

Support Over Christmas Across East Kent

<p>Folkestone Safe Haven</p> <p>Folkestone and Hythe District</p>	<p>A safe and welcoming space for residents of the Folkestone and Hythe district aged 16 and over to use if they are experiencing mental health distress.</p> <p>This non-clinical service is free to use and is staffed by well-trained mental health recovery workers that can support you on your road back to good mental health, whatever the cause of your distress.</p> <p>You don't need an appointment to use the service you can just turn up during our opening hours and either speak to someone for a person lead 1-1 or join in with any of our group activities designed to support recovery.</p> <ul style="list-style-type: none"> • This venue has an accessible toilet and lift, and there are disabled spaces on the road outside the building (not attached to building) 	<p>Christmas Opening Hours - 12:00 – 23:00</p>	<p>The Rainbow Centre, 69 Sandgate Road, Folkestone, CT20 2AF</p> <p>07827 533 871</p> <p>Folkestone.haven@hestia.org</p>
<p>United Families</p> <p>Deal, Dover and Sandwich</p>	<p>23rd December – Hampers are delivered which have everything you need to cook a roast dinner for the 25th.</p> <p>People can self-nominate via the website. This closes on 15th December, so people must nominate themselves before this date.</p> <p>25th December – Free Christmas dinner, drop in</p>	<p>Christmas Dinner: Drop in between 12-4</p>	<p>www.unitedfamiliesuk.org.uk/</p> <p>To book onto Christmas dinner 01304 799997</p> <p>info@unitedfamiliesuk.org.uk</p>

	between 12pm – 4pm to Betteshanger sports and social club, Deal, CT14 9HN. Please call or email to book		
<p>Care Leavers Christmas Dinner Folkestone</p> <p>Open to those East Kent, including those living in Ashford, Canterbury, Dover and Folkestone & Hythe (at a push could go to Thanet as well)</p>	<ul style="list-style-type: none"> • For care leavers only • There'll be fun, food, gifts and great company. • Guests can self-refer – please email guests.thexmasdinnerfolkestone@gmail.com • Transport will be provided to and from the venue 	Midday to 7pm on Christmas Day	<p>Location will be Folkestone (exact venue to be disclosed at a later date due to safeguarding)</p> <p>For further information please contact: guests.thexmasdinnerfolkestone@gmail.com</p>
<p>Age UK Herne Bay and Whitstable</p> <p>Canterbury District</p>	<p>Offer Meals at both centres over the Christmas period including Christmas day boxing day and all over the new year.</p> <p>Meals are £7.25 pudding £1.25</p>		<p>www.ageuk.org.uk/hernebayandwhitstable/</p> <p>AgeUK Herne Bay and Whitstable 16 Reculver Road, CT6 6LE</p> <p>To book a meal contact Leanne via Leanne.amos@ageukhbw.org.uk or call 01227 749570</p>

<p>Salvation Army Ramsgate Thanet District</p>	<p>Are providing a dinner on Christmas day at the centre on Ramsgate Highstreet. Transport to and from the meal is available and meal delivery option for those unable to join us.</p> <p>Refer by calling 07900 49 73 26</p>	<p>Christmas dinner- 12/12.30pm</p>	<p>www.salvationarmy.org.uk/ramsgate</p> <p>Ramsgate Salvation Army Building, 167 High Street, Ramsgate, CT11 9TT</p> <p>07900497326 lauren.oates@salvationarmy.org.uk</p>
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