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# Food Support Services in Thanet



## Food Banks

### **Thanet Food Link**

St Paul's Church, Northdown Rd, Cliftonville  
CT9 2RD

07563 675655 or 01843447187

[thanetfoodlink@gmail.com](mailto:thanetfoodlink@gmail.com)

### **Thanet Support Directory**

The Thanet Support Directory aims to link the isle's older residents with trusted, joined-up services, one-to-one support, activities promoting health and wellbeing, and the wealth of community groups and volunteering opportunities which Thanet has to offer.

[www.thanethealthcic.co.uk](http://www.thanethealthcic.co.uk)

### **Millmead Children Centre**

Dane Valley Road, Margate, CT9 3RU.

01843 280555 (Families Only)

**Operational hours vary, please contact the centre**

### **Six Bells Children Centre**

201 High Street, Margate, CT9 1WH.

03000 411666 (Families Only)

**Operational hours vary, please contact the centre**

### **Cliftonville Children Centre**

6 St Pauls Road, Cliftonville, CT9 2DB.

03000 421129 (Families Only)

**Operational hours vary, please contact the centre**

### **Priory Children Centre**

Cannon Road, Ramsgate, CT11 5SQ

03000 411041 (Families Only)

**Operational hours vary, please contact the centre**

### **Newlands Children Centre**

Dumpton Lane, Ramsgate, CT11 7AJ

03000 411042 (Families Only)

**Operational hours vary, please contact the centre**

### **Quarter Deck Youth Centre**

Zion Place, Margate, CT9 1RP.

01843 292927

**Operational hours vary, please contact the centre**

### **Pie Factory Music Group**

Ramsgate youth Centre, High Street St Lawrence,  
CT11 0QG

01843 596998

**Open Monday to Friday 9.30 am to 3.30 pm**

### **East Kent College EKC Margate**

Floor 2, Mill Lane House, Mill Lane, Margate, CT9 1LB.

01843 230876 - (College Students Only)

**Operational hours vary, please contact the centre**

### **East Kent College EKC Ramsgate**

The Argyle Centre, Floor 3, Ramsgate, CT11 9DS.

01843 230876 - (College Students Only)

**Operational hours vary, please contact the centre**

## **Thanet Social Services - 03000 414141**

## Pantries

### **Aylesham & Rural Pantry**

Ackholt Road, Aylesham, CT3 3AJ

**Open Tuesday 09.30 am 12.00 pm and Thursday  
12.30 pm to 3.00 pm**

### **The Village Pantry**

378 Northdown Road, Margate, Kent, CT9 3PQ

**Open Monday to Friday 10 am to 8 pm**

# Riverside

## Food Support Services in Sefton



### Community Food Stores

#### **MiCommunity Shop**

9 High St, Margate CT9 1DL

01843 793838

Open Monday to Friday 10 am to 3 pm

### Community Resources

#### **Windmill Community Gardens**

Dane Valley Road, Dane Valley  
CT9 2SH

One bag size option available this costs £8 per week and includes 6 seasonal vegetables.

[martina@windmillcommunitygardensmargate.com](mailto:martina@windmillcommunitygardensmargate.com)

### National Organisations

#### **Too good to go**

The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.

<https://www.toogoodtogo.com/en-gb>

#### **OLIO**

Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need.

<https://olioapp.com/en/>

#### **Trussell Trust Helpline -**

0800 915 4604

Open Monday to Friday, 9am – 5pm

#### **Salvation Army**

Run food banks year-round from many of their churches and community centres.

#### **OddBox**

Fighting food waste

<https://www.oddbox.co.uk/>

# Furniture Support in Thanet



## Charity Shops

### **British Heart Foundation**

#### **Margate Furniture & Electrical Store**

113-117 High Street, Margate, UK, CT9 1JT  
01843 242401

### **Dover Furniture & Electrical Store**

64-66 Castle Street, Dover, UK, CT16 1PA  
01304 434230

**Open Monday to Saturday 9.30 am to 5 pm  
and Sunday 10 am to 4 pm**

### **Pilgrims Hospices in East Kent Furniture & Electrical Store,**

Unit C Tivoli Brooks, Margate, CT9 5FG  
01227 203181

**Open Monday to Friday 9 am 4 pm and  
Saturday 10 am to 4 pm**

### **British Red Cross**

Furniture and Electrical Store  
Argyll Centre, 17-19 York Street, Ramsgate,  
Kent, CT11 9DS  
01843 851 097

**Open Monday to Saturday 8.30 am 4.30 pm**

### **Salvation Army Margate Church**

Union Crescent, Margate, CT9 1NS  
01843 298 260

## Charities

### **Glasspool Trust**

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

**<https://www.glasspool.org.uk/>**

### **Buttle UK**

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

**<https://buttleuk.org/apply-for-a-grant/>**

### **Family Fund**

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

**<https://www.familyfund.org.uk/>**

## Resources

### **Reuse Network**

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

**<https://reuse-network.org.uk/>**

### **Second Hand Furniture Websites**

Facebook Market Place and Groups  
Gumtree  
FreeCycle  
Pre-Loved  
Freeads  
VivaStreet  
Freegal

# Cost of Living Support in Thanet



## Council Support

**Kent Support and Assistance Service (KSAS)** may be able to help you if you have experienced an unforeseen, short-term crisis or if you are facing exceptional pressures because of an emergency.  
<https://www.kent.gov.uk>

## **Kent Money Advice Hub**

0800 808 5622

<https://kentmoneyadvicehub.com/>

**lines are open seven days a week 8 am to 8pm**

## Libraries

### **Thanet Gateway Plus**

Cecil Street, Margate, Kent, CT9 1RE

03000 41 31 31

[margatelibrary@kent.gov.uk](mailto:margatelibrary@kent.gov.uk)

### **Cliftonville Library**

Queen Elizabeth Avenue, Margate, Kent, CT9

3JX

03000 41 31 31

[cliftonvillelibrary@kent.gov.uk](mailto:cliftonvillelibrary@kent.gov.uk)

### **Westgate Library**

Minster Road, Westgate-on-sea, Kent, CT8 8BP

03000 41 31 31

[westgatelibrary@kent.gov.uk](mailto:westgatelibrary@kent.gov.uk)

### **Newington Library**

Royal Harbour Academy, Stirling Way,

Ramsgate, Kent, CT12 6FA

03000 41 31 31

[newingtonlibrary@kent.gov.uk](mailto:newingtonlibrary@kent.gov.uk)

### **Broadstairs Library**

Kent County Council, Broadstairs Library, The

Broadway, Broadstairs, CT10 2BS

03000 41 31 31

[broadstairslibrary@kent.gov.uk](mailto:broadstairslibrary@kent.gov.uk)

### **Birchington Library**

Alpha Road, Birchington, Kent, CT7 9EG

03000 41 31 31

[birchingtonlibrary@kent.gov.uk](mailto:birchingtonlibrary@kent.gov.uk)

### **Ramsgate Library**

Guildford Lawn, Ramsgate, Kent, CT11 9AY

03000 41 31 31

[ramsgatelibrary@kent.gov.uk](mailto:ramsgatelibrary@kent.gov.uk)

### **Minster-In-Thanet Library**

Minster Library & Community Centre, 4a Monkton

Road, Minster, Ramsgate, Kent, CT12 4EA

03000 41 31 3

[minsterthanetlibrary@kent.gov.uk](mailto:minsterthanetlibrary@kent.gov.uk)

## Debt Support Services

### **Kent Money Advice Hub**

0800 808 5622

<https://kentmoneyadvicehub.com/>

**lines are open seven days a week 8 am to 8pm**

### **Cliftonville Community Centre - St Paul's Community Project**

Cliftonville Hall, St Pauls Road, Margate, CT9 2DB

**01843 221913**

# Cost of Living Support in Thanet



## Local Support

### **HOPE (Helping Others Powers Encouragement)**

Thanet Indoor Bowls Club, Fifth Avenue,  
Cliftonville, CT9 3AB  
**07308 139281 or 01843 808013**

### **Age UK - Wellbeing Information & Advice Service**

Randolph House, Zion Place, Margate  
CT9 1RP  
**01843 223881**

### **CAP Debt Centre (Christians Against Poverty)**

60 Whitehall Road, Ramsgate  
CT12 6DF  
**0800 328 0006**

### **MiCommunity**

6 Duke Street, Old Town, Margate, CT9 1EP  
**07948 43900**

### **Citizens Advice Thanet**

2nd Floor, Mill Lane House, Mill Lane, Margate  
CT9 1LB  
**enquiries@thanetcitizensadvice.org.uk**  
**0808 278 7998**

### **Community Wardens**

Kent County Council's Positive Wellbeing service provides free, confidential, one-to-one Positive Wellbeing support.  
0300 042 2065  
**community.connectors@kent.gov.uk**

## **Thanet Health CIC**

Kent Innovation Centre, Millennium Way, Broadstairs  
CT10 2QQ  
**01843 609303**

## National Debt Support Services

### Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.  
0808 802 2000  
**<https://www.turn2us.org.uk/>**

### National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.  
0808 808 4000  
**<https://www.nationaldebtline.org>**

### Step Change

Online debt advice service  
**<https://www.stepchange.org/>**  
**Available 24 hours a day, 365 days a year**  
Phone Line:0800 138 1111  
**Monday to Friday 8am to 8pm and Saturday 9am to 2pm**

# Welcoming Spaces in Thanet



## Welcoming Spaces

### **Aylesham Library**

Aylesham Community Centre Ackholt Road,  
Aylesham, CT3 3AJ  
**01304 812440**

### **Thanet Safe Haven**

Holy Trinity Church, Saint Mary's Avenue  
Margate, England, CT9 3TN  
**07850 655 87**

### **St Peter's Recreation Ground**

Callis Court Road/Grange Road Broadstairs CT10,  
**01843 593142 or 07967 086232**

### **Queens Road Baptist Church**

2 Queens Road Broadstairs, England, CT10 1NU,  
**01843 602762**

## Libraries

### **Thanet Gateway Plus**

Cecil Street, Margate, Kent, CT9 1RE  
**03000 41 31 31 margatelibrary@kent.gov.uk**

### **Cliftonville Library**

Queen Elizabeth Avenue, Margate, CT9 3JX  
**03000 41 31 31 cliftonvillelibrary@kent.gov.uk**

### **Westgate Library**

Minster Road, Westgate-on-sea, Kent, CT8 8BP  
**03000 41 31 31**  
**westgatelibrary@kent.gov.uk**

### **Newington Library**

Royal Harbour Academy, Stirling Way, Ramsgate,  
Kent, CT12 6FA  
**03000 41 31 31**  
**newingtonlibrary@kent.gov.uk**

### **Broadstairs Library**

Kent County Council, Broadstairs Library, The  
Broadway, Broadstairs, CT10 2BS  
03000 41 31 31  
**broadstairslibrary@kent.gov.uk**

### **Birchington Library**

Alpha Road, Birchington, Kent, CT7 9EG  
03000 41 31 31  
**birchingtonlibrary@kent.gov.uk**

### **Ramsgate Library**

Guildford Lawn, Ramsgate, Kent, CT11 9AY  
03000 41 31 31  
**ramsgatelibrary@kent.gov.uk**

### **Minster-In-Thanet Library**

Minster Library & Community Centre, 4a  
Monkton Road, Minster, Ramsgate, Kent, CT12  
4EA  
03000 41 31 3  
**minsterthanetlibrary@kent.gov.uk**

## Debt Support Services

### **Kent Money Advice Hub**

0800 808 5622  
<https://kentmoneyadvicehub.com/>  
**lines are open seven days a week 8 am to 8pm**

### **Cliftonville Community Centre - St Paul's Community Project**

Cliftonville Hall, St Pauls Road, Margate, CT9  
2DB  
**01843 221913**

# Digital Inclusion Support in Thanet



## National Organisations

### Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

**Your work coach will be able to help support you to access further information**

### Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

**Visit [www.ofcom.org.uk](http://www.ofcom.org.uk) and search social tariffs to find out more.**

### The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work.

To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

**[www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills](http://www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills)**

### Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

**<https://www.getonlineathome.org>**

### Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

**[www.familyfund.org.uk](http://www.familyfund.org.uk)**

### The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

**[www.charityexcellence.co.uk](http://www.charityexcellence.co.uk)**

### The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

**[www.goodthingsfoundation.org](http://www.goodthingsfoundation.org)**

### National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

**<https://www.onlinecentresnetwork.org>**



# Riverside

## Digital Inclusion Support in Thanet



### Learning

#### **Learn My Way**

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

[www.learnmyway.com](http://www.learnmyway.com)

#### **Barclays Digital Wings**

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

#### **FutureLearn**

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

[www.futurelearn.com](http://www.futurelearn.com)

### Libraries

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources.

#### **Thanet Gateway Plus**

Cecil Street, Margate, Kent, CT9 1RE

**03000 41 31 31**

[margatelibrary@kent.gov.uk](mailto:margatelibrary@kent.gov.uk)

#### **Cliftonville Library**

Queen Elizabeth Avenue, Margate, Kent, CT9 3JX

**03000 41 31 31**

[cliftonvillelibrary@kent.gov.uk](mailto:cliftonvillelibrary@kent.gov.uk)

#### **Westgate Library**

Minster Road, Westgate-on-sea, Kent, CT8 8BP

**03000 41 31 31**

[westgatelibrary@kent.gov.uk](mailto:westgatelibrary@kent.gov.uk)

#### **Newington Library**

Royal Harbour Academy, Stirling Way, Ramsgate, Kent, CT12 6FA

**03000 41 31 31**

[newingtonlibrary@kent.gov.uk](mailto:newingtonlibrary@kent.gov.uk)

#### **Thanet Gateway Plus**

Cecil Street, Margate, Kent, CT9 1RE

**03000 41 31 31**

[margatelibrary@kent.gov.uk](mailto:margatelibrary@kent.gov.uk)

#### **Cliftonville Library**

Queen Elizabeth Avenue, Margate, Kent, CT9 3JX

**03000 41 31 31**

[cliftonvillelibrary@kent.gov.uk](mailto:cliftonvillelibrary@kent.gov.uk)

#### **Westgate Library**

Minster Road, Westgate-on-sea, Kent, CT8 8BP

**03000 41 31 31**

[westgatelibrary@kent.gov.uk](mailto:westgatelibrary@kent.gov.uk)

#### **Newington Library**

Royal Harbour Academy, Stirling Way, Ramsgate, Kent, CT12 6FA

**03000 41 31 31**

[newingtonlibrary@kent.gov.uk](mailto:newingtonlibrary@kent.gov.uk)

# Riverside Youth Provision in Thanet



## Children's Centres

### **Home Start Thanet**

The Kent Innovation Centre, Millennium Way  
Broadstairs, CT10 2QQ  
[admin@homestartthanet.org.uk](mailto:admin@homestartthanet.org.uk)

### **Millmead Children's Centre**

Dane Valley Road, Margate, Kent, CT9 3RU  
**01843 280555**

### **Newlands Children's Centre**

Dumpton Lane, Ramsgate, Kent, CT11 7AJ  
**03000 411042**

### **Callis Grange Children's Centre**

Beacon Road, Broadstairs, Kent, CT10 3DG  
**03000 420996**

### **Newington Children's Centre**

Princess Margaret Avenue, Ramsgate CT12 6HX  
**03000 411043**

### **Priory Children's Centre**

Cannon Road, Ramsgate, Kent, CT11 9SQ  
03000 411041

### **Six Bells Children's Centre**

The Six Bells, 201, High Street, Margate CT9  
1WH  
**03000 411666**

### **Cliftonville Children's Centre**

26 St. Pauls Road, Cliftonville, Margate CT9 2DB  
**03000 421129**

### **Thanet Youth Hub - Snr Cool Crew - Neurodivergent Group**

Quarterdeck Youth Hub 15 Zion Place Margate  
Kent CT9 1RP  
**03000 414363 [QuarterdeckYC01@kent.gov.uk](mailto:QuarterdeckYC01@kent.gov.uk)**

## Youth Support Services

### **Pie Factory Music**

Ramsgate Youth Centre  
High St, St Lawrence, Ramsgate, CT11 0QG  
**01843 596777 or 01843 596998**  
Music, Youth Club, Open Arms Session for Refugees,  
Counselling, Youth Volunteer Group, Bike Project  
and Girls Programme  
**[info@piefactorymusic.com](mailto:info@piefactorymusic.com)**

### **Thanet Youth Hub (Quarter Deck)**

Quarterdeck offers lots of opportunities. These  
include youth clubs for different age ranges and  
groups specifically for young carers or those with  
disabilities and additional needs. Weekly activities  
delivered for more information contact;  
**03000 414363 [QuarterdeckYC01@kent.gov.uk](mailto:QuarterdeckYC01@kent.gov.uk)**

### **Sport 4 NRG**

To find out more about Sport 4 NRG programs and  
activities people contact  
**[active@thanet.gov.uk](mailto:active@thanet.gov.uk)**

### **Thanet Youth Hub - Girls Group**

Quarterdeck Youth Hub 15 Zion Place Margate Kent  
CT9 1RP  
**03000 414363 [QuarterdeckYC01@kent.gov.uk](mailto:QuarterdeckYC01@kent.gov.uk)**

### **The Pavilion Youth & Community Cafe**

St Peter's Recreation Ground, Callis Court  
Road/Grange Road, Broadstairs CT10 1AE  
**07963226275 [toria1107@aol.com](mailto:toria1107@aol.com)**

**Young Minds** - <https://www.youngminds.org.uk>

**The Mix** - <https://www.themix.org.uk/get-support>

**Be You Project** - <https://thebeyouproject.co.uk/>

# Older People Support in Thanet



## Older People Support

### Age UK

Thanet, Randolph House Zion Place, Margate,  
Kent CT9 1RP  
**01843 223881** or [info@ageukthanet.org.uk](mailto:info@ageukthanet.org.uk)

### Thanet Community Mental Health Service for

Older People, The Elmstone Unit, 164 Ramsgate  
Road, Margate CT9 4BF  
**01843 267071**

### Age Space Befriending Service

**01843 609335** [thanetgns@kcv.org.uk](mailto:thanetgns@kcv.org.uk)

### Silver Line

The Silver Line Helpline run by Age UK is a free,  
confidential telephone service for older people.  
We provide friendship, conversation and support  
24 hours a day, 7 days a week.  
**0800 4 70 80 90**

### Citizens Rights for Older People

Offer information, advice and guidance on a  
range of issues from benefit assessment &  
completing forms to housing  
**01622 851200** [lenham@cropkent.org.uk](mailto:lenham@cropkent.org.uk)

### The Broadstairs Town Shed

Unit 3 Oakwood Industrial Estate, Dane Valley  
Road, Broadstairs, Kent, CT10 3JL  
A place for older people, (50+) to get together,  
and participate in activities  
**07597 349290** or **01843 867580**  
[info@broadstairstownshed.org.uk](mailto:info@broadstairstownshed.org.uk)

### Cogs Club

Cogs Clubs are for people with mild and  
moderate dementia. Specialist Nurse Practitioner  
Jackie  
**077 435 934 13** [jackie.tuppen@hotmail.co.uk](mailto:jackie.tuppen@hotmail.co.uk)

### Age UK and Your Leisure

Deliver a number of weekly activities across  
Thanet, to find out more contact  
**Age UK Thanet - 01843 223881**  
**Your Leisure - 0333 366 0834**

### Your Time Social Group

Social afternoon every Friday for older people.  
The Hussar Hotel, 219 Canterbury Road  
CT9 5JP  
**07816 406379** [heather.keen@kcv.org.uk](mailto:heather.keen@kcv.org.uk)

### Your Time Social Group Westbrook

Social morning every Thursday for older people.  
All Saints' Church Hall, All Saints' Avenue  
Margate CT9 5QL  
**07816 406379** [heather.keen@kcv.org.uk](mailto:heather.keen@kcv.org.uk)

### Your Time Social Group - Ramsgate

Social afternoon every Wednesday for older  
people.  
Centenary Hall, Hardres Street, Ramsgate, CT11  
8QP  
**Tel: 07816 406379** [heather.keen@kcv.org.uk](mailto:heather.keen@kcv.org.uk)

### The GAP Project - Social Activities for Older People

A group for older people which includes social  
interaction, guest speakers, craft activities,  
singing, and an affordable three course meal.  
Queens Road, Broadstairs, CT10 1NU  
**01843 602762** [joinus@thegapproject.co.uk](mailto:joinus@thegapproject.co.uk)  
[member@gapcharity.fsnet.co.uk](mailto:member@gapcharity.fsnet.co.uk)

# Mental Health and Wellbeing Support in Thanet



## National Support

### **Anxiety and Depression Support**

#### **Calm**

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year  
**0800 58 58 58**

#### **Samaritans**

Contact us if you're having a difficult time or if you're worried about someone else.  
**jo@samaritans.org or call 116 123**

#### **Shout free 24-hour text help**

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

**It's a place to go if you're struggling to cope and you need immediate help.**

#### **Depression UK**

<https://www.depressionuk.org/>

## Addiction

### **Gambling Support**

GamCare - 0808 8020 133

### **Alcoholic's Anonymous**

National Helpline 0800 9177 650  
[help@aamail.org](mailto:help@aamail.org)

## Local Services

### **RENEW 13 Wellbeing Space**

**A space where it is OK not to be OK.**

St Peter's Baptist Church, Vicarage Street  
Broadstairs, CT10 2SG  
**renew13.stpeters@gmail.com**  
**07874 231047**

### **The Broadstairs Town Shed**

Unit 3 Oakwood Industrial Estate, Dane Valley Road, Broadstairs, Kent, CT10 3JL

A place for older people, (50+) to get together, and participate in activities

**07597 349290 or 01843 867580**

**info@broadstairstownshed.org.uk**

### **Porchlight Thanet - Health Inclusion Service**

If you are feeling overwhelmed, isolated or excluded from the community Porchlight can help

**0800 567 7699**

### **Cogs Club**

Cogs Clubs are for people with mild and moderate dementia. Specialist Nurse Practitioner Jackie

**077 435 934 13 jackie.tuppen@hotmail.co.uk**

### **The Garden Gate Project**

Community garden focused on the well-being and bringing people together

Northdown Park Road Margate Kent CT9 3TP

**07714 742456 info@thegardengateproject.co.uk**

### **Mental Health Matters**

07850 655877 or 07483 918233

**Thanet.mhm@nhs.net**

### **Head In The Game**

Head In The Game gives men in the local community the chance to come together and enjoy the beautiful game.

**07507268045 info@headinthegame.co.uk**

### **Richmond Fellowship (Thanet Community Service) Mental Health**

17 St Johns Road, Margate, Kent, CT9 1LU  
01843 280022

**Terry.balby@richmondfellowship.org.uk**

# Domestic Abuse Services in Thanet



## National Support - Domestic Abuse

### **Government Support -**

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

### **Support from a Job Centre**

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

### **Citizen's Advice**

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

### **Ask for ANI**

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

### **Safe Spaces**

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

**Refuge** The freephone, 24-hour National Domestic Abuse Helpline **0808 2000 247**

**Bright Sky** If you are concerned about domestic abuse, we know it can be hard to find support.

<https://uk.bright-sky.org/>

### **Women's Aid**

Finding the right support for you

<https://www.womensaid.org.uk/womens-aid-directory/>

### **Victim Support**

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police: free, independent and confidential 24/7

**Support line 08 08 16 89 111**

### **Galop's National LGBT+ Domestic Abuse Helpline**

**08009995428 help@galop.org.uk**

### **Hourglass**

Support and information for older people and those concerned about an older person facing abuse or exploitation.

**08088088141**

### **IKWRO Women's Rights Organisation**

Support for Middle Eastern, North African and Afghan survivors.

**0208906460**

**07846275246 Kurdish/Arabic and English Speakers**

**07846310157 Farsi/Dari and English Speakers**

**Jewish Women's Aid - 0808 801 0500**

### **Muslim Women's Network**

0800 999 5786 or 0303 999 5786

[info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)

### **SignHealth**

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366

[da@signhealth.org.uk](mailto:da@signhealth.org.uk)

### **Stay Safe East**

Support for disabled survivors of domestic abuse  
020 8519 7241 or text 07587 134 122

[enquiries@staysafe-east.org.uk](mailto:enquiries@staysafe-east.org.uk)

# Domestic Abuse Services in Thanet



## National Support - Domestic Abuse

**The Police** on 101 or in an emergency call 999

**The National Domestic Abuse Helpline** – 0808 2000 247

**Choices** – 0800 917 9948

### **The Mankind**

male victims of domestic violence  
**01823 334244** or <https://mankind.org.uk/>

### **Broken Rainbow**

Lesbian, Gay Bisexual and Transgender people suffering domestic violence  
**0300 999 5428**

**Refuge Helpline** - 0808 808 9999

### **Rise**

Freedom from Abuse and Violence  
<https://www.riseuk.org.uk/>

### **Rubicon Cares**

Counselling for people affected by crime  
**Helpline 07505 709 876**

### **Phoenix Group**

A domestic violence and abuse support group  
PO Box 174, Margate, CT9 4GA  
admin@phoenixgroups.uk  
<https://www.phoenixgroups.uk/>

### **Oasis**

Oasis supports people who have been affected by domestic abuse.  
07718 657160 RAISE Team  
07856 856278  
[RAISEreferrals@oasisdaservice.org](mailto:RAISEreferrals@oasisdaservice.org)

## Family Support

**NSPCC Helpline** - 0808 800 5000

**Childline** - 0800 1111

### **Family Action**

Provides grants to families in crisis, including those who have recently experienced domestic abuse.  
<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

### **Dogs Trust Freedom Project**

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.  
[www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project](http://www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project)

### **Cats Protection Paws Protect**

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.  
[www.cats.org.uk/what-we-do/paws-protect](http://www.cats.org.uk/what-we-do/paws-protect)

## Charities and Grants - Supporting people fleeing domestic abuse

### **Heinz, Anna and Carol Kroch Foundation**

Search by visiting  
<https://grants-search.turn2us.org.uk/>

**Smallwood Trust** - [www.smallwoodtrust.org.uk](http://www.smallwoodtrust.org.uk)

**Skinnners Benevolent Trust** - [www.skinnners.org.uk/sbt](http://www.skinnners.org.uk/sbt)

# Additional Support in Thanet



## LGBTQ +

### **The Be You Project**

BeYou meet-ups offer a safe and non-judgemental setting. You can meet new people who share some of the same experiences as you and talk to our team for advice.

<https://thebeyouproject.co.uk/get-help/>

### **SpeakUp CIC**

The groups meet in a safe and supportive environment for a friendly discussion to gain support from other members of the community, make new friends and share experiences.

**01843 448384** [admin@speakupcic.co.uk](mailto:admin@speakupcic.co.uk)

<http://www.speakupcic.co.uk/live-well-kent.php>

### **Mosaic Trust**

Helping to support LGBTQ+ young people  
0300 800 5428 or text 07550 124 393

[info@mosaictrust.org.uk](mailto:info@mosaictrust.org.uk)

### **Switchboard**

Switchboard is a charity that listens to, supports and connects lesbian, gay, bisexual, trans and queer communities.

<https://www.switchboard.org.uk/>

### **Not a Phase**

supporting and uplifting the lives of trans+ adults, through community and joy.

<https://notaphase.org/>

### **Just Like Us**

Supporting LGBTQ+ Young People

<https://www.justlikeus.org/>

## Disability Groups

### **KAB - Reflections Club**

A group for visually impaired adults with a variety of activities.

Copperfield's Activity Room, Melbourne Avenue  
Ramsgate, Kent, CT12 6FG

**Tel: 01227 763366** [rehab.canterbury@kab.org.uk](mailto:rehab.canterbury@kab.org.uk)

### **East Kent Mencap**

A charity that supports adults and children with a learning disability to become more independent.

Foresters Hall, Meeting Street, Ramsgate, Kent  
CT11 9RT

**Tel: 01843 808964**

### **Thanet Tinnitus Support Group**

Support group for people with tinnitus.

Tesco Extra ,Community Room, Westwood Cross  
475 Margate Road, Broadstairs, CT10 2QJ

**Tel: 07707 712443** [thanettinnitus@outlook.com](mailto:thanettinnitus@outlook.com)

### **Thanet Health CIC**

Kent Innovation Centre, Millennium Way,  
Broadstairs, Kent, CT10 2QQ

**01843 609303**

## Refugee and Migrant Support

### **KRAN - Kent Refugee Action Network**

Works with separated young refugees and asylum seekers, young people aged 16 to 24 who have arrived in Kent alone and are claiming asylum.

**Across Kent 01227 634320**

### **Migrant Help UK**

Protects people affected by displacement and exploitation, helping them thrive as individuals and recover from their trauma.

**0808 801 0503 Free asylum helpline**