

Medway directory of services for young people



Foreword

Welcome to the first edition of the *Medway directory of services for young people*, produced by Medway Health Promotion. This directory has been compiled to help teachers and others working with young people as a guide to appropriate services.

A number of Medway services ranging from young people focused health clinics, leisure activities, housing and financial services are included. This Directory will be regularly updated and I hope that over time it will grow to reflect the vast variety of services available to Medway's young people. With this in mind, I would like to encourage your feedback and comments about this directory & how it can be improved.

If you would like your organisation included in the next edition, please complete and return the form at the back of this Directory. Please also contact us to receive your free Directory, available in hardcopy or electronically.

To support this directory, we have also produced the *Little Black Book* – a young person's pocket guide to Medway services. Please contact us to receive your free supply of pocket guides for young people.

We would like to thank everyone who has contributed to the production of the Directory, and appreciate your continued support in its development as a resource to support Medway's Young People.

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The Legal Stuff

Medway Health Promotion Coalition is committed to the highest standard of quality information and every attempt has been made to present up to date and accurate information. However, we give no warranty as to the accuracy of the information in this directory and accept no liability for any loss, damage or inconvenience caused as a result of reliance on such information.

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SECTION A - HEALTH

Drug & Alcohol Services

Addaction

55 Green Street, Gillingham. ME7 1AE.

01634 326881

medway@addaction.org.uk

Provides information, advice & support for anyone effected by substance abuse. Helping individuals and communities to manage the effects of drugs & alcohol misuse.

Equinox

Victoria Centre, 25 Victoria Street, Rochester, ME1 1XJ

01634 831999

Monday 12.00 - 4.30pm, Tuesday to Friday 9.00am - 4.30pm.

Evening appointments available on Tuesday.

Alcohol Services for adults, drop in and outreach. Consultancy for professional also available. Information, counselling and group support for anyone affected by alcohol problems. This service is FREE.

Age range: 18+

KCA Young Persons Drug & Alcohol Services (Medway)

Richard Bryant on 01634 338640 or email rbryant@kca.org.uk

10.00am - 6.00pm (but varied often include weekends)

One to one support, information & advice for young people. Consultancy to adults & professionals. A service for young people concerned with their own or someone else's use of drugs or alcohol. This service is FREE.

Age range: 10 – 18 years old.

Outreach Services

17 - 19 New Road, Chatham.

01634 817062

Counselling & advice service for school and drug related problems

Young persons telephone number 01634 827951

West Kent NHS & Social Trust

Elm House, 15 New Road Avenue, Chatham, ME4 6BA

Call Frank Costigan on 01634 827951 or email frank.costigan@tct.sthames.nhs.uk

Monday to Friday 9.00am - 5.00pm. Age range: 11 to 19 years old

Counselling, information & advice. Detoxification, drug education, family support and relapse prevention.

West Kent Substance Misuse Service

4 Manor Road, Chatham. ME4 6AG.

01634 830114

A range of services working towards reducing harm caused by substance misuse that include: Advice & information, Safe Injecting Service, Brief Intervention and Community Prescribing. Referral via self or professional.

Age range: 19+ years

Nursing Teams

District Nursing Service

Medway PCT, Unit 2, Ambley Green, Bailey Drive, Gillingham Business Park, Gillingham, Kent. ME8 0NJ. 01634 382888

Health Visiting Service

Medway PCT, Unit 2, Ambley Green, Bailey Drive, Gillingham Business Park, Gillingham, ME8 0NJ.

Contact Liz Bailey on 01634 382888 or email liz.bailey@medwaypct.nhs.uk

Ante-natal & post natal visits & support. Development assessments, health education also contact Claire Robson, Balfour Road Clinic.

Hours 9am-5pm. Age range: 0 – 5

School Nursing

Residence 13, Medway Maritime Hospital, Windmill Road, Gillingham, ME7 5NY
School nurses provide support and help to young people up to 18 years old on all aspects of health. Please feel free to contact your school nurse.

Sue Whiting, Lead Nurse 01634 825176

Nancy Sayer, (Chatham & Strood) 01634 40013

Julie Critcher, (Rainham & Gillingham) 01634 374047

Emotional well-being

Child & Adolescent Mental Health Service

Canada House, Barnsole Road, Gillingham, ME7 4JL.

01634 583000

NHS Service for children with mental health problems. Open hours 9.00am – 5.00pm

Age range: 0 to 16 years.

Mind

23 College Road, Maidstone, ME15 6YH.

01622 692383

Drop in. Provides information on all aspects of mental health. Anxiety and depression group, self support on Thursday 6.30-8.30pm.

Sexual health

Elm House

15 New Road Avenue, Chatham, ME4 6BA.

01634 400123

Provides emergency contraception, family planning, condoms, STI testing, pregnancy testing, advice and info about sexual health and relationships. All services are free and confidential. Can obtain the services of translators if given notice.

Young Person's Drop-in Clinic (U20s) – Family Planning (no appointment necessary)

Mondays 3.30 – 4pm

Fridays 2 – 4.30pm

Sexual Health Drop-in Clinic – STI testing (no appointment necessary)

Wednesdays 2 – 3pm (18-25yrs)

3.30 – 4pm (U18s)

Thursdays 2 – 3pm (18-25yrs)

3.30 – 4pm (U18s)

Additional hours are available by appointment, please call 01634 400123.

Balmoral Gardens Clinic

Balmoral Gardens, Gillingham, ME7 4PN

01634 281381

Provides emergency contraception, family planning, condoms, STI testing, pregnancy testing, advice and info about sexual health and relationships. All services are free and confidential. Can obtain the services of translators if given notice.

Young Person's Drop-in Clinic (Under 20s)

Mondays, 4 – 6pm (no appointment necessary)

Appointments available:

Mondays, 6 – 8pm; Wednesdays, 9 – 11.15am; Thursdays, 5 – 7.15pm

Sexual Health Clinic

Level 3, Green Zone, Medway Maritime Hospital, Windmill Road, Gillingham, ME7 5NY

Anyone presenting with symptoms will be seen that day. Please call with worries or concerns about Sexually Transmitted Infections (STIs). Call on 01634 825009

Drop-in: Monday – Friday 9am – 4.30pm.

Sexwise

Information for young people on puberty, relationships, safer sex and contraception.

Call 0800 282930 between 7.00 am and midnight or visit www.ruthinking.co.uk

Health Action Charity Organisation (HACO)

2 Livingstone Circus, Gillingham. ME7 4HA.

Call Mrs Tina Murphy on 01634 281320 or email healthaction2000@yahoo.co.uk

Advice on HIV & other STI issues among Africans. Internet facilities available but with a small charge.

Medway Youth Service Teenage Pregnancy

Parkwood Youth Centre, Parkwood, Rainham. Contact Karen Halliday on 01634 233846 for one to one support, advice, guidance and group work.

OPENING SOON @ Woodlands Youth Centre Thurs 1.00pm - 3.00pm

Age range: 13 - 21.

Sanctuary

Help for all those affected by sexual abuse.

01634 378300

Family Planning Clinics

Keystone Centre

Gun Lane, Strood, ME2 4UL.

01634 717755

Offers advice & support on sexual health related issues.

Appointments available Tuesdays, 2 – 4.15pm. Please call first.

Lordswood Health Centre

Sultan Road, Lordswood, Chatham, ME5 8TJ.

01634 660441

Offers advice & support on sexual health related issues.

Appointments available Wednesdays, 5 – 7.15pm. Please call first.

Rainham Health Centre

Holding Street, Rainham, ME8 7JP.

01634 374048

Offers advice & support on sexual health related issues.

Appointments available Tuesdays, 6 – 8.15pm. Please call first.

Twydall Clinic

Twydall Green, Gillingham, ME8 6JY.

01634 232007

Family Planning Clinic – offers advice & support on sexual health related issues.

Appointments available Wednesdays, 5 – 7.15pm. Please call first.

SECTION B - LEISURE

Libraries

Chatham Library

Riverside, Chatham.

01634 843589

www.medway.gov.uk/lms

Provides a wide range of FREE services, including internet use, loan of books, videos/DVDs & CDs.

Gillingham Library

High Street, Gillingham.

01634 281066

Provides a wide range of FREE services.

Hempstead Library

Hempstead Road, Hempstead, Gillingham.

01634 361544

Provides a wide range of FREE services.

Hoo Library

Church Street, Hoo, Rochester.

01634 250640

Provides a wide range of FREE services.

See www.medway.gov.uk/libraries or email librarydevelopmentteam@medway.gov.uk

Outdoor pursuits

The Historic Dockyard

The Historic Dockyard, Chatham, ME4 4TZ. Email: info@chdt.org.uk 01634 823807

Historic Warships, working ropery and museum . Lots to do and see. Very historical.

Various prices. Open every day from 10 .00am to 6.00pm. Visit www.chdt.org.uk

Medway Out Door Education

Approach Road, The Strand, Gillingham.

Contact Doreen Locke by email doreen.locke@medway.gov.uk

Dinghy sailing, power boating, canoeing, rock climbing, team building, walking, river trips, etc... Costs vary. Age range: 12+ Mon - Fri 9am – 5pm, also Sat & Sun 9am – 4pm.

Outdoor Pursuits

Strand Leisure Pool & Park, Pier Approach Road, Gillingham, ME7 1TT.

01634 573176

Sports centres

Black Lion

Mill Road, Gillingham, ME7 1HF.

01634 283700

Offers a wide range of sporting activities at various prices.

Deangate Ridge Sports Complex

Dux Court Road, Hoo, Rochester, ME3 8RZ.

01634 254481

Offers a wide range of sporting activities at various prices.

Splashes

Cozenton Park, Rainham, Gillingham, ME8 7EG.

01634 377509

Offers a wide range of sporting activities at various prices.

Stirling Centre

601 Maidstone Road, Rochester, ME1 3QJ.

01634 818442

Offers a wide range of sporting activities at various prices.

Strood Sports Centre

Watling Street, Strood, Rochester, ME2 3JQ

01634 723888

Offers a wide range of sporting activities at various prices.

Volunteer opportunities

Ground Work

48 Canterbury Street, Gillingham, ME7 5UN.

Call Sam Hamer, Youth Manager on 01634 855166 or email gms@groundwork.org.uk

A charity that develops, designs and delivers projects with local young people and communities to help improve the social and physical environment of their area. If you have a concern about your area that you would like to actively help change then please contact us.

Medway Youth Station

Upbury Manor Site, Marlborough Road, Gillingham, ME7 5HS

Contact Trevor Fox on 01634 850531 or email youth.station@medway.gov.uk

Monday 9.00am – 4.00pm, Tuesday 9.00am – 7.00pm, Wednesday 9.00am – 5.00pm,

Thursday 9.00am – 9.00pm, Friday 9.00am – 5.00pm.

Counselling, information & advice, Cyber café, music workshops, video workshops, recording studio, life skills, & ICT skills.

VSU Youth in Action (Medway)

c/o The Youth Station Upbury Manor, Marlborough Road, Gillingham, ME7 5HR.

Call Chris Roots on 01634 576138 or email chris@vsuinkent.org

Opportunities for young people to volunteer in a variety of settings, Training is also given. This is a FREE service.

Age range: 14 - 24

Youth clubs

After School Club's for Children

Community Librarian Strood Library, 32 Bryant Road, Strood. ME2 3EP.

Contact Gail Wright

Stories, crafts and games for 5-11 and playstation 12-19, (Playstation club fortnightly).

This is a FREE service.

Every Monday 3.30 - 5.00pm

Hundred of Hoo

Main Road, Hoo, Rochester, ME2 3PB.

01634 251588

Offers a wide range of sporting activities at various prices.

Kent Scouts

Kent Scout Office, Youth House, Marlborough Road, Gillingham, ME7 5HR.

Email: info@kentscouts.org.uk

01634 281770

Contact for details of the Scout Groups in Medway

Monday to Friday 9.30am to 4.00pm

Age range: 6 - 25

MHS Charity

MHS Plus, 99 High Street, Rochester, ME1 1LX.

Contact Will Campbell-Wroe on 01634 408807 or email katji@mhs.org.uk

Tuesday & Thursday 4.30 - 6.00pm (7 -11yrs), 6.30 - 8.00pm (12-16yrs)

Mhs Community Charity works to develop community projects in the medway area.

£2.00 annual membership then 50p per session or £1.00 per session non-members

Parklands Resource Centre

Oxford Road, Gillingham, ME7 4BY.

Contact Angela Boyle on 01634 338500 or email angela.boyle@medway.gov.uk

Adolescent social group, Saturday club, after school club and Easter to summer play schemes available.

Monday to Friday 9.00am – 5.00pm

Parkwood Youth Centre

Parkwood Green, Deanwood Drive, Rainham, ME8 9PN.

Contact Karen Self on 01634 233846 or email karen.self@medway.gov.uk

Monday to Friday 3.30 - 6.30pm. Saturday 9.00am – 1.00pm. Various evening sessions.

Social and informal education, 50p per session and £3 .50 after school.

Age range: 5 - 20

Strood Youth Centre

Montfort Road, Strood, ME2 3HU

Contact Lesley Conquest on 01634 718196 or email lesley.conquest@medway.gov.uk

Monday to Thursday 7.00 –10.00pm, Friday 6.00 – 8.00pm, Saturday 10.00am – 1.00pm.

Sports, social, creative arts, information and advice, 50p entrance.

Age range: 10 – 20

TGF Friday

All Saints Church, Magpie Hall Road, Chatham

Contact Miss Fiddymont on 01634 845419 or email kirstiefiddymont@blueyonder.co.uk

Sports activities, on line centre and craft activities available.

Membership £3.00 per year & 50p per session or non-members £1.00 per session

Hours from 8.00am to 10.00pm

Age range: 13 - 18

Woodies Youth Centre

The Thomas Aveling School, Arethusa Road, Rochester, ME1 2UN

Contact Barry Callieu on 01634 400592.

Monday, Wednesday & Friday 7.15 - 9.30pm

Youth club and sports. 50p per session.

Age range: 11 - 20

Youth & Community Regional Office

Civic Centre, Strood, ME2 4AU.

01634 332253

youth.enquiries@medway.gov.uk or visit www.medway.gov.uk/youth

Information about statutory youth centres around the medway area can be obtained.

Centres where young people can meet together for group activities, including projects, sports and fun evenings together.

SECTION C - EDUCATION & CAREERS

Advice

Connexions

205 - 217 New Road, Chatham. ME4 4QA.

Contact Wendy Trute on 01634 845936 or email
wendytrute@connexionskentandmedway.co.uk

Advice and support on a range of issues from 13 – 19 year olds like getting a job, education, relationships, receiving benefits. Support to overcome barriers to education, employment & training including guidance.

Monday to Friday 9.00am to 5.00pm

Age range: 13 – 19

Connexions Direct

080 800 13219 (8am – 2am) or www.connexions-direct.com

Connexions Personal Adviser

(for those who have been permanently excluded)

Inclusions Team, Civic Centre, Strood.

Contact Mark Bishop on 01634 338578 or email mark.bishop@medway.gov.uk

Intensive group & individual guidance, support , behavior & anger management. Transition support for reintegration to mainstream school. Support with external issues.

Age range: 13 - 19

Medway Dyslexia Association

411 High Street, Chatham. ME4 4NU. Contact Judith Northwood on 01634 848232.

Assessments for dyslexia, specialist tuition and helpline. They welcome young volunteers. Monday to Friday 9.00am - 5.00pm Assessments £245.00, Tuition £37.00 per hour

Training

Key Training Service

Upbury Manor Centre, Marlborough Road, Gillingham, ME7 5HR.

Call Terri McDonald on 01634 577884 or email terri.mcdonald@kent.gov.uk

Monday to Thursday 8.30am - 4.30pm & Friday 8.30am - 4.00pm

Training Provider (KCC 16+ Programme) offers FREE training in E2E and apprenticeships.

Selected placements with a weekly allowance and fares. Age range: 16+

Medway Language Achievement Service

MLAS, Temple School, Cliffe Road, Strood. ME2 3NL

Contact Frances Grigg on 01634 717593 or email gurgit.chaggar@medway.gov.uk

Support with education in school's, help with mother tongue exams, advice on education issues for parents of minority ethnic pupils. Supports parents and strengthen home-school links.

TERM TIME Monday to Friday 8.30am to 4.30pm

Age range: 4 - 16

Road Safety

Compass Centre but mobile.

Call Su Negus on 01634 331710 or email susan.negus@medway.gov.uk

Road Safety Education to all ages. Cycling proficiency to year 6. Young driver course to 6 forms. This is a free service.

The Princes Trust

c/o The Key Training, Upbury Manor, Marlborough Road, Gillingham, ME7 5HR.

01634 577884

Medway adult and community learning service

Email: enquiries@medway.gov.uk

01634 33 84 00

Ten centres throughout Medway offering daytime and evening classes in a wide range of subjects, including numeracy and literacy.

Age range: 16+

Colleges

Bridge Wardens College

University Of Kent, The Historic Dockyard . Age range: 16+

01634 888999

Kent Institute of Art & Design

Fort Pitt, Rochester. Age range: 16+

01634 830022

Mid Kent College

City Way, Rochester. Horsted, Chatham and Oakwod Park, Maidstone. 01634 402020

Visit website at www.midkent.ac.uk or email enquiries@midkent.ac.uk

Support services available and special needs are supported. Learn basic skills. We offer help. Monday to Friday 8.30am - 5.00pm. Age range: 16 - 19

North & Mid Kent Education Office

Compass Centre, Chatham Maritime, Chatham. ME4 4YN.

01634 880404

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Careers

Medway Careers Centre

Email: careerline@vtis.com

Advice on careers, guidance, access to information and resources.

Age range: 16+

01634 843646

Army/R.A.F./Navy Careers Centre

3 Dock Road, Chatham. ME4 4SJ

01634 845285

SECTION D - HOUSING

Advice

The Information Shop For Young People

Upbury Manor Site, Marlborough Road, Gillingham, ME7 5HS

01634 850531

Provides assistance to young people, who are experiencing housing difficulties.

Age range: 16 - 21

Disabled Persons' Accommodation Agency

312 High Street, Rochester, ME1 1BT.

01634 819922

Help if you are experiencing problems with housing.

Medway Cyrenians

16 - 18 Pier Road, Gillingham. ME7 1RJ.

Call The Project Worker on 01634 573480 or email prcyenians@hotmail.com

Supported housing, Full rent £117.77. If on JSA or IS £24.00 a week, includes all bills, food & staff cover for 24 hours. Provide shelter for single homeless people.

Age range: 16 - 65

Shelter Kent (North) Housing Aid Centre

2 Ordnance Street, Chatham. ME4 6SL. Email: medway@shelter.org.uk 01634 811166

Advice and Advocacy regarding homelessness or housing problems including damp, disrepair and rent. This is a free service. Confidential advice, German & language line also a freephone number 0808 800 444

DROP IN Monday 9am - 1pm, Tuesday & Wednesday 2- 4.30pm & Friday 9am - 1pm

CLIENT LINE Monday - Wednesday 9am – 1pm, Thurs 2 - 4.30pm & Friday 9am – 1pm

Tenancy Support Team, Medway

Call The Duty Officer on 01634 338185.

Housing related support service to vulnerable people over 16 years.

Telephone callers Monday to Thursday 8.30 am – 5.15pm and Friday 8.30am -4.45pm.

MHS Homes

Fort Pitt, New Road, Rochester, ME1 1DU.

01634 818770

Offers advice and support, 2 yr waiting list.

Age range: 18+

Associations

Bridge Housing Association

Crescent House Foyer, Canal Road, Strood, Rochester, ME4 2DR.

Call Sharon Meaney on 01634 717024 or email sharon.meaney@novas.org

22 self contained flats, supported housing scheme. Physical disabilities, overnight carers. Specific focus towards training, education & employment for all residents.

Hours: 9.00am to 5.00pm

Age range: 18 - 35

Endeavour Foyer

Shipwrights Avenue, Chatham. ME4 5JW.

Contact Liz Davis, Manager on 01634 831945 or email lizd@mhs.org.uk.

Supported housing, access to training, employment, educational services. 27 self contained flats plus 24 hour support. Vocational and educational guidance and access to counselling services. Open 24 hours

Rent £78.99 per week inc £4.27 service charge, 24 hour, counselling service.

Age range: 16 - 25

Springboard Foyer

60 Maidstone Road, Rochester. ME1 3BS.

Call Sue Rudd on 01634 302600, or email sue@mhs.org.co.uk

Supported housing for young people. 24 hours a day.

Age range: 16 - 24

Stonham Housing Association

Dowst House, Dowst Way, Rochester. ME1 1HH.

01634 827700

Referrals are made through Medway Council. Housing for young people with a link worker.

Hostels

Powerhouse Trust

Hostel may be able to provide you with temporary accommodation, if you find yourself homeless, or face becoming homeless. Call on 01634 405566.

Age range: 17+

Local council

Council Homeless Officer

Municipal Buildings, Canterbury Street, Gillingham.

01634 306000

Help if you are experiencing problems with housing.

Homeless Mediation Service

Medway Council Housing Department, Municipal Buildings, Canterbury Street,
Gillingham.

01634 832285

Call Elaine Smith on 07951 957468. Monday, Tuesday and Thursday from 12.00–5.00pm.

All other times are by appointment or by visiting the main office at 77a High Street,
Chatham. Monday to Friday, 9.00am to 5.00pm.

Service aimed at young people who are homeless or at serious risk of eviction as a result
of relationship breakdown with their current housing provider, i.e. family / friends /
extended family.

Medway Council

The Homeless Department.

01634 333600

Monday to Thursday 8.30am - 5.15pm and Friday 8.30am - 4.45pm

Medway Council

Accommodation Allocation Team, 48 Canterbury Street, Gillingham, ME9 5UN.

COUNCIL ACCOMMODATION ONLY

01634 281414

SECTION E – COUNSELLING & ADVICE

Advice

Childline

0800 1111 (calls do not show on the telephone bill) or www.childline.org.uk
Free 24 hours a day helpline, counsellors are there to help you sort things out.

Council for Voluntary Service (Medway)

5a New Road Avenue, Chatham. ME4 6BG.

Call Gillian Wells on 01634 812850 or email Irene@cvsmedway.fsnt.co.uk.

Monday to Friday 9.00am - 4.00pm

Support to other voluntary groups, training, advice, photocopying and newsletters.

Finding Your Feet

c/o Tutor House, 1st Floor, Room 2-3, 315-319 Chatham High Street. ME4 4NB.

Support service for refugees and asylum seekers aged under 18. 01634 826100

Kent Family Mediation Service

6 Park Road, Sittingbourne, ME10 1DR.

Contact Mrs B Pointer on 01795 429689 or email contact@kentfms.co.uk or visit
www.kentfamilymediation.uk.com

Monday to Friday 9.30am - 5.00pm

Mediation for separating, divorcing couples and their families. Legal Aid available if eligible. Subsidised fees.

Medway Mediation

77a High Street, Chatham, ME4 4EE.

Call Sue Homles or Gill Hartup on 01634 832285 alternatively email
mediationsue@btopenworld.com

Monday to Friday 9.00am - 5.00pm Appointments outside hours by prior appointment only. Peer mediation, restorative conferencing, family conflict mediation, Interpreters can be obtained if required. FREE service.

We aim to reduce the potential for violence, harassment, stress and tension.

Medway Racial Equality Council

Municipal Buildings, Canterbury Street, Gillingham

Call 01634 338800 or email mrec51@hotmail.com

Advice on all aspects of racial discrimination & harassment.

Relateen

The White House, Chatham, ME4 4SL.

Contact the Appointment Secretary on 01634 846914 or email relate@kets.fslife.co.uk

Open hours 9.00am – 5.00pm

Couple counsellors & sexual counsellors available. Free advice for 10-18 effected by parents breakdown. Age range: 11 - 25

Samaritans Medway, Gravesham & Swale West

Priory Road, Strood, ME2 2EG. Call 01634 730981 or email jeffbriggs@blueyonder.co.uk.

Offers emotional support for people from every walk of life, age group, or creed, whose life is too much to bear. We are available 24 hours a day, 365 days a year and have facilities for disabled callers and volunteers.

Victim Support North Kent & Medway

The Old Pay Office, Chatham Historic Dockyard.

Contact Lorraine Hattrait on 01634 401733 or email medway@vskent.co.uk.

10.00am - 4.00pm 24hr answerphone

Emotional support & practical help to victims of crime (under 16s supported through parents). Victim Support works the rights of victims & their families & greater awareness of the effects of crime. FREE service offered.

Offers confidential support & information to anyone who is affected by crime. Service to all sections of the community & is ensuring that minority & disadvantaged groups are welcomed & involved throughout.

Citizens Advice

Chatham Citizens Advice Bureau

2nd Floor, 5a New Road Avenue, Chatham, (near St George Hotel). Email advice@medwaycab.canbnet.org.uk

Monday, Wednesday, Thursday and Friday. 9.30am-3.00pm, Tuesday 9.30am- 6.00pm

Drop-in Service, no appointment necessary, call at reception on the 2nd Floor.

Also letter enquiries please write, with as much detail as possible to enable an adequate reply, enclosing an SAE.

Gillingham Citizens Advice Bureau

46 Green Street, Gillingham, ME7 5TJ

Monday, Tuesday & Thursday 9.30am - 1.00pm.

Drop-in Service, no appointment necessary, call at reception.

Money Advice Unit call 01634 573525.

Monday, Wednesday and Friday 9.30am – 4.30pm, Tuesday and Thursday 9.30am - 6pm

Saturday morning 9.00am – 12.00 (noon)

Disability

Hands And Gillingham Volunteer Bureau

Hands Community Transport Scheme. Sunlight Centre, Richmond Road, Gillingham. ME7 1LX. Call Pauline MacTaggart on 01634 338653 or email gillingham@hotmail.com

Monday to Thursday 9.00am - 4.30pm Friday 9.00am - 4.00pm

Practical help to the elderly/disabled, volunteer, recruitment, placement and support.

Kent Assessors

Throughout Kent, Head Office in 72 College Road, Maidstone.

Call Mike Archer on 01227 264024 or email enquiry@kentassessors.org.uk or an appointment. Monday to Friday 9.00am – 5.00pm.

Disability assessment for students and Signers Available

Local council

Medway Children's Information Service

Civic Centre, Strood, ME2 4AU.

Call Esther Olaswide on 01634 335566 or email childreninfo@medway.gov.uk.

Monday to Thursday 8.30am - 5.30pm and Friday 8.30am - 5.00pm.

Information on childcare option, leisure activities, training and careers in childcare sector. FREE service. Support for special needs available.

Medway Council Education Office

Compass Centre, Chatham. ME4 4YN.

01634 306000

Grants and awards.

Medway Council Youth Service

Head Office, Civic Centre, Strood, ME2 4AU.

Contact Dr Tele Amuludin on 01634 332170 or email tele.amuludun@medway.gov.uk

Hours available 9.00am - 5.30pm. First point of contact for general enquires.

Social Services

Children & Family Social work help centre

Rochester Office, Greatfields Lodge, Darnley Road, Strood, ME2 2UU. 01634 294356

Children's Disability Link

Parklands Resource Centre, Oxford Road, Gillingham, ME7 4BY. Call Caren Smith on 01634 338506 or email Caren.smith@medway.gov.uk.

Monday to Friday 9.00am – 6.00pm, weekend activities available.

Saturday clubs, after school clubs, direct social work, support groups. We operate a multi-disciplinary approach. A new programme called ESP Early Support for 0-3 yrs is also being run. Caters for special educational needs and disabilities. Offers support, advice and information. Age range: 0 - 18

Family & Adolescent Centre

67 Balfour Road, Chatham. ME4 6QX. Email: helen.gladwell@medway.gov.uk

Contact The Duty Social Worker on 01634 336244 or

Monday to Thursday 9.00am - 5.00pm and Friday 9.00am - 4.45pm. Age range: 11 - 18

Social Services, Part of Medway Councils Health & Community Service. Offering support & advice to adolescents and their families who may be experiencing problems.

Medway Looked After Children's Team

Compass Centre, Pembroke, Chatham Maritime, Chatham, ME4 4YH.

Call Jo Kavanagh on 01634 331385 or email joanne.kavanagh@medway.gov.uk.

Monday to Thursday 8.30am - 5.15pm and Friday 8.30am - 4.45pm.

Long term placements.

Age range: 0 - 16

Social Services

01634 334466, ss.access&info@medway.gov.uk

Monday to Thursday 8.30am - 5.15pm and Friday 8.30am - 4.45pm

There is a wide range of services available to support young people in a variety of situations. Child Protection Team. Adolescent Resource Team. Family Centres. 16+ Team. Young Offending Team & Children with Disabilities.

Twydall Family Centre

32-34 Thornham Road, Twydall, Gillingham. ME8 6SG.

Call Tracey Bingham on 01634 374133 or email twydall@fwaprojects.org.uk.

Support, training & advice for children and adults.

Hours available from 9.30am - 6.00pm. Age range: 5 - 13

Support

ABC Project

13 - 14 Mercury Close, Bostal, Rochester. ME13AT

Contact Mick Harris or Jane Howse on 01634 817454, alternatively email enquiries@abcproject.co.uk

Support for mothers & fathers of young children, needing various types of advice & support dealing with parenthood. Various other services available. This is a free service.

ALL YEAR Monday to Friday 9.15am - 5.00pm

Advice, information, pre-school, internet & computer use, tumble drier and training course. Playgroup number 01634 848856.

Domestic Violence

If you are afraid at home, call & tell someone about it, you are not alone. 01634 401733

Gillingham Youth for Christ

133 Trafalgar Street, Gillingham, ME7 4RP.

Contact Malcolm Smith on 01634 578125 or email malgyfc@yahoo.co.uk.

Office hours 9.00am – 5.00pm Drop in 3.00pm – 5.00pm.

We are an organisation that works with young people. We offer groups for those at school & young parents. We have a specialist in anger management, basic skills, self esteem and internet access. Age range: 11 - 19

Home-Start Medway

46 Green Street, Gillingham, ME7 5TJ.

Contact Sue Hockley on 01634 570717 or email home-start@m-way.fsnt.co.uk.

9.00am -4.00pm CLOSED TUES

Confidential home visiting service provided by volunteers who visit parents with under 5s in their own homes. FREE, but drop in centres 50p per family. 3 drop in centres are run, limited access to interpreters.

Kent Autistic Trust Family Support

14 High Street, Brompton, Gillingham.

Call Jo Blamires on 01634 405168 or email jo@kentakautistic.demon.co.uk.

Hours available 9.00am - 4.30pm.

Support, information & advice to families. Residential supported housing in small homes for up to 6 people. Parent/Careers of children with autistic spectrum disorders. Awareness raising for professionals. This is a free service.

Medway Advocacy Partnerships

Medway Business Centre, Spiere House, 17 New Road Avenue, Chatham, ME4 6BA.

01634 830101

Help for people with mental health problems. Age range: 18 - 65

Medway Towns Counselling Service

5a New Road Avenue, Chatham. ME4 6BG

01634 828484

If you feel worried, or experiencing a crisis at home or at work, perhaps talking things through with a counsellor would help.

Medway Young Carers Project

3 Canterbury Street, Gillingham. ME7 5TP.

Contact Andrea Goddard on 01634 577340 or email medwaycarers@aol.com.

Supports young people who may have caring responsibility for a disabled family member.

Monday to Friday 9.00am - 4.00pm

Age range: up to 19

SECTION F - FINANCIAL

Department of Work & Pensions

Department of Work & Pensions

Crown House, The Brook, Chatham, ME4 4LQ.

01634 810207

Help on claim forms.

Job centre

Chatham Job Centre

The Brook, Chatham. ME4 4LA.

01634 495555

Advice and help for people looking for work. Age 16 years old +

Gillingham Job Centre

5 High Street, Gillingham, ME7 1BE.

01634 492300

Advice on careers, job vacancies Age range: 18+

Rochester Job Centre

7 - 9 Crow Lane, Rochester, ME1 1RF.

01634 495600

Advice on careers, job vacancies. Age range: 16+

Local council

Medway Student Finance Team, Medway Council, Civic Centre, Strood, ME2 4AU.

Call Nasrin Khan on 01634 332371 or email nasrin.khan@medway.gov.uk.

Monday to Friday 8.30am - 5.00pm

Assessment of student finance for entrants to higher education. This is a free service.

Age range: 18+

SECTION G - YOUNG PERSONS SUPPORT

Advice

Moving Forward

31 Cross Street, Chatham.

Call Angela Blanchard on 01634 827772 or email angela.blanchard@kcht.org.uk

Advice & Guidance on housing, education, employment, independent living, and benefits.

Provides assistance to young people, who are experiencing housing difficulties.

Moving Forward Asylum 18 plus

31 Cross Street, Chatham.

Call Angela Blanchard on 01634 827772 or email angela.blanchard@kcht.org.uk

DROP IN Monday and Wednesday 1.00 - 3.00pm

Floating support for independent living, Also contact Phil Jordan, Nigel Sharpe or Basir Mohammadi.

Age range: 16 - 24

NSPCC

Pear Tree House, 68 West Street, Gillingham. ME7 1EF.

01634 308200

Aims to provide counselling for child victims of abuse, their parents and carers.

Develops preventative services to meet the needs of vulnerable children.

Stepping Stones

46 Green Street, Gillingham, ME7 5TJ.

01634 300022

caring@stepping-stone.fsbusiness.co.uk

Support for families with children with disabilities.

SECTION H - OTHER USEFUL CONTACTS

Members of Parliament

Chatham & Aylesford MP, 411 High Street, Chatham. ME4 4NU.

Contact Jonathan Shaw on 01634 811573 or email shawj@parliament.uk.

Parliamentary representation

Gillingham MP, 62a Watling Street, Gillingham, ME7 2YN.

Contact Paul Clark on 01634 574261 or email clarkp@parliament.uk.

Parliamentary representation

Medway MP, 1 Castle Hill, Rochester, ME1 1QQ.

Contact Bob Marshall-Andrews on 01634 814687 or email marshallandrewsr@parliament.uk

Parliamentary representation

Medway Youth Parliament

The Youth House, Upbury Manor Campus, Marlborough Road, Gillingham. ME7 5HR.

Contact Jackie Keskeys on 01634 338748 or email jackie.keskeys@medway.gov.uk

Getting the voice of young people in medway heard by the people who make the decisions that affect them.

Age range: 12 - 19

Police

Kent County Constabulary

Chatham Police Station, The Brook, Chatham. 01634 827055

Resources

Furniture Reuseage Project

Vineswood House, Limehouse Wharf, Gas House Road, Rochester. ME1 1PN. Provides basic furniture and household goods for disadvantaged groups, including homeless people. 01634 409509

Transport

Chatham Bus Station

The Pentagon Centre, Chatham.

For info on bus schedules call 01634 283600

Travel Line

Bus, coach and train times

0870 608 2608

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Update / add information form

Medway directory of services for young people

Please help us to keep the Directory up to date by letting us know of any changes to your organisation's information, or if you would like to add a new organisation.

Name of Organisation	
Address	
Contact Person	
Telephone	
Fax	
E-Mail	
Website	
Brief description of service offered.	

Please return to: YP DIRECTORY UPDATE, Public Health Promotion Department, St Bart's Hospital, New Road, Rochester, Kent, ME1 1DS.