

## **SELF HELP GROUPS**

### **Merryl Cheshier @ Maidstone Mind**

Anxiety / Depression Self Help Groups @ Maidstone Mind  
Anxiety / Depression Self Help Groups @ Kingswood Community Centre  
OCD Self Help Group @ Mind (not stated where)

### **Sylvie Gillbert @ Lifeways Team**

Social Isolation Time Out Group @ 92 Northview, Swanley

### **Gillian Douglass @ Carersfirst     [gillian.douglass@carersfirst.org.uk](mailto:gillian.douglass@carersfirst.org.uk)**

Adults (carers of)  
Eating disorders (carers of people with)  
Functional mental health needs (carers of)  
Older people, including those with dementia and Alzheimer's (carers of)  
Learning difficulties (carers of)  
Children with ASD (carers of)

### **Tara Gibson @ Reachout**

Anxiety / Depression support @ Southborough

### **Dee Dhadwal @Sahayak & BME Carer Support Service**

Support groups for Carers, Men and Women support groups @ Rethink Sahayak in Gravesend

### **Sevenoaks Area Mind**

Womens Group – Tonbridge Drop-in  
Mums Support Group – Tonbridge Drop-in and Sevenoaks

### **Sue Scanlan @ Invicta Advocacy     [sue@invicta-advocacy-network.org.uk](mailto:sue@invicta-advocacy-network.org.uk)**

Service User Forums:

### **Invicta Advocacy Network**

Heart of the Matter Service User Forum  
Sahara Forum for BME communities for Dartford, Gravesham and Swanley areas.

### **Sarah Willis     [sarah.willis@wkha.org.uk](mailto:sarah.willis@wkha.org.uk)**

Community Support Officer  
West Kent Housing Association  
101 London Road  
Sevenoaks Kent TN13 1AX  
07715 993309

### **The Link**

This group runs every Friday Morning 10-12 at Seal Church Hall Seal.  
The Link is for people with mental health issues and is run by the Lifeways team, assistance available for form filling ect. General social activities

### **Susan McCulloch**

**Community Support Officer**  
**Lifeways**  
**West Kent Housing Association**  
**01732 749400 ext 452**  
**07715993308**

Solutionz is a group for people who need support with housing related needs or would like to meet others. It runs at the Youth and Community Centre, St Mary's Road, Swanley every Thursday Morning from 10 -12.

