunities in the wider community free of cost.</p> <p>We are a drop-in service but can also offer referral options for professionals; anyone over the age of 16 is welcome and you do not need to be registered with a mental health service. To ensure inclusivity, we offer a virtual service for those who cannot attend face-to-face.</p> <p>We also host a range of Peer Group Activities like games night (Fri 7-9pm), tea &amp; biscuit meetups (7-9pm) and arts and crafts groups (Tues 7-9pm).</p>	<p><u><a href="#">Kent and Medway Safe Havens   Mental Health Matters (mhm.org.uk)</a></u>      Located at 22-23 North Lane, Canterbury, Kent, CT2 7EE</p> <p>07876 476 703      07483 163 953</p> <p>Email: <a href="mailto:Canterbury.mhm@nhs.net">Canterbury.mhm@nhs.net</a></p>
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<p><b>The Hub Cafe - Lily's Social Kitchen CIC</b></p>	<ul style="list-style-type: none"> <li>• Free Food/Drink</li> <li>• Free Wi-Fi</li> <li>• Device Charging</li> <li>• Advice, People to chat to</li> <li>• Pay it forward scheme</li> <li>• Space to work</li> <li>• Food/Drink for sale, the cafe is run as a 'pay as you feel'</li> </ul> <p>We want to make sure we are as accessible as possible over the winter period for those in hardship and in need of a food parcel and a hot meal on a "pay it forward" basis</p>	<p>Thursday &amp; Friday, 11am-2pm</p>	<p>The Hub Cafe, Canterbury Baptist Church, Saint George's Place        Canterbury, England, CT1 1UT</p> <p>01233630533</p> <p><a href="mailto:info@lilysbistrocatering.com">info@lilysbistrocatering.com</a></p> <p><a href="http://Home-Lily's-Social-Kitchen(lilyscommunity.org)">Home - Lily's Social Kitchen (lilyscommunity.org)</a></p>
<p><b>University of Kent Campus Pantry</b></p>	<p>Campus Pantry is a scheme that provides short-term support to students who find themselves in need of supplemental food. There to assist, whether you are experiencing financial difficulties, your loan is late, or you simply need help getting through the term. Free and confidential. Don't need to answer any questions or show any proof of financial hardship, just Student ID. You will then be able to select up to 10 food items to ensure your food parcel meets your dietary needs.</p> <p>Once registered you can then access the service up to six times within three months.</p>	<p>Monday-Wednesday, Friday- 12-4pm</p>	<p><a href="https://kentunion.co.uk/here-for-you/campus-pantry">https://kentunion.co.uk/here-for-you/campus-pantry</a></p> <p>Mandela Student Centre, Mandela Building, Canterbury, CT2 7NW</p>
<p><b>C&amp;F Family Food Bank in Partnership with.....</b></p>	<p>The Family food bank works across Kent &amp; Medway, providing food boxes via a network of distribution centres, to support the local community. This is a completely free service supporting the most vulnerable residents in need.</p>		<p><a href="https://www.familyfoodbank.org/canterbury-ffb.html">https://www.familyfoodbank.org/canterbury-ffb.html</a></p>





<p><b>Canterbury &amp; District Early Years Project</b></p>		<p>Monday – Thursday, 8:00am – 3:00pm</p>	<p>Canterbury &amp; District Early Years Project, Poets Corner, 11a South Street, Canterbury, CT1 1EA. Tel: 01227 786420 (Mon-Thur 8am-3pm) Service Users Only</p>
<p><b>Canterbury Foodbank</b>           Canterbury, Whitstable, Herne Bay and surrounding villages</p>	<p>The prevention or relief of poverty or financial hardship in the Canterbury City Council district by:</p> <ul style="list-style-type: none"> <li>• the provision of emergency food parcels, items, services and facilities to individuals in financial need.</li> <li>• contributing to and cooperating with charities and other organisations working to prevent or relieve poverty within the county of Kent.</li> </ul> <p>Have now extended this process to allow agencies and supporting organisations, to apply more easily for any of our service users who are experiencing fuel poverty as well as needing a food parcel.</p>	<p>Monday – Friday, 9:00am – 2:00pm</p>	<p><a href="http://canterburyfoodbank.org/">canterburyfoodbank.org/</a>           Canterbury Food Bank CIO          Unit 29, Joseph Wilson Industrial Estate, Millstrood Road, Whitstable, CT5 3PS           01227 936450           Referral Link:  <a href="https://canterburyfoodbank.org/agencies/">https://canterburyfoodbank.org/agencies/</a></p>
<p><b>Necessary Furniture</b></p>	<p>Low income, a single parent, on benefits or just starting out on your own then come talk to us. Low cost furniture.</p>		<p>01227 712680          Necessaryfurniture.org.uk          Email:  <a href="mailto:get@necessaryfurniture.org.uk">get@necessaryfurniture.org.uk</a>          Unit 2B, Canterbury Industrial Park          Island Road, Hersden, CT3 4HQ</p>
<p><b>Canterbury District Citizens Advice</b></p>	<p>We provide free, confidential and impartial advice and campaign on big issues affecting people's lives.</p> <p>Our goal is to help everyone find a way forward, whatever problem they face.</p> <p>We're an independent charity and part of the Citizens Advice network across England and Wales.</p>		<p><a href="#">Citizens Advice Canterbury District – The charity for your community</a>           3 Westgate Hall Road, canterbury, Kent CT1 2BT          Tel: 01227 452762</p>



<b>Canterbury Housing Advice Centre (CHAC)</b>	CHAC provides free, confidential independent and impartial advice on most housing matters, including: Threat of eviction or repossession; Rent or mortgage arrears; Housing benefit; Tenancy rights; Homelessness; Housing waiting lists.		CHAC 24 Burgate, Canterbury, CT1 2HA Tel: 01227 762605
<b>Canterbury Salvation Army</b>	Distributing food in Canterbury and fresh produce if and when available. Limited stock of nappies and wipes (email/ring ahead)  <u>Canterbury   The Salvation Army</u>  Also offer 'Toddler Bank' good quality baby equipment, 0-8 years children's clothes and toys and games for free. Call up to arrange collection points.	Food delivery on Tues and Fri. Toddler Bank – Term time Fri 10am-12pm (check facebook page for changes).	Address: Whitehorse Lane, Canterbury, CT1 2RU  Email: <a href="mailto:canterbury@salvationarmy.org.uk">canterbury@salvationarmy.org.uk</a> Phone: 01227 472 781

