
Is a resource for people with mental health problems.

The services are based on the Social Inclusion model and offer individualised support to access day opportunities as well as a safe and social place for people to meet.



We offer support to access community resources and this can range from one-to-one support, to joining group ventures. We also offer some activities within the centres and times to 'drop-in'.

On accessing both our Tonbridge and Sevenoaks Centres you will be offered a personalised service to identify your individual aspirations and interests and how best we can support you to achieve those.

Mondays

Sevenoaks:

Open access drop-in 1pm-6pm. Bring your own meal to cook..

Tonbridge:

Peer supported Social Drop-in Club 1pm-4pm.

Tuesdays

Sevenoaks Community Centre:

Tennis at 10.30am.

Hollybush Indoor Bowling Centre:

Lunch 1pm at (reasonable costs). After lunch stay for a game of **Indoor Bowls** at a cost of £2.

Tonbridge:

Mums' Support Group 1.15pm—2.45pm.



Wednesdays

Sevenoaks:

the arts **Cookery Group** 10.30am-12.30pm at a cost of £1.50.
Art Group 2pm-4pm.

Tonbridge:

Open access drop-in 10am-4pm. Healthy **lunch** provided at a cost of £2.50.

Thursdays

Sevenoaks:

Mums' Support Group 10am-11.30am. **Walking Group** meet at 11.00am—4pm. Bring your own packed lunch and suitable clothing.

Tonbridge:

Open Drop-in 10am-4pm, light **Lunch** provided at a cost of £2.50.

Fridays

Sevenoaks:

Visualisation 12.30pm –1pm and **Healthy Lifestyles Workshops** 2pm-4pm. Soup and bread available for **Lunch** at a cost of 50p.

Tonbridge:

Womens' Group 10.30am-12pm, **Mens' Group** 2pm-4pm.

Drinks are available at each centre at a small cost. We ask for a fuel contribution for non local trips of £1.00 per person.

11 June & 9 July: Tonbridge drop-in closed due to outing (see staff for details),

26 June & 31 July: Last Friday of each month—Young People's Social Group at Sevenoaks 4.30pm-6.00pm.



4 June & 30 July: Quiz evening at Sevenoaks 4.30pm-6.30pm at a cost of £2.50 with a light supper.

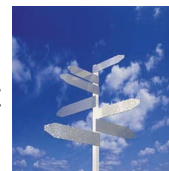
12 June & 10 July: Ten pin bowling—leave Sevenoaks at 1.15pm, leave Tonbridge at 1.45pm at a cost of £3.00.

10, 24 June & 22 July: Art Group meet at Sevenoaks at 1.30pm to visit Knole House at a cost of 50p per person.

24 June: Tonbridge drop-in Library Group 2pm facilitated by Tonbridge library..

2 July: AGM at Town Council Chamber, Bradbourne Vale Road, Sevenoaks 7.30pm.

23 & 30 June 21 & 28 July: Edenbridge signposting and advice session 10am-11.30am at Edenbridge Community Hospital



16 & 17 June 8 July and morning of 15 July ALL CENTRES ARE CLOSED DUE TO STAFF TRAINING

Referral Procedure

Sevenoaks Area Mind Day Services runs a referral process for accessing its activities. We request that a referral is made before activities are accessed but do run open access activities where a referral can be completed on the day.

Referrals to Day Services may be made through workers within the mental health services and other professionals in the Sevenoaks & Tonbridge district, such as GPs, voluntary organisations, as well as by friends, family and of course self-referrals. Referrals made by agencies should be directed to the day services staff team using our referral form. Self-referrers should telephone and make an appointment to meet with a member of staff.

For a copy of our referral form or for more information , please contact:

Day Services Team on Tel: 01732 743902

Email: tracey.smith-dance@sevenoaksareamind.org.uk

Or Visit: www.sevenoaksareamind.org.uk

**Day Services Sevenoaks
34 St John's Road
Sevenoaks
Kent TN13 3LW**

**Day Services Tonbridge
3 St Mary's Road
Tonbridge
Kent TN9 2LD**