



# Directory of our local action groups and community partners

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(01227) 456204



## Introduction

Redeeming Our Communities is a national charity founded in 2004 with over 150 projects. The charity's main aim is to bring about **community transformation** by creating strategic partnerships which open up opportunities for crime and disorder reduction and improved community cohesion. This partnership approach has seen crime and anti-social behaviour fall and fresh hope brought to some of the most deprived and challenging areas of the UK, urban and rural alike.

ROC brings together community groups, churches, the police, the fire service, local authorities and voluntary agencies to encourage them to work together in **positive partnerships for practical 'on the ground' change**. As a result, statutory agencies have improved access to the support of community/church groups, and thousands of volunteers are enabled to better serve the needs of their community.

ROC Canterbury has existed since March 2018, when we held our successful ROC Conversation. We currently have four Action Groups addressing various needs in the city including Mental Health, Homelessness, Poverty and Debt.

For further information about this work and even take part, please see our Facebook or Twitter pages. Also contact our Local Co-ordinator, Rev Andrew Fitzgerald using the following details:

[roccanterbury@canterburybaptistchurch.org.uk](mailto:roccanterbury@canterburybaptistchurch.org.uk)  
(01227) 456204



Canterbury Baptist Church, St Georges Place, Canterbury, CT1 1UT  
Search 'ROC Canterbury' on Facebook and Twitter










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# Local Homelessness Services

	<p>StreetLink exists to help and end rough sleeping by enabling members of the public to connect people sleeping rough with the local services that can support them. See this link or our mobile phone app: <a href="http://www.streetlink.org.uk">www.streetlink.org.uk</a></p>
	<p>Kent's largest charity for homeless and vulnerable people. For people who have nowhere to go and no-one to turn to. Those living on the streets, or those at risk of homelessness. Call our 24/7 Helpline: <b>0800 567 7699</b></p>
	<p>Independent charity aimed at supporting the rough sleeps, homeless and vulnerable housed in Canterbury and East Kent. Offering immediate respite at the Canterbury Open Centre. Open 9-2pm, 7 days a week. Call <b>(01227) 464904</b> or email <a href="mailto:info@catchinglives.org">info@catchinglives.org</a></p>
	<p>The Annexe drop-in centre is open Monday-Friday, 10a-2pm. Offering free tea, coffee and biscuits, a place to rest for a while, and the offer of a friendly chat. Please email <a href="mailto:canterbury@salvationarmy.org.uk">canterbury@salvationarmy.org.uk</a> or call <b>(01227) 472781</b></p>
	<p>Using a phone's GPS, the <a href="https://nextmeal.co.uk">https://nextmeal.co.uk</a> site identifies the user's location and lists the nearest charities that provide food and support for the hungry and homeless.</p>
	<p>Services include the assessment of entitlement to housing for people who are homeless or threatened with homelessness. Also general housing advice and information for private, council and RSL tenants and homeless people. Email <a href="mailto:housingadvice@canterbury.gov.uk">housingadvice@canterbury.gov.uk</a>, call <b>(01227) 862000</b> or <b>(01227) 862518</b>. For out of hours emergencies, please call <b>(01227) 781879</b></p>
	<p>Supports women and children affected by domestic abuse in Canterbury and East Kent. We support our users through every step of removing abuse from their lives and improving their safety. Call <b>(01227) 452852</b> or email <a href="mailto:admin@risingsunkent.com">admin@risingsunkent.com</a></p>

# Local Mental Health Services

 <p><b>Live well</b> Kent Community wellbeing</p>	<p>Live Well Kent is a free service for anyone aged 17 and over offering advice to help improve mental and physical health and wellbeing. They can help with keeping active and healthy, meeting people, everyday living, training and work. Please call <b>0800 567 7699</b> or email <a href="mailto:info@livewellkent.org.uk">info@livewellkent.org.uk</a></p>
 <p><b>mhM</b> mentalhealthmatters™</p>	<p>Mental Health Matters seek to help people achieve good physical and mental wellbeing and live life to the full. Providing mental health support services, ranging from helplines and 'talking therapies' to supported housing and safe havens. Our helpline provides emotional support, advice and guidance, available 24/7 by calling <b>0800 107 0160</b> or emailing <a href="mailto:info@mentalhealthmatters.co.uk">info@mentalhealthmatters.co.uk</a></p>
 <p><b>SANE</b></p>	<p>SANE line is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 4:30-10:30pm on <b>0300 304 7000</b>. You can also email <a href="mailto:support@sane.org.uk">support@sane.org.uk</a></p>
 <p><b>SAMARITANS</b></p>	<p>Contact a Samaritan if you need someone to talk to. If you're having a difficult time or if you're worried about someone else. You can call any time, from any phone for free on <b>116 123</b> or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>
 <p>Canterbury Baptist Church <b>renew 11</b> a quiet shared space where it's ok not to be ok</p>	<p>Renew 11 is part of a national network creating safe spaces where everybody knows your name, where you are valued and no one is labelled. Spaces where you can engage in an activity, share a hobby, learn a new skill, make connections and be signposted to any help you may need. With a registered mental health nurse also made available. Every Friday at 1pm, Canterbury Baptist Church. Phone <b>(01227) 456204</b> or email <a href="mailto:office@canterburybaptistchurch.org.uk">office@canterburybaptistchurch.org.uk</a></p>
 <p><b>take off</b> for physical &amp; mental wellbeing</p>	<p>Take Off is 100% user led, working for better physical and mental health. Run entirely on peer support model with most services taking the form of self-help 'doing' groups. For more information please visit our website using this link: <a href="https://takeoff.works">https://takeoff.works</a></p>
 <p>the <b>umbrella centre</b> improving mental health</p>	<p>The Canterbury Umbrella Centre is a Community Hub that specialises in support for those with mental health and physical illness. For more information please call Monday to Friday 10am-4pm on <b>01227 767660</b> or email <a href="mailto:enquiries@canterburyumbrella.co.uk">enquiries@canterburyumbrella.co.uk</a></p>

**Kent and Medway NHS and Social Care Partnership Trust**  
**Single Point of Access - 0800 783 9111**

# Local Poverty and Debt Services

	<p>The Hub Cafe is a collaboration between Canterbury Baptist Church and Lily's Social Kitchen CIC. Based in St Georges Place (opposite Waitrose) we offer pay as you feel cafe, with pay it forward scheme, community fridge and take away meals. For more information please call <b>01227 456204</b> or email <a href="mailto:hubdeveloper@canterburybaptistchurch.org.uk">hubdeveloper@canterburybaptistchurch.org.uk</a></p>
	<p>Several churches in Canterbury work in partnership with national charity TLG (Transforming lives for good) to bring hope and a future to struggling children. This includes filling holiday hunger in Make Lunch and Box of Hope schemes. For more information or support please contact City Church (<b>01227 455440</b>), SMB (<b>01227 453777</b>) and Canterbury Baptist Church (<b>01227 456204</b>)</p>
	<p>Canterbury Debt Advice Centre provides free, face-to-face and confidential help and advice for people who are concerned about money problems with volunteers from the City Church and Barton Evangelical Church. Including help with budgeting and dealing with creditors. For more information please email <a href="mailto:info@helpwithdebt.org.uk">info@helpwithdebt.org.uk</a></p>
	<p>Acts435 allow people to give money directly to those in need. For more information about please contact representatives of City Church (<b>01227 455440</b>), All Saints Church (<b>01227 450669</b>) and Connecting Canterbury (<a href="mailto:connectingcanterbury@gmail.com">connectingcanterbury@gmail.com</a> or <b>07999 900659</b>)</p>
	<p>Several churches in Canterbury work in partnership with national charity CAP (Christians Against Poverty) to restore hope for those who are lost and hurting, life-changing freedom and good news to people in desperate need. This includes the CAP Debt Centre and Money Course (teaching budgeting skills) by Canterbury Vineyard/City Impact (<a href="mailto:admin@Canterburyvineyard.com">admin@Canterburyvineyard.com</a>) and SMB (<b>01227 453777</b>). CAP Life Skills (including how to eat well on a budget and make your money go further) by Emmanuel Church (<a href="mailto:richard@emmanuelcanterbury.org.uk">richard@emmanuelcanterbury.org.uk</a>) and CAP Job Club (practical help as you seek employment) by Barton Evangelical Church (<b>01227 470086</b>)</p>
	<p>All Saints Church are offering a stop gap, non-referral food bank every Friday at 10am until 12noon. For more information please call (<b>01227 450669</b>). All Saints works in partnership with the Canterbury Food Bank: <a href="https://canterburyfoodbank.org/need-food/">https://canterburyfoodbank.org/need-food/</a></p>
	<p>Connecting Canterbury exists to help anyone find support in times of need, being a listening ear, signposting people to advise and giving practical help. With branches of Kent Savers Credit Union support can be offered for money management, home budget training, savings accounts and personal loans. For more information please email <a href="mailto:connectingcanterbury@gmail.com">connectingcanterbury@gmail.com</a> or call <b>07999 900659</b></p>





[https://  
www.canterburybaptistchurch.org.uk/  
index.php/community-hub/roc/](https://www.canterburybaptistchurch.org.uk/index.php/community-hub/roc/)

Twitter: @ROCCanterbury

Facebook: /ROCCanterbury

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