

ISSUE 6

1st December 2023



HOLCOMBE
GRAMMAR SCHOOL

NEWSLETTER

MESSAGE FROM THE HEADTEACHER

Dear Parents and Carers,

Welcome to our penultimate blog of 2023! December is now here and we have only 2 weeks left before we break up for Christmas.

Our Year 13s have now completed their first prelim examinations and I know are waiting to receive their results. We hope their hard work has paid off but, if not, they still have 6 months to ensure they learn the content and are fully prepared for their summer examinations. Year 11 recently received their results from their prelims and we know are now refocussing based on feedback provided from their teachers. Year 12 will have their first prelims early in January and we wish them well for that.

As you will see from the contents of this blog, there has been a huge amount going on in school for the other year groups too – from trips to competitions on top of all the usual great work that goes on in our classrooms day to day. I hope you enjoy reading about it all.

Our Christmas festivities begin next week with our Year 7 carol concert which is being held at St Stephens Church (opposite the school on Walderslade Road) on Tuesday 5th December at 6:00pm. We hope to see many of you there. We are also running the Christmas Gift Bag appeal in support of homeless charities in Medway – details in the blog of how students can contribute to this great cause. We will then be having our Christmas Dinner and Christmas Jumper Day on Wednesday 13th December and our staff panto (!) on Thursday 14th December. Term will then end at 12:30 on Friday 15th December. Term 3 then begins for staff on Tuesday 2nd January and for students on Wednesday 3rd January.

Finally, I wanted to thank the many parents who have kindly given up 5-10minutes to complete our parent survey. If you haven't yet, please can I ask you to do so on the link that has been emailed out to you all. Once the survey closes, we will analyse the outcomes and I will provide an update in the new year.

With very best wishes until I update you again in our final blog of 2023, in 2 weeks time

Mr L.Preston
Headteacher

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KEY DATES

Term 2

- **Tuesday 5th December**
 - Christmas Carol Service
- **Friday 15th December**
 - Last Day of Term 2

Term 3

- **Tuesday 2nd January**
 - Staff Development Day
- **Wednesday 3rd January**
 - First Day of Term 3

STAY CONNECTED

Follow Us on Social Media

See all of the enjoyable and engaging activities we get involved in throughout the year.

Follow us on our social media channels.



[@TSAT - Holcombe Grammar School](#)



[@TSATHolcombe](#)



[@tsat_holcombegrammarschool](#)



NORMANDY TRIP



Day 3 of our visit to Normandy started off with choices from a lovely French breakfast of either baguettes, butter and jam or cereal at our gite. Some students also drank bowls of hot chocolate too, declaring that dipping your bread into the chocolate was the best thing ever!

Our first stop was a trip to a local supermarket where there were lots of regional delicacies available. We had a great wander around the aisles looking at the variety of products on offer and comparing them to what was to be found on the shelves of supermarkets in the UK. It seems that chocolate is very popular in both countries!

After a short journey we arrived at our main morning excursion: the hand crafted caramels d'Isigny factory. We had a talk about how caramel was made, and we learned new vocabulary for the ingredients! We also got to sample different types of caramel that were made on site. The boutique was delightful and it was easy to spend your money. Some people took a trolley around as they could see a basket wasn't going to be big enough!

Upon getting back to our coach, we had our picnic lunch while our friendly driver took us safely to our next destination of Bayeux. In the town centre we took a short walk to the stunning cathedral and admired the art and magnificent stained glass windows before heading towards the main reason for our visit, to see the Bayeux Tapestry.

The Tapestry tells the story of The Norman Conquest which students had studied in history lessons. The Tapestry is displayed in a darkened room, with audio guides explaining each scene. Afterwards we also had a look at the accompanying visitor centre which included life size models of boats that would have been used to sail across the English Channel to Dover in 1066!

Upon returning to our accommodation, there was a little time for some ball games on the pitch before darkness arrived. We then came in for dinner before completing our activity packs that Ms Senges had created to help us understand and describe our daily life in French.

When we finished dinner we had an award ceremony with students getting prizes for speaking French, being engaged in French culture and for absorbing the atmosphere of being in a different country.

A huge thank you to Ms Senges and Mrs Wood for organising such a great trip, and to Ms Senges, Mr Phillips and Mrs Moore for spending their week with the students, enhancing their life chances through this amazing experience.

NORMANDY TRIP PHOTOS



DAY OF THE DEAD COMPETITION



The Day of the Dead Competition took part this year to commemorate the Day of the Dead on the 1st and 2nd of November.

Students were challenged to create an altar for a famous deceased Hispanic person for El Día de los Muertos. Students were creative, using a variety of materials.

They also had to research and learn about the Day of the Dead as the altars needed to include the traditional items of El Día de los Muertos altar and any others they felt appropriate. We were proud to see so many entries to the competition, all of them well-researched, colourful and unique.

All participants were treated to a small celebration and staff members were invited to see the intricate work created. The altars have been placed on display around the classroom.

Prizes were handed out on the 27th November at lunchtime and all students received edible rewards. Special prizes have gone to certain winners.

Well done to Max Vladov 7Co and Knight Fisher 8Ar who won first place and Joshua Peat 7Ba who came second place.

Freddie Todd 7Co, Toby Bull 7Ba and Billy Taylor 7Gu came third place. The winning altars will also be displayed in the library.



LORD-LIEUTENANT AWARD 2023



On Thursday 9th November, South East RFCA hosted the final of their 8 Lord-Lieutenant Awards for 2023!

His Majesty's Lord-Lieutenant of Kent Awards was at a stunning new venue for this year that is also steeped in Naval history; The Ward Room in the Medway Campus - University of Greenwich.

The Lord-Lieutenant of Kent, The Lady Colgrain, awarded 15 Meritorious Service Certificates from across all 3 Services, 1 Best Reservist award kindly sponsored by The Rift Group and 10 Lord-Lieutenant's Cadets were appointed.

It was also a chance to thank Lt Col (Retd) Peter Ellis QGM*, Deputy Chief Executive (East) and Head of Cadets and Youth here at SERFCA, at his last awards ceremony for all of his hard work over the last 16 years!

Included in the award ceremony was one of our Sixth Form students, Joe McKenzie-Cook. Congratulations Joe!

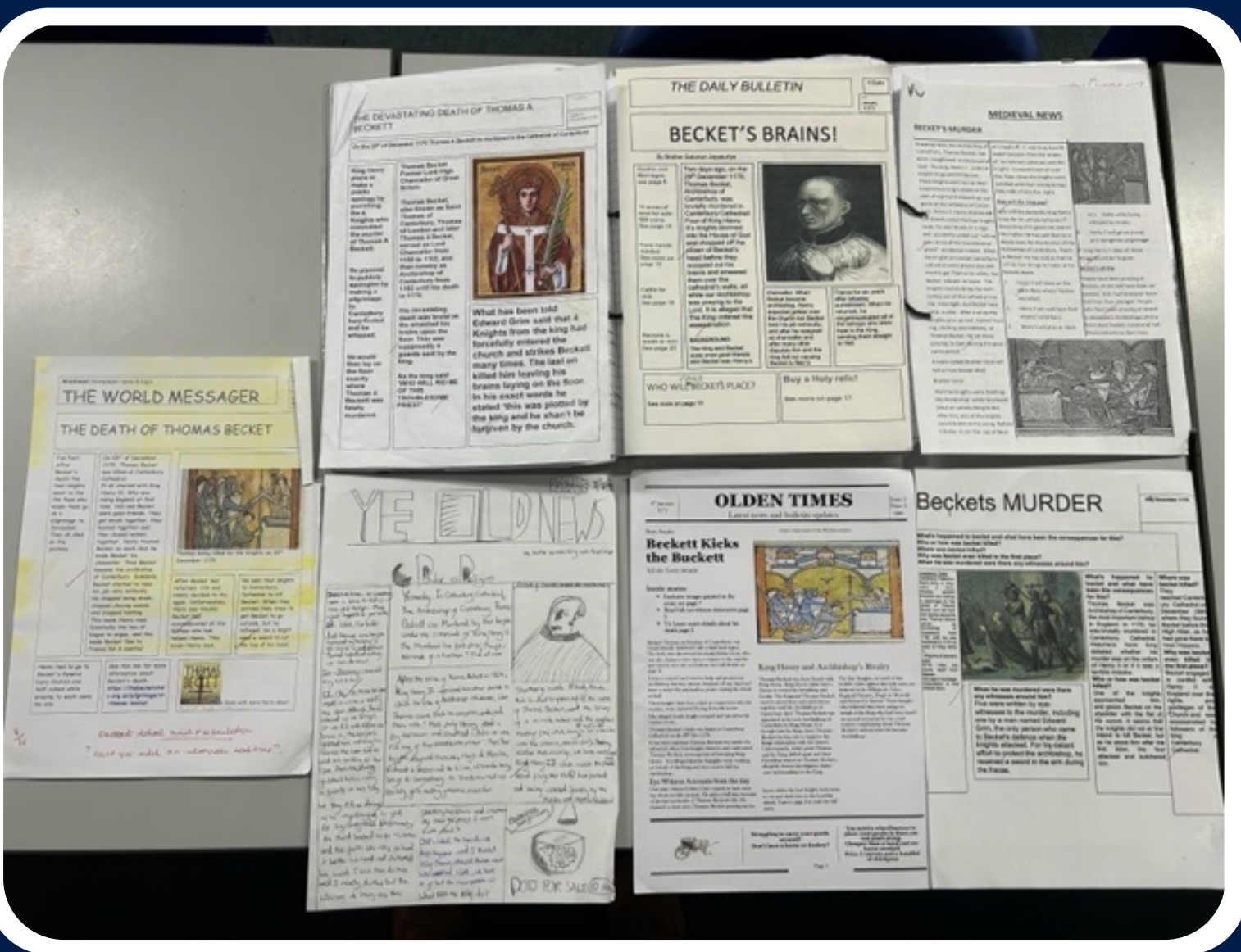


YEAR 7 HISTORY LESSONS



Year 7 have spent term 2 focusing on Medieval religion and ordinary life. This has culminated in some outstanding work for 7 Ardent on the murder of Thomas Becket, with some well designed and informative newspaper reports on this historic event.

Work shown is from: James Mamudu, Oreoluwa Adekoya, Henry Kemp, Daniel Turner, Harry Patel and Ryan Stapley.



YEAR 7 GEOGRAPHY LESSONS



7B this week were working as soil scientists in their Geography lessons. They have been studying the Lithosphere and today were looking at what soil is actually made of. The samples were brought in from Mr Preston's garden and the students were analysing the content of their samples using magnifying glasses.

They enjoyed the lesson and worked very well indeed.



YEAR 7 SCIENCE PARACHUTE EXPERIMENT



Students in 7S were given the task to look at how parachutes evolved and then told to plan an experiment to investigate either;

a) How does the size of the parachute affect the rate an object falls.

Or

b) How does the shape of the parachute affect the rate an object falls.

The students had to research about parachute design as homework and then build their parachutes during a science lesson.

They then tested their hypothesis by dropping their designs/parachutes from 3 meters and timed their fall.

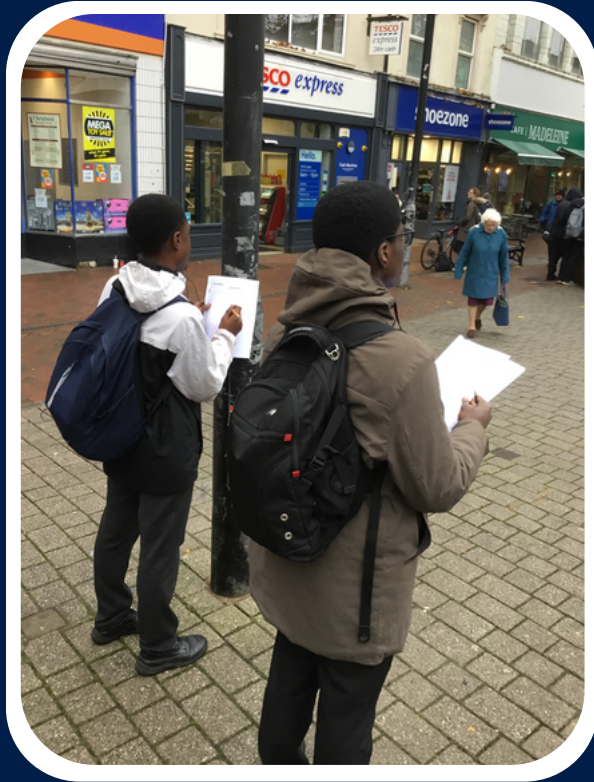
They could then work out the speed from the work they had carried out in the last few science lessons on forces.



YEAR 11 GEOGRAPHY TRIP TO ASHFORD



On Monday 27th November, Year 11 Geography students went to Ashford to support their GCSE exams. They completed field sketches, land use surveys, environmental quality surveys and observations as well as looking at the ages of the cars. All students were a credit to the school.



We are looking forward to our future trips including the Kent University Conference for Sixth Form, The Ravensbourne Media Trip, Back to the Future and Hamilton.

SIXTH FORM OPEN EVENING



The school's annual sixth form open evening took place on Thursday the 16th November, with students from our own year 11 as well as students from other schools attending.

Visitor numbers on the evening were extremely encouraging and this was just reward for the efforts of teaching staff and our current sixth form helpers on the night, who put in a great deal of preparation to ensure the night was a success.

As ever, our greatest selling point continued to be our current sixth form helpers on the night. They were simply fantastic in the manner in which they conducted themselves, they spoke with parents and prospective new students about their courses and experiences within the sixth form with real maturity and were a real credit to themselves and the school. Those students charged with escorting parents to subject areas around the school received nothing but praise from visiting parents. It was yet another example of the great Holcombe community pulling together to produce a fantastic event.

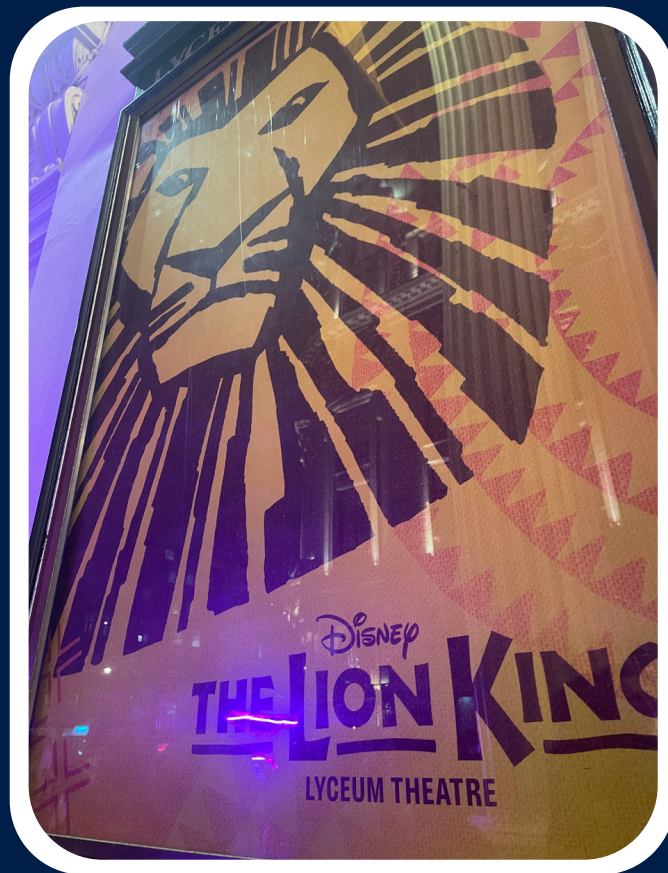


SIXTH FORM LION KING TRIP



The Sixth form team took a mixture of Year 12 and Year 13 students to see The Lion King theatre production in London. Despite the rain and cold winds, the students behaved impeccably, showing maturity, kindness, support and understanding throughout, they did themselves and HGS proud. Venue staff commented on their manners and behaviour, which is always good to hear.

A huge thank you to the staff that gave up their evening to ensure the trip went smoothly.



HANDBALL AND BASKETBALL COMPETITIONS



Congratulations to the year 7/8 and 9/10 Holcombe Handball teams who excelled at this year's MSG Handball Competition.

The Year 7/8 team, comprising of Camron Harding, Nasri Adebawo, Folu Fadun, Dexter Collins, Ryan Stevens, Dylan Drabble, Louis Fiolka, Tate Fitzgerald, Ryan Barber and Azariah Mittawa, proved to be resilient and hard to beat in their victories over Strood Academy and Brompton Academy. The team finished 2nd in their pool and 3rd overall in the competition.

The Year 9/10 team, comprising of Neo Thomas, Robbie Hill, Ashley Guzha, Jason Nsirim, Ben Yemoh, David Sodiya, Harlem Hodges, Lucas Stokes, Gagan Thapa and Flynn Burke, were unbeaten across the pool stages, impressing all with their fast and creative attacking style of play, scoring a total of 13 goals in 3 games to finish 1st in their pool. The team unfortunately lost to a brilliant Rainham Mark team 4-0 in the final to secure a well-deserved 2nd place.

Well done to all.

Dr Harris would also like to congratulate the Year 9 Team:

Many congratulations are due to the following year nine students who represented Holcombe last week at handball: Flynn Burke, David Sodiya, Lucas Stokes and Ben Yemoh. They played so well in the tournament that they came second overall! An excellent result.

Holcombe Basketball off to a Winning Start

Holcombe's first ever basketball fixtures took place on Wednesday 28th November. Under the superb coaching of Year 11 student Kainen Bekir, the Year 9/10 team got off to a flying start with some early baskets to race in to an 8-0 lead against their hosts, Leigh Academy, before ending the first period with a narrow 14-13 lead. The class of the Holcombe team began to show in the second period as they outscored their opponents 26 points to 8. The very determined and resilient home team rallied in the final period but the depth of Holcombe's squad shone through and saw them home to a 40—21 victory. An outstanding squad effort was typified by player of the match Lucas Brewood whose tireless work rate and determined drives to the basket were a catalyst for much of the attacking flair demonstrated by the team.

DUKE OF EDINBURGH AWARD DECEMBER UPDATE

Written by Mr Phillips



DofE enrolments for this year's Year 9 cohort has now passed and all but a few of the 70 Students in Year 9 have received their login details. The priority for this cohort is now to set up their DofE accounts and begin working toward the completion of their Award. A lot of students have seen me to ask for help with this process but if students still need help with this, I am available every Thursday in B15 at lunchtime to assist.

The Silver enrolment with Year 10 has also taken place this term with 14 students signing up for this level of the Award. Students now have the Silver Award added to their accounts and they also can now start working towards the completion of the Award. I will be passing the certificates for the students that have complete their Bronze Awards to their HOY so that they can be presented to them in their final assembly of this term. If any of the remaining students that have not completed their Award needs a hand in this process please do come and see me.

I will be coming into a Year 12 assembly next week to talk about the Gold Award and encouraging student in Year 12 to sign up for it!



Year 7 Foreign Language Spelling Bee 2024

Are you in Year 7?

How many words are you able to spell in
French/Spanish in 1 minute?

Do you have what it takes to go to Cambridge and win
this competition nationally?

Come and practice with Mrs Ortega on Wednesdays at lunchtime in S-16.



PRIZES

1st Prize Lunch Meal deal for a day in the canteen.

2nd Prize bacon/ sausage / vegan roll at breaktime in the canteen for a
day.

3rd Prize- Present from Mrs Ortega's box.



Year 8/9

Foreign Language Translation Bee

2024

Are you in Year 8 or year 9?

How many words are you able to translate in
French/Spanish in 1 minute?

Do you have what it takes to go to Cambridge and win
this competition nationally?

Come and practice with Mrs Ortega on Friday at lunchtime in S-16.



PRIZES

1st Prize Lunch Meal deal for a day in the canteen.

**2nd Prize bacon/ sausage / vegan roll at breaktime in the canteen for a
day.**

3rd Prize- Present from Mrs Ortega's box.

READING AT HOLCOMBE



Please see below book recommendations from the English Department for Key Stage 3 and Key Stage 4.



Reading at Holcombe

See below for the English Department's book recommendations. We have included a recent release and a literary classic!



KS3

Boy Everywhere – **AM Dassu**. An important read about the harrowing journey taken by refugees around the world. A story of kindness and bravery.

A Christmas Carol – **Charles Dickens**. A classic tale of redemption and hope for this winter season. Year 7 have been studying Dickens in English lessons and this would make a perfect starting point for reading Dickens independently.

KS4

The Ballad of Songbirds and Snakes – **Suzanne Collins**. The film adaptation of this novel is making millions in the cinemas at the moment. A must read for fans of the dystopian world of *The Hunger Games*.

The Hound of the Baskervilles – **Arthur Conan Doyle**. A great supplementary read to *The Sign of the Four* (our GCSE set text). An iconic classic of the detective genre.



Studies have found that reading for pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities. From the Reading Agency.

CHRISTMAS GIFT BAG APPEAL 2023

ITEMS THAT WOULD BE USEFUL INCLUDE:

- SOCKS (NEW)
- CHOCOLATE
- UNDERWEAR (NEW)
- SWEETS
- TOILETRIES
- READING BOOK
- PLAYING CARDS
- DIARY
- HAT
- SMALL CRAFT ITEMS
- PENS AND PUZZLE
- GLOVES

BOOKS

PLEASE LABEL MALE/FEMALE. NEEDED BY

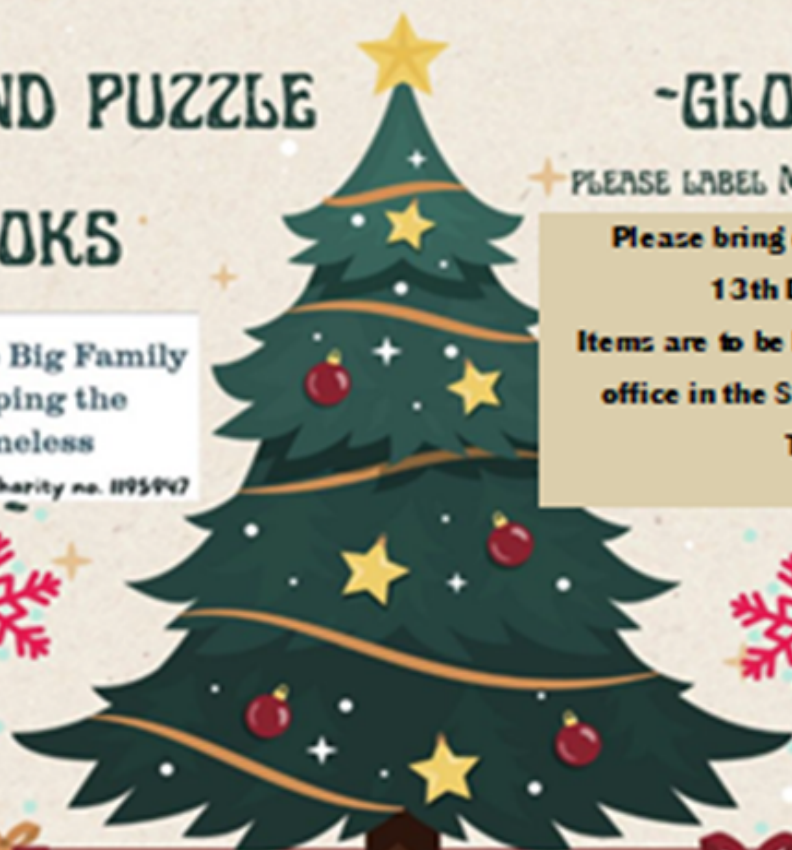
Please bring donations to school by
13th December, 2023

Items are to be left in Mrs Sommerville's
office in the S Block OR in Reception

Thank you



One Big Family
Helping the
Homeless
Reg. charity no. 1195947



LET'S FACE SOME ISSUES!

Tuesday

27 Nov

18:30 - 20:30

£24



Understanding the Teenage Brain

Why they think, feel and behave very differently from adults

Tuesday

28th Nov

18:30 - 20:30

£24



What is ACT?

Acceptance & Commitment Therapy.
How it can help with anger, anxiety and neurodiversity

Thursday

30th Nov

19:00 - 21:00

£24



Understanding Addictive Behaviour

Screens, Gaming, Vaping and more

Thursday
23rd Nov

18:30 - 20:30

£24



Supporting a Child with ADHD

Interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.



Medway Safe Haven

Open every day, 12pm-12am

Medway Safe Haven offers crisis mental health support to anyone aged over 16, in a safe, comfortable and supportive environment.

We are open every night for face-to-face support.

You can visit the service to access one-to-one emotional support from trained mental health professionals.

We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

Contact us or drop in:

07850 901 151 or 07808 795 036 (12pm-12am)

Medway Maritime Hospital,

Windmill Road,

Gillingham,

ME7 5NY

Follow us on Facebook for updates:



MEDWAY GO



Take the hassle out of the holidays with MedwayGo. Choose from hundreds of fun activities for children from Reception to Year 11, including sport, dance, art, drama and lots more! Children will have a great time making friends, keeping active and learning new skills plus each child receives a free balanced meal as part of their session.

Any child who currently receives benefits-related free school meals can attend for free and we can offer support with travel for children with additional needs. All staff and volunteers are experienced and DBS checked, providing peace of mind for you and lots of fun for your kids!

There is a family fun day on Thursday 21st December at Woodlands Academy Sports Hall from 12.30pm to 4.30pm.

For information about the family fun day and lots of other activities please click on the link and book your place

[Book Activities | MedwayGo](#)

We would like to wish you all a safe and enjoyable Christmas and we look forward to working with you in the New Year!

**Take care,
From the team at
MEGAN CIC**



Your Voice In Mental Health

Christmas Support in Medway 2023/24

Feeling lonely?

Feeling stressed?

Feeling depressed or anxious?

Need someone to talk to?

Spending Christmas Day alone?

Going hungry over Christmas?

Look inside for local services and support available over the Christmas period

For further information, please contact us on:

Tel: 01634 402077

Email: enquiries@megancic.org.uk

Website: www.megancic.org.uk

Facebook: MEGAN CIC

Twitter: @MeganCic

Instagram: [megan_cic](https://www.instagram.com/megan_cic)

Crisis Support

Medway Safe Haven

Phone: 07850 901151 or 07808 795036 Email: Medway.mhm@nhs.net
Website: mhm.org.uk/kent-safe-havens

Address: The Portacabin opposite Urgent Treatment Centre at Medway Maritime Hospital, Windmill Road, Gillingham ME7 5NY

Christmas Open Hours: from 12pm-midnight every day (including weekends and bank holidays).

Mental health support for anyone aged 16+ in the Kent area. They provide information and emotional support for individuals who are in crisis or feel they are heading towards a crisis situation.

Samaritans

Phone: 116 123 Website: www.samaritans.org

Email: jo@samaritans.org

Free to call, available 24 hours a day and will not show up on your phone bill.

Mental Health Matters

Helpline: 0800 107 0160 Text: Medway to 85258

Website: www.release.thepressure.uk

If you are in distress, you can get immediate support from trained staff 24 hours a day.

KMPT Urgent Mental Health Helpline

Phone: 0800 7839111 Text: 07860 022819

If you are known to KMPT or need urgent mental health support, advice and guidance, call the 24 hour helpline.

NHS Direct

Phone: 111 (Option 2 for mental health support) Website: www.nhs.uk

Help, advice and reassurance, 24 hours a day, 365 days a year for any health concerns. 111 when it's less urgent than 999.

Dementia Helpline

Phone: 0800 500 3014 Website: www.dementiafriendlykent.org.uk

A confidential service offering support and guidance for people with dementia and their carers.

Caring Hands

Phone: 01634 409768 Website: caringhands.org

Address: 15a-16 New Road Avenue, Chatham, Kent ME4 6BA

Open 25th December 12-2pm for a Christmas Meal—no booking necessary.

Closed 23rd December—3rd January

Rainham Toy and Gift Bank

Address: The Oast, Granary Close, Rainham

Every Friday 9.45-11.45am

Free coffee morning and access to the toy and gift bank if your feeling the pinch this year. A selection of preloved toys and gifts for children, tweens and teens - from 17th Nov to 15th Dec

River Recovery Service

Phone: 01634 471700

Address: 95-97 High Street, Chatham, Kent ME4 4DL

Support for those affected by substance and/or alcohol abuse.

Christmas Opening Hours:

Normal hours up to 22nd Dec

24th Dec—TBC

Closed on 25th and 26th Dec

Normal hours on 27th, 28th, 29th Dec

Closed 1st Jan and resuming normal hours from Tues 2nd Jan

Severe Weather Emergency Protocol (SWEP)

Phone: 01634 333600 Freephone: 0808 164 1444 before 5pm

Comes into place on any evening that the night time temperature is predicted to be below freezing. Emergency overnight accommodation can be found for anyone with no where to sleep.

21st Century Flooring

Xmas Day Meal @ The Vines United Reform Church

Offering a free meal on Christmas day for anyone otherwise alone. Please contact Grace on 07870 636 451 for more information and to get booked on. Transport can be arranged for those unable to get there.

Medway Foodbank

Phone: 01634 757057 Email: info@medway.foodbank.org.uk
Website: www.medway.foodbank.org.uk/

Office Open: - Tuesday - Thursday 9.30am-3.30pm

- Friday 9.30am-1.30pm

Warehouse Open: - Tuesday and Wednesday 9.30am-3.30pm

- Thursday 9.30am-1pm

For information relating to which centres are available over the festive period, please make contact with Foodbank direct or follow their Social Media

Gillingham Street Angels

Phone: 07437 657982. Facebook: The Street Angels

Foodbank: 43 Skinner Street, Gillingham. ME7 1LG.

Offering food parcels, blankets, duvets, warm clothing and other essential living items.

Normal opening hours: Monday – Friday 9am-1pm.

Closed Christmas Eve, Christmas Day, Boxing Day, New Years Eve and New Years Day.

Medway Street Angels

Phone: 07564 829189 Address: Clover Street Car Park at 7pm

Soup kitchen on Wednesdays, Thursdays and Saturdays

Serving home cooked meals and hot drinks. Guests can request clothing items and also give out monthly toiletry packages and non-perishable food.

One Big Family

Email: info@helpingthehomeless.org.uk Phone: 07865 928 174

Soup Kitchens on Sundays at 6.30pm at the bottom of Meeting House Lane - fresh home cooked food and food parcels available.

Soup kitchen will be open on 24th and 31st as normal.

Warm Banks

Website: www.warmspaces.org

This website shows a map of places that will be open to the public offering a warm space throughout winter.

KMPT—Medway Community Mental Health Team (CMHT)

Phone: 0300 303 3189

If you are receiving care and treatment from KMPT, you can contact CMHT for mental health help, support or advice.

NELFT—Single Point of Access (Children & Young People)

Phone: 0300 123 4496

If you need to speak to someone to find the most appropriate support for a young person, you can contact the Single Point of Access.

Medway Talking Therapies

Phone: 0300 0293000 Email: medway@insighthealthcare.org

Offer talking therapies to support with a range of issues including low mood, depression, anxiety, panic, trauma, bereavement and loss, etc. You can self refer by telephone or via the website.

Live Well Kent and Medway

Phone: 0800 567 7699 Email: info@livewellkent.org.uk

Website: www.livewellkent.org.uk

Provides free mental health support for people aged 17+ including support with employment, housing, peer support, carers support, etc.

MEGAN CIC

Phone: 01634 402077 Address: 33 Magpie Hall Road, Chatham, ME4 5NE

Mobile: 07838 298591 Email: enquiries@megancic.org.uk

Offering Peer Support Groups face to face and online using Zoom. Also run the Medway User Voice Project.

The office will be closed from 21st December with the last group being held on 21st December to re-open 3rd January with first group back 9th January.

North Kent Mind

Phone: 01322 291380 Website: www.northkentmind.co.uk

Offer a range of wellbeing services and resources for people who are going through a difficult time or struggling emotionally.

Rethink Sahayak—Asian Mental Health Helpline

Phone: 0808 800 2073 Email: sahayak@rethink.org

Offers caring, non judgemental and empathetic support for mental health and domestic abuse issues. It is free and confidential. You can speak to advisers in Asian languages (Gujarati, Punjabi, Hindi, and Urdu) or in English on:

- Mondays & Wednesdays from 4pm-7pm
- Tuesdays and Thursdays from 12pm-3pm

Medway Puzzles

Phone: 07506 114 611 Website: www.medwaypuzzles.com

Social Media: www.facebook.com/groups/1066770040584597

Run activities for families & adults with Autism and other disabilities. Visit the website to sign up to their Blog and closed Facebook group to chat with other families, seek advice and see what activities they are running. Puzzles also leads the way in disability sport with football, pool, darts, snooker and therapy swimming club.

Sunlight Centre—Wellbeing Café

Phone: 01634 581511

Address: 105 Richmond Road, Gillingham, Kent ME7 1LX

Wellbeing Café Opening Hours over Christmas:

23rd Dec—5.30-8.30pm	24th Dec—1-4pm
25th and 26th Dec—Closed	27th, 28th, 29th 30th Dec—1-4pm
31st Dec and 1st Jan— Closed	2nd Jan—back to normal provision

All Saints Community Project

Phone: 01634 845419

Address: Magpie Café, 33 Magpie Hall Road, Chatham, ME4 5NE

Magpie Community Café is open 10am-2pm Monday to Friday. The Café will close on Monday 18th Dec at 1pm and re-open Tuesday 2nd Jan 2024.

Nucleus Arts

Phone: 01634 812108

The Nucleus Social is a free magazine full of artistic challenges, puzzles, quizzes, artist interviews, family fun and more. Contact Nucleus Arts if you would like a copy.

All Saints Good Neighbourhood Project

Address: St Pauls with All Saints Church, Magpie Hall Road, Chatham, ME4 5NE

"Warm and Fed" sessions held on 1st and 3rd Wednesday of each month from 12-2pm providing a warm space together, free soup and children's corner with toys, etc.

Healthwatch Medway

Phone: 0800 136656 (Freephone)

Enquiries: enquiries@healthwatchmedway.com

Online Form: www.healthwatchmedway.com and click on 'Tell your story' in the top right corner

If you need support to find the right health or social care service for you, call Healthwatch Medway. They're also on hand to hear your experience of any health or social care service and will use your feedback to help improve services for other people.

The Information and Signposting Service will be closed from 24th December to 2nd January inclusive. We will respond to you as soon as we can on our return.

Carers First

Phone: 0300 3031555 Website: www.carersfirst.org.uk

Providing information, support, guidance and emotional support for those caring for somebody. Providing online, in person support and walking groups.

Carers First will be closed over the Christmas period from lunchtime on 22nd December to reopen on 2nd January 2024—visit the website for information.

Medway Voluntary Action

Phone: 01634 812850 Website: www.mva.org.uk

Providing opportunities for individuals to be engaged in communities, live well and make the most of every opportunity in Medway. Helping people find volunteering opportunities, co-ordinating befriending support and more.