



Living Directory

Spring 2024

Introduction

Connecting Canterbury is a Christian Charity run by volunteers supported by Christians Together in Canterbury and other Christians and churches in the local area under the auspices of Together Kent, within the Communities and Partnerships Framework, part of the Diocese of Canterbury.

We seek to provide support for people in need in Canterbury, offering small emergency payments for energy and grants for white goods and other large items.

We provide a listening ear for people needing to discuss their difficulties and we signpost people to organisations for other types of support, this includes debt help, housing and fair loans through Kent savers.

The aim of this living directory is to list the details of churches, charities, organisations, and individuals committed to supporting people in various types of need.

We want it to be a living directory, in that contact between ourselves and the groups listed is maintained on a regular basis.

We are also keen to encourage connections between people and the work they are doing to support others and hope that we might one day be able to celebrate the work being done in our city in a day of sharing.

For updates/corrections/additions please contact Helen on connectingcanterbury@diocant.org

Contents

Page 3-4 Community

Page 5-7 Advice

Page 8-9 Food (including days of food parcels)

Page 10-12 Churches

Page 13 Refugee and support for Displaced People

Page 14-15 Housing Support

Page 16 Grants



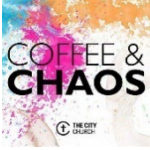





Page 17-18 Mental Health

Page 19 Addiction support

Page 20 Other organisations

Community

These organisations offer a place of community for all sorts of different people

	<p>Canterbury Umbrella Drop in for folk with mental health problems. St. Peter's Place 01227 767660 enquiries@canterburyumbrella.org Centre: Mon-Fri 8am-4pm Cafe: Mon-Fri 8am-3pm</p>
	<p>Cityspace A sanctuary in the city, for community, creativity and space. Tea, Coffee, Cake and Chat. 47 Northgate, CT1 1BE; Contact Lyndall Bywater; canterburyboilerroom@gmail.com Tuesday 5pm-7pm; Wednesday 11am-1pm and 3pm-5pm Thursday 3pm-5pm</p>
	<p>Coffee and Chaos (The City Church) Parent and toddler group, Wednesdays 10:00am-11:30am £1 per family The Scout Hut, 37a Heaton Road, Canterbury, CT1 3QA</p>
	<p>Hersden Community Centre HCC has been at the heart of the community for many years. Offering a friendly and professional environment to both local residents and businesses for local group activities, family events and meetings. Hersden Community Centre, The Avenue, Hersden, Canterbury, Kent CT3 4HL info@hnca.co.uk 01227 712040</p>
	<p>Lily's Bistro A community using a love of food, community and the environment to feed into their ambitions. There is a Bistro on Palace Street open Tuesday-Saturday 10-4 and a café as part of the hub at the Baptist Church Thursday and Friday 11-2. info@lillysbistrocatering.com Zoe Roda 01227 769555</p>
	<p>Northgate Ward Community Centre To promote education, healthy lifestyles, relieve poverty and provide cultural opportunities by initiating projects, services, leisure activities, advice and support in the interest of social welfare for the residents of Northgate Ward & Canterbury District. Northgate Centre, Military Road, Canterbury 01227 785293 admin.nwcc@btconnect.com</p>
	<p>Querns Community Centre Querns Community Centre is a welcoming and friendly centre available for the community; and used by support groups. For more information contact Jane on 01227 478958; Quernscommunity@btconnect.com or visit their page on Facebook</p>
	<p>Riverside Children's Centre Offering a range of groups and services from language and communication development to fun and play groups, as well as offering instructional courses and programmes for new parents and carers. Kingsmead Road, Canterbury, CT2 7PH 03000413999 Riversidecanterbury@kent.gov.uk Health visitors: 03007900156 Midwives: 01227 864152</p>



Route 23

One day a week pop up coffee shop based in Spring Lane Neighbourhood Centre. Open every Tuesday from 9am-3pm, Route 23 serves a range of hot drinks including fresh cappuccino and latte, a variety of teas and choice of breakfasts, lunches and snacks. Spring Lane Neighbourhood Centre, Sussex Avenue, CT1 1RT
route23.projectmanager@gmail.com



The Hub Café

The Hub Café is a collaboration between Canterbury Baptist Church and Lily's Social Kitchen CIC. Based in St. Georges Place (opposite Waitrose) we offer a pay as you feel café, with pay it forward scheme, community fridge and takeaway meals.

For more information please call 01227 456204 or email
hubdeveloper@canterburybaptistchurch.org.uk



The Annexe






The Salvation Army Annexe

Next door to the main Salvation Army building in Whitehorse Lane – a drop in centre open on Tuesday and Friday between 10-2 offering free tea, coffee, toast, cake and biscuits, a place to rest for a while, and have a friendly chat.

Alison and Gavin Friday; 01227 427481;
canterbury@salvationarmy.org.uk

Advice

These organisations offer specialist advice and signposting to other organisations.

	<p>Age UK Canterbury Aiming to provide life-enhancing services and vital support to people in later life. Delivering a range of services. The Centre, Castle Row 01227462368 info@ageukcanterbury.org.uk</p>
	<p>Canterbury City Council with a variety of services including benefits; support; housing; and council tax. Military Road, Canterbury, CT1 1YW 01227862000</p>
<p>Care Navigation</p>	<p>Care Navigation An information, advice and guidance service for over 18s or people with complex needs. Connect Well East Kent, Social Enterprise Kent CIC, 2nd floor Mill Lane House, Margate, Kent, CT9 1LB</p>
	<p>CHAC – Canterbury Housing Advice Centre A registered charity with the objective of relieving poverty and homelessness in the Canterbury District. 2nd Floor, 24 Burgate, Canterbury, Kent, CT1 2HA 01227 762605 or email adviceteam@chac.co.uk Drop-in centres: Herne Bay: Thursdays 10 am to 12 noon (185-187 High St, Herne Bay) Whitstable: Thursdays 1 pm to 3 pm (Whitstable Umbrella)</p>
	<p>Children's Social Services and Safeguarding Safeguarding and promoting the welfare of vulnerable children and offering a wide range of care services to children and their parents. Brook House, John Wilson Business Park, Reeves Way, Whitstable, CT5 3SS. 03000418433 07717852866</p>
	<p>Christians Against Poverty (CAP) Providing free debt help, run with local churches, to provide practical and emotional support.</p> <p>CAP debt help Advice for people in debt from the national CAP team. Contact info@capuk.org, phone 08003280006 With local support from Canterbury Debt Help based at St Mary Bredin church, contact tonywashington@capuk.org</p> <p>CAP Lifeskills Coaching from Emmanuel church on a wide range of CAP-supported topics including eating and cooking on a budget, smart shopping and spending, budgeting and wisdom in relationships.</p> <p>CAP Money Coaching from Emmanuel Church in budgeting using CAP materials including on-line toolkit. Contact paul@lusk.org.uk</p>



Citizens Advice Bureau Canterbury District

Providing free, confidential and impartial advice and campaigning on big issues affecting people’s lives. 01227 452762 3 Westgate Hall Road, CT1 2BT.

Admin@canterburycab.cabnet.org.uk



Herne Bay

Citizens Advice Bureau Herne Bay District

Providing free, confidential and impartial advice and campaigning on big issues affecting people’s lives.

185/187 High Street, Herne Bay, CT6 5AF 01227 740647

Admin@canterburycab.cabnet.org.uk



Connecting Canterbury

A Community Bank and Hub, offering access to Canterbury residents in need. Help with debt, housing, benefits, finances, budgeting, mental health or something else. 07999 900659

connectingcanterbury@diocant.org

Thursday – Baptist Hub 11-1 Friday – All Saints Church 10-12



CROP Kent

Provide information, Advice & Guidance, and advocacy to older people 55 and over. Support can be provided over the telephone/home visit from a trained volunteer advocate on any issue you are struggling with including benefits; attendance allowance; PIP and Blue Badge.

Telephone 01622 851200 Email: lenham@cropkent.org.uk

Web: www.cropkent.org.uk

Ethnic Minorities in Canterbury



Ethnic Minorities in Canterbury

Ethnic Minorities In Canterbury (EMIC), is a user led organisation working as a collective voice for minority ethnic communities in Canterbury. We promote health & wellbeing, cultural diversity, and Social cohesion. We act as a cultural bridge between the communities and mainstream service providers. We work to help BAME individuals to integrate and connect with local ethnic communities.

07123654784 emiccanterbury@gmail.com www.emic.org.uk



Hersden Community Centre

HCC has been at the heart of the community for many years. Offering a friendly and professional environment to both local residents and businesses for local group activities, family events and meetings.

Hersden Community Centre, The Avenue, Hersden, Canterbury, CT3 4HL

info@hnca.co.uk 01227 712040

Northgate Community Centre

To promote education, healthy lifestyles, relieve poverty and provide cultural opportunities by initiating projects, services, leisure activities, advice and support in the interest of social welfare for the residents of Northgate Ward & Canterbury District.

Northgate Centre, Military Road, Canterbury

01227 785293 admin.nwcc@btconnect.com



Red Zebra

Providing a social prescribing service in Canterbury, Faversham, Herne Bay, and Whitstable, helping to connect people to services and groups to improve wellbeing.

Email: socialprescribing@redzebra.org.uk Phone: 01227 272781

Website: <https://redzebra.org.uk/social-prescribing/>

Address: Unit B2; Clover House, 1 Thanet Way, Whitstable, Kent, CT5 3QZ



Rising Sun

Offering support and guidance for adults, children and families affected by domestic abuse. Office opening hours: 9-5 Monday - Friday 01227 452852 referrals@risingsunkent.com

One Stop every Thursday 09:30 – 12:30. At Riverside Children's Centre, Kingsmead, Canterbury CT2 7PH. No appointment necessary.



Riverside Children's Centre

Offering a range of groups and services from language and communication development to fun and play groups, as well as offering instructional courses and programmes for new parents and carers. Kingsmead Road, Canterbury, CT2 7PH 03000413999

Riversidecanterbury@kent.gov.uk

Health visitors 03007900156 Midwives 01227 864152



The Annexe

The Salvation Army Annexe

Next door to the main Salvation Army building in Whitehorse Lane – a drop-in centre open on Tuesday and Friday between 10-2 offering free tea, coffee, toast, cake and biscuits, a place to rest for a while, and have a friendly chat. Support offered through employment plus, access to laptops and guidance from team.

Alison and Gavin Friday; 01227 427481;

canterbury@salvationarmy.org.uk

Shelter

Shelter

Offering advice and support services offer one-to-one, personalised help with housing issues and homelessness.

Housing advice line 08088004444



Social Services

Offering services for the benefit of the community, such as education, medical care, and housing.

08458247100



Thanington Neighbourhood Resource Centre









A small resident-led charity, which provides services, facilities and activities for an acknowledged area of deprivation by providing rooms for meetings/training.

Thanington Road, Canterbury, CT1 3XE 01227 767720

info@thanington.org

Food

The following organisations provide places to eat and drink. There is also a list of places that provide food parcels on different days.

	<p>Age UK Canterbury Aiming to provide life-enhancing services and vital support to people in later life. Delivering a range of services. The Centre, Castle Row 01227 462368 info@ageukcanterbury.org.uk</p>
	<p>Canterbury Food Bank CIO Caring for local people in crisis. Covering Canterbury, Whitstable and Herne Bay. 01227 936450 (option 2) between 9am-2pm www.canterburyfoodbank.org</p>
	<p>Canterbury Umbrella Drop in for folk with mental health problems. St. Peter's Place 01227 767660 enquiries@canterburyumbrella.org Centre: Mon-Fri 8am-4pm Cafe: Mon-Fri 8am-3pm</p>
	<p>Catching Lives Support for homeless and vulnerably housed. Open 7 days a week- Drop-in 9-2pm. Activities 2-4pm. Evening drop-in (Jan- March 2024 only) 4-8pm. Please note- closed between 1:30-5:00pm on Wednesdays. Canterbury Open Centre, Station Road East, Canterbury info@catchinglives.org 01227 464904</p>
	<p>Chartham Village Pantry Food parcel service in Chartham Charthampantry@gmail.com Facebook: @thecitychurchinchartham</p>
	<p>Cityspace A sanctuary in the city, for community, creativity and space. Tea, Coffee, Cake and Chat. 47 Northgate, CT1 1BE; Contact Lyndall Bywater; canterburyboilerroom@gmail.com Tuesday 5pm-7pm; Wednesday 11am-1pm and 3pm-5pm; Thursday 3pm-5pm</p>
	<p>Lily's Bistro A community using a love of food, community and the environment to feed into their ambitions. There is a Bistro on Palace Street open Tuesday-Saturday 10am-4pm and a café as part of the hub at the Baptist Church Thursday and Friday 11am-2pm. info@lilysbistrocatering.com Zoe Roda 01227769555</p>
	<p>Querns Community Centre Querns Community Centre is a welcoming and friendly centre available for the community; and used by support groups. For more information contact Jane on 01227478958; Quernscommunity@btconnect.com or visit their page on Facebook</p>

**Route 23**

One day a week pop up coffee shop based in Spring Lane Neighbourhood Centre. Open every Tuesday from 9am-3pm, Route 23 serves a range of hot drinks including fresh cappuccino and latte, a variety of teas and choice of breakfasts, lunches and snacks. Spring Lane Neighbourhood Centre, Sussex Avenue, CT1 1RT
route23.projectmanager@gmail.com

**The Hub Café**

The Hub Café is a collaboration between Canterbury Baptist Church and Lily's Social Kitchen CIC. Based in St. Georges Place (opposite Waitrose) we offer a pay as you feel café, with pay it forward scheme, community fridge and takeaway meals. For more information please call 01227 456204 or email
hubdeveloper@canterburybaptistchurch.org.uk



The Annexe

The Salvation Army Annexe









Next door to the main Salvation Army building in Whitehorse Lane – a drop in centre open on Tuesday and Friday between 10am-2pm offering free tea, coffee, cake, toast and biscuits, a place to rest for a while, and have a friendly chat.
Alison and Gavin Friday; 01227 427481;
canterbury@salvationarmy.org.uk



Provision of food parcels in Canterbury






Tuesday	Querns Community Centre – 10:00-11:00
Wednesday	Umbrella Centre – 10:00-3:30 Prince of Wales youth club – 10:30-12:30
Thursday	The Hub (Baptist Church Hall) – 11:00-1:00
Friday	All Saints Church – 10:00-12:00

Churches

These are all Churches offering places for Christian worship as well as other support.





	<p>All Saints Church Sunday Services: 9:00am and 11:00am Military Road; Canterbury, CT1 1PA Revd. Patrick Ellisdon revellisdon@gmail.com 01227904800 www.allsaintscanterbury.co.uk</p>
	<p>Barton Church Sunday Service: 10:30am at Canterbury College 32 Barton Road, Canterbury, CT1 1YQ 01227 470086 Pastor: Oz Power office@bartonchurch.org.uk</p>
	<p>Canterbury Baptist Church Sundays 10:30am St. Georges Place, Canterbury, CT1 1UT office@canterburybaptistchurch.org.uk 01227 456204</p>
	<p>Canterbury Cathedral Services everyday – see website Sunday Choral Eucharist: 11:00 The Precincts, Canterbury, CT1 2EH enquiries@canterbury-cathedral.org www.canterbury-cathedral.org/worship/our-services</p>
	<p>Canterbury Christian Chinese Centre Sunday services 1:30pm St. Andrew’s Church, Watling Street, CT1 2UA Wu Yunhai/Zhong Chijun cccuk.org 07873 498 965</p>
	<p>Canterbury Quaker Meeting Sundays: 10:45 Thursdays: 1:00pm Friends Meeting House, 6 The Friars, CT1 2AS Canterburyclerk@kentquakers.org.uk</p>
	<p>Canterbury Vineyard Church Sundays: 10:30 am The Archbishop’s School, St. Stephen’s Hill, CT2 7AP Jim and Korenne Denison Canterbury Vineyard Church, PO BOX 1072, Canterbury, Kent, CT1 9JL admin@canterburyvineyard.com</p>
	<p>Emmanuel Church Sundays: 10:30am and 6:00pm St. Stephen’s Junior School, Hales Drive, CT2 7AD Richard Hagan richard@emmanuelcanterbury.org.uk emmanuelchurchcanterbury@gmail.com (general email)</p>

	<p>Favour House Church Sundays online 10:30am www.favourhousechurch.com King James; Chizzy James; Dr. Kene Igweonu 114 Blean Common, Blean, Canterbury, Kent, CT2 9JJ office@favourhousechurch.com 0745 0258 282</p>
	<p>French Protestant Church of Canterbury Worship in French every Sunday at 3pm The chapel of the Black Prince Pastor Anne Oakley</p>
	<p>New Life Church Sundays: 11am Woolf lecture theatre, Giles lane, University of Kent. Aaron and Akua Berko office@newlifecanterbury.org 01227634300</p>
<p>St. Andrew's United Reformed Church</p>	<p>St. Andrew's United Reformed Church Sundays: 10:30am Watling Street, Canterbury, CT1 2UA Revd. Bernard Fidler 01227 464643 office@standrewscanterbury.org</p>
<p>St. Cosmus and St. Damian Blean</p>	<p>St. Cosmus and St. Damian; Blean Sundays: 8am and 10am Tyler Hill Road, Blean, CT2 9HT Revd. Dr. Stephen Laird bleanchurch@btinternet.com; 01227 763373; www.bleanchurch.net</p>
	<p>St. Dunstan's; St. Mildred's; St Peter's Sundays:</p> <ul style="list-style-type: none"> • 1st & 3rd Sundays - 10:00 at St Dunstan's • 2nd & 4th Sundays 9:30 at St Peter's & 11:00 at St Mildred's • Every Sunday 8:00 Said Eucharist at St Dunstan's • Every Wednesday 10:00 Said Eucharist at St Mildred's • 5th Sundays "United Benefice Eucharist" <p>Benefice Administrator: 07591 513812 Rector: Revd. Jo Richards</p>
	<p>St. Martin and St. Paul Sundays Communion 9.00am - at St Martins Parish Eucharist 10.30am - at St Paul's Revd. Mark Griffin Parish office: St Paul's Church, Church Street (St Paul's) Canterbury, CT1 1NH. 01227 768072 office@martinpaul.org</p>
	<p>St. Mary Bredin (SMB) Sundays: 10:30am and 6:30pm Nunnery Fields, Canterbury, CT1 3JN Revd. Barney de Berry 01227 453777; office@smb.org.uk</p>
<p>St. Michael and All Angels, Harbledown</p>	<p>St. Michael and All Angels, Harbledown Sundays 10am. St. Michael and All angels, Church Hill, Harbledown, CT2 8NW Fr. Peter Harnden, 01227 479377</p>

<p>St. Peter's Methodist Church</p>	<p>St. Peter's Methodist Church Sundays: 10:30am St. Peter's Methodist Church, St Peter's Street, Canterbury, Kent, CT1 2BE Revd. Tim Nicholls Office 01227 459449 office@canterburymethodistchurch.co.uk</p>
<p>St. Stephen's Church</p>	<p>St. Stephen's Sundays: 8am 10:30am; 4pm Hales Drive; Canterbury; CT2 7AB Revd. Kevin Maddy; 01227 477171 ststephenscanterbury.net</p>
	<p>St. Thomas of Canterbury, Roman Catholic Church Sundays: 8am, 9.30am, 11am, 6pm 59 Burgate, Canterbury, CT1 2HJ 01227 462896 canterbury@rcaos.org.uk Reverend Canon Anthony Charlton</p>
	<p>Thanington Parish Church www.thaningtonparishchurch.org.uk Sundays at 10am St. Nicholas Church, Thanington Road, Canterbury, CT1 3XE Currently have a 4pm gathering for families on 1st and 3rd Sundays. Revd. Nick White, 07562 560695 revnickwhite@gmail.com</p>
	<p>The City Church Sundays: 10:15am Canterbury Academy, Knights Avenue, CT2 8QA Martin Segal Church office: 34A Simmonds Road, Wincheap Industrial Estate, Canterbury, CT1 3RA info@thecitychurch.org.uk 01227 455440</p>
	<p>The Salvation Army Sundays: 10am Whitehorse Lane, Canterbury, CT1 2RU Alison and Gavin Friday canterbury@salvationarmy.org.uk 01227 472781</p>
	<p>Trinity Baptist Church, Canterbury Sundays Jubilee Hall; Cow Lane, Wincheap, CT1 3RT Pastor Godfred Afrifa office@tbccanterbury.org.uk 07983528309</p>








Refugee and support for displaced people






These organisations provide practical and emotional support to those living in Canterbury who are refugees.

	<p>Canterbury4Ukraine Local organisation supporting Ukrainians displaced by the war in their country and assisting with Family Placements in and around Kent. Canterbury.for.ukraine@gmail.com</p>
	<p>Citizens Advice Bureau Canterbury District Providing free, confidential and impartial advice and campaigning on big issues affecting people's lives. 01227 452762 3 Westgate Hall Road, CT1 2BT</p>
 Herne Bay	<p>Citizens Advice Bureau Herne Bay District Providing free, confidential and impartial advice and campaigning on big issues affecting people's lives. 185/187 High Street, Herne Bay, CT6 5AF 01227 740647</p>
	<p>Ethnic Minorities in Canterbury Ethnic Minorities In Canterbury (EMIC), is a user led organisation working as a collective voice for minority ethnic communities in Canterbury . We promote health & wellbeing, cultural diversity, and Social cohesion. We act as a cultural bridge between the communities and mainstream service providers. We work to help BAME individuals to integrate and connect with local ethnic communities. 07123654784 emiccanterbury@gmail.com www.emic.org.uk</p>
	<p>Kent Refugee Action Network Working with separated young refugee and asylum seekers. Providing a safe, positive space supporting them to succeed. 34 Simmonds Rd; Wincheap; CT1 3RA 01227 634320 razia@kran.org.uk</p>
<p>WORKING WITH REFUGEES Canterbury Diocese</p>	<p>Working with refugees Canterbury Diocese provides meaningful response to the issues surrounding refugees and migrants. The Diocese runs several activities and provides support for forcibly displaced people including Ukrainians and UK sponsors. Contact Domenica Pecoraro; 07801898215; dpecoraro@diocant.org</p>

Housing Support




The following organisations provide support for those who are struggling with housing.

	<p>Canterbury City Council with a variety of services including benefits; support; housing; and council tax. Military Road, Canterbury, CT1 1YW 01227 862000 Customer.services@canterbury.gov.uk</p>
	<p>Canterbury City Council Housing Providing advice for planning, housing, licensing, parking, transport, environment, community safety. Head of Housing and Community – Marie Royle housingadvice@canterbury.gov.uk 01227 862000/01227 862518 Director of People and Places – Suzi Wakeham</p>
	<p>Catching Lives Support for homeless and vulnerably housed. Open 7 days a week- Drop-in 9-2pm. Activities 2-4pm. Evening drop-in (Jan- March 2024 only) 4-8pm. Please note- closed between 1:30- 5:00pm on Wednesdays. Canterbury Open Centre, Station Road East, Canterbury info@catchinglives.org 01227 464904</p>
	<p>CHAC – Canterbury Housing Advice Centre A registered charity with the objective of relieving poverty and homelessness in the Canterbury District. 2nd Floor, 24 Burgate Canterbury Kent CT1 2HA 01227 762605 or email adviceteam@chac.co.uk Drop-in centres: Herne Bay: Thursdays 10 am to 12 noon (185-187 High St, Herne Bay) Whitstable: Thursdays 1 pm to 3 pm (Whitstable Umbrella)</p>
	<p>Children's Social Services and Safeguarding Safeguarding and promoting the welfare of vulnerable children and offering a wide range of care services to children and their parents. Brook House, John Wilson Business Park, Reeves Way, Whitstable, CT5 3SS 03000418433 07717852866</p>
	<p>Emmaus Providing a home and meaningful work for formerly homeless in our community in Dover, we also sell second-hand furniture and goods. Phone: 01304 204550 email: communityleaderdover@emmaus.org.uk Address: Emmaus Dover, Archcliffe Fort, Archcliffe Road, Dover, CT17 9EL.</p>
	<p>Look Ahead Working with people to make choices, achieve goals and take control of their lives through high quality care, support and housing. 03330104600 getintouch@lookahead.org.uk</p>

	<p>Porchlight Striving for a fairer society where vulnerable people find stability, the most excluded are included, and where homelessness and poverty are things of the past. 08005677699 helpline@porchlight.org.uk</p>
	<p>Rising Sun Offering support and guidance for adults, children and families affected by domestic abuse. Office opening hours: 9-5 Monday - Friday 01227 452852 referrals@risingsunkent.com One Stop every Thursday 09:30 – 12:30. At <u>Riverside Children’s Centre, Kingsmead, Canterbury CT2 7PH</u>. No appointment necessary.</p>
	<p>Shelter Offering advice and support services offer one-to-one, personalised help with housing issues and homelessness. Housing advice line 08088004444</p>
	<p>Social Services Offering services for the benefit of the community, such as education, medical care, and housing. 08458247100</p>
	<p>The Forward Trust Forward Trust - Substance Misuse Service The Forward Trust empowers people to break the cycles of addiction or crime to move forward with their lives. Also offering support to the family and friends of people who are worried about their loved one's substance use. Telephone: 01227 201 778 Email: canterbury@forwardtrust.org.uk You can self-refer into treatment for support via telephone or through our referral form online on our website: www.forwardtrust.org.uk/service/canterbury-service</p>








Grants

The following organisations can be applied to for grants of varying amounts, for varying reasons.

	<p>Acts 435 Provision of grants for those in need working with Churches and other organisations. Rachel Target rtarget@diocant.org</p>
	<p>Canterbury BID A business-led partnership that agree by ballot to pay an extra levy based on rateable value to fund activities, services and improvements that will benefit businesses in the local area. House 20, Graylaw, 22 Watling Street, CT1 2VA Lisa Carson 01227 787055</p>
<p>Canterbury Relief in Need</p>	<p>Canterbury Relief in Need Provision of grants for those in need – postcode related. c/o Farley Page LLP Solicitors 39 St. Margeret’ Street, Canterbury, CT1 2YX</p>
	<p>Connecting Canterbury A Community Bank and Hub, offering access to Canterbury residents in need. Help with debt, housing, benefits, finances, budgeting, mental health or something else. 07999 900659 connectingcanterbury@diocant.org <i>Thursday – Baptist Hub 11:00-1:00 Friday – All Saints Church 10:00-12:00</i></p>
<p>KSAS</p>	<p>KSAS Kent Support and Assistance Services offering crisis support to residents within KCC’s boundaries. Application via https://www.kent.gov.uk/KSAS (only once applicants have exhausted all other support opportunities eg. Budgeting, loans, food banks, emergency payments)</p>
<p>Streysham’s Trust</p>	<p>Streysham’s Trust One off grants for people in need who live in the ecclesiastical parish of St. Dunstan’s, Canterbury for essential items. Educational grants are also available for people normally resident in the parish. Clerk to the trustees, PO Box 970, CT1 9DJ 0345 0944 769</p>

Mental Health

The following organisations provide support, guidance and activities for people with mental health difficulties.

	<p>Canterbury Umbrella Drop in for folk with mental health problems. St. Peter's Place 01227 767660 enquiries@canterburyumbrella.org Centre: Mon-Fri 8am-4pm Cafe: Mon-Fri 8am-3pm</p>
	<p>Catching Lives Support for homeless and vulnerably housed. 13 Station Road East, Canterbury info@catchinglives.org 01227 464904</p>
	<p>Children's Social Services and Safeguarding Safeguarding and promoting the welfare of vulnerable children and offering a wide range of care services to children and their parents. Brook House, John Wilson Business Park, Reeves Way, Whitstable, CT5 3SS 03000418433 07717852866</p>
	<p>Connecting Canterbury A Community Bank and Hub, offering access to Canterbury residents in need. Help with debt, housing, benefits, finances, budgeting, mental health or something else. 07999 900659 connectingcanterbury@diocant.org <i>Thursday – Baptist Hub 11:00-1:00</i> <i>Friday – All Saints Church 10:00-12:00</i></p>
	<p>Look Ahead Working with people to make choices, achieve goals and take control of their lives through high quality care, support and housing. 03330104600 getintouch@lookahead.org.uk</p>
	<p>Porchlight Striving for a fairer society where vulnerable people find stability, the most excluded are included, and where homelessness and poverty are things of the past. 08005677699 headoffice@porchlight.org.uk</p>
	<p>Red Zebra Providing a social prescribing service in Canterbury, Faversham, Herne Bay, and Whitstable, helping to connect people to services and groups to improve wellbeing. Email: socialprescribing@redzebra.org.uk Phone: 01227 272781 Website: https://redzebra.org.uk/social-prescribing Address: Unit B2, Clover House, 1 Thanet Way, Whitstable, Kent, CT5 3QZ</p>



Rising Sun

Offering support and guidance for adults, children and families affected by domestic abuse. Office opening hours: 9-5 Monday - Friday
01227 452852 referrals@risingsunkent.com

One Stop Shops for in-person advice run every Thursday 9:30-12:30
Prince of Wales Youth Centre; 23 Military Road, Canterbury, CT1 1YX.

No appointment necessary.







Samaritans

Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year. Call 116 123 jo@samaritans.org







Addiction Support

The following organisations provide support for those caught in cycles of addiction and those supporting them.

	<p>Catching Lives Support for homeless and vulnerably housed. 13 Station Road East, Canterbury info@catchinglives.org 01227 464904</p>
	<p>FRANK Offering honest information and advice about Drugs. 0300 1236600 Text 82111 www.talktofrank.com</p>
	<p>Porchlight Striving for a fairer society where vulnerable people find stability, the most excluded are included, and where homelessness and poverty are things of the past. 08005677699 headoffice@porchlight.org.uk</p>
	<p>The Forward Trust The Forward Trust empowers people to break the cycles of addiction or crime to move forward with their lives. Also offering support to the family and friends of people who are worried about their loved one's substance use. 02039815525 Info@forwardtrust.org.uk</p>

Other organisations

The following organisations offer a variety of different types of support.

	<p>Canterbury Street Pastors A multi-church initiative. Patrolling the city streets on Saturday nights between 9pm-2am all year round. Trained volunteers are there to help, care and listen. The aim is to keep people and the streets of Canterbury safe, working with police and door staff. Website: https://streetpastors.org/locations/canterbury Contact: Andrew Pantling coordinator@canterburystreetpastors.org St. Andrews United Reformed Church, Watling Street, Canterbury, CT1 2UA</p>
	<p>Necessary Furniture Through the re-distribution of household goods Necessary Furniture makes a positive contribution to the welfare of the disadvantaged in our community. Open: Mon – Fri 9.00am – 4.30pm Sat 9.00am – 4.00pm Unit 2B, Canterbury Industrial Park, Island Road, Hersden, Kent, CT3 4HQ necessary_furniture@hotmail.com</p>
	<p>Probation department Canterbury Probation 01227 387 100 Ashford Probation 01233 552 260</p>
	<p>Streetvet Providing veterinary care for pets belonging to homeless people.</p>
	<p>St Vincent de Paul Society Responding to direct requests for help from individuals and families. Contact in Canterbury – Roberta 07902855622</p>
	<p>Volunteer Centre Aiming to support, promote and develop volunteering opportunities within the Canterbury District. Tower Works, Simmonds Road, Wincheap Business Park, Canterbury, CT1 3RA 01227 452278</p>