

Overnight Drop In and Crisis Support Fridays and Saturdays 10pm to 4am

Our friendly team of professionals and peer support are there for you in a safe, informal, and confidential setting when you need someone the most.

The initial pilot was made possible by the PCC's Mental Health and Policing Fund - delivery continues and is planned to expand, please check our website and social media for updates.

The venue is The Hub 411 High Street Chatham near the bus stop closest to Luton Arches and on the corner of Institute Road. Press buzzer 3 for entry and we will come down to greet you.



Tuesday Social Drop In

Nucleus Arts has been kind enough to provide space for drop in sessions at the HeArt of the Community Space, top floor of The Pentagon Centre, Chatham, every Tuesday from 4.00 to 6.30.

A lively and friendly group has developed and newcomers are always made welcome. The drop in is tackling isolation, stigma, and providing a space in which signposting can be carried out and participants can engage with other organisations and services.

Contacting us

We currently operate from a range of host venues. We can be accessed in person at 411 High Street Chatham ME4 4NU on the corner of Institute Road near Luton Arches on Tuesdays and Thursdays from 12.30 to 6.30 - ring buzzer 3 in the foyer. We can book an appointment if you get in touch via telephone, email, or social media and there is a booking system on the website and Facebook page.

Our team are also at the Nucleus HeArt of the Community space, top floor of the Pentagon Centre Chatham on Tuesdays from 2.00 to 6.30 and Fridays and Saturdays from 10pm to 4am at the 411 building.

We are available via telephone between 11.00 and 6.30 Monday through Friday and during the weekend overnight crisis support as well as the delivery times stated above. We can also be contacted via email, the Facebook page, Twitter, and Instagram.

07521 678 521

www.imhpaction.com

www.facebook.com/ImprovingMentalHealthProvision

<https://twitter.com/imhpaction>

Instagram [imhp_ a](https://www.instagram.com/imhp_a)

**Community Interest Company
Registration 10792032**

IMPROVING MENTAL HEALTH PROVISION



**We are a co-productive non-profit
organisation supporting mental health
and wellbeing in Medway**

Overnight crisis support

Social drop in sessions

Creative activities

Media & events

Peer led training

Research





Moving Minds

All are welcome to join our movement based activity to support mental health and wellbeing, and to enjoy a friendly social setting.

Sessions are on the second, third, and fourth Tuesday of each month starting 20th February from 12.00 to 2.00 at the Nucleus Arts HeArt of the Community Space, top floor of The Pentagon Centre, Chatham.

Using Moving Memory's 'Moving Well' techniques we will explore ways of bringing our experiences to life via movement. Please wear clothing that you feel comfortable to move in and bring a bottle of water as well as making us aware of any health needs that you may have.



Art & Craft

We have art and craft based activities amongst others on Tuesdays from 2.00 to 4.00 before our Social Drop In at the Nucleus Arts Heart of the Community Space, top floor of The Pentagon Centre, Chatham.

Creative practitioners on our team develop and deliver activities such as jewellery and card making, modelling with clay, painting and drawing, seasonal crafts, etc.



Wordsmithery's Confluence: Plant Creative Writing & Zine Making Courses

These are part of the 'Confluence: Plant; Grow; Nurture' project which will infuse and enthuse Medway with words.

The creative writing sessions will guide you through a number of fun exercises, using a variety of prompts. There is no pressure to share your work with others if you don't want to. These run fortnightly from 26th Feb 12.30 to 2.30 at The Arches Community Space 2E Luton Road, Chatham.

The zine workshops will guide you in making your own poetry pamphlet or zine as well as how to use a Risograph printer. These run 17th March, 8th April, 12th May from 11.00 to 2.00 with an optional drop in from 2.00 at INTRA 337 - 341 High Street Rochester.

Places are free but limited, get in touch or email wordsmithery.info@gmail.com to book. More information at confluencemedway.wordpress.com.



Events

We put on and are involved in a variety of events and as we feel strongly that the best way to support the community is through networking and collaboration, we are often at events run by other organisations and services. For upcoming events please check our website and social media.



Music

We will be commencing a comprehensive music programme soon to include instrument building and repairs, tuition, songwriting and lyric workshops, performance, recording, studio skills, stage and event management, sound engineering, graphic design and media, etc .

In the meantime we will be running some more informal sessions to introduce these skills - please check our website and social media for dates, times, and venues .



Counselling

We now have trainee counsellors on board and will be supporting more placements in the near future to provide sessions to those in need of talking therapies and not being offered services elsewhere .

The venue is The Hub, 411 High Street Chatham ME4 4NU, we are now available during our office hours to carry out counselling client assessments between 12.30 and 6.30 on Tuesdays and Thursdays. Please get in touch for more information or to book an appointment .