

Referral Procedure

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

Referral to Day Services may be made through workers within the mental health services and other professionals in the Sevenoaks and Tonbridge district, such as GP's, 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 referrals should telephone and make an appointment to meet with a member of staff.

“For many people, the concept of recovery is about staying in control of their life despite experiencing a mental health problem”

“The key idea is one of hope, that it is possible for a meaningful life to be restored.”

Mental Health Foundation



Sevenoaks Area Mind

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Day Services

For Sevenoaks
and Tonbridge

Sevenoaks and Tonbridge Day Services

Are a resource for people with mental health problems.

The service offers 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 centre and times to 'drop in'.

On accessing both our Sevenoaks and Tonbridge 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.

The Key Functions of Day Services within a Social Inclusion context as specified by The Department of Health are to:

- Provide opportunities for social contact and support
- Support people to retain valued social roles, relationships and existing social/leisure activities that the value
- Support people to access new roles/relationships and mainstream social/leisure opportunities
- Provide opportunities for people with mental health problems to run their own services

Modern Day Services needs to provide an individualised and flexible service to meet the aspirations of people with mental health problems. With the key aim of promoting and facilitating social inclusion.

For further details please see our website

www.sevenoaksareamind.org.uk

Or contact the day services team on
01732 743902



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For better
mental health