

COMMUNITY CATALYSTS PROJECT KENT – JANUARY 2024 UPDATE

We now have over 80 enterprises already added to our directory across Kent. They have all been through our development programme to make sure they are safe and legal (DBS, insurance, policies & procedures etc).

This is the link to the Kent pages: <https://www.smallgoodstuff.co.uk/the-directory/search/?region=kent&provider-category=&radius=10000&postcode=&sort=distance#search-results>.

Please find below more details on all of the enterprises currently available on our Small Good Stuff directory in the West Kent area. They all have capacity to take more customers:

- **In The Mix** – Singing and social group meeting weekly for wellbeing and fun at the Lenham Community Centre. Every Friday between 2-4pm. £8.50 for two hours (tea/coffee & cakes included). The majority attending are older people from the local area. Sheila is looking for other venues and areas to expand into: <https://www.smallgoodstuff.co.uk/provider/in-the-mix-weekly-singing-and-social-group/?region=kent&radius=10000&sort=distance>
- **Insightful Minds** - Support for neurodivergent people/people with disabilities. Liz offers support to navigate the Access to Work programme and will be a Holistic Companion for those who are not ready to work but need empowerment and assistance to take steps in this direction. Liz also offers coaching, mentoring and support for a wide range of people. Based in Maidstone and services online. Some free services, some chargeable (depending on requirements and funding): <https://www.smallgoodstuff.co.uk/provider/insightful-minds/?region=kent&radius=10000&sort=distance>
- **HotshotZ Tennis** – Running tennis sessions at the new Paddock Wood Community Centre: Multiple Disability – Tuesday (1-3pm) and Parkinson's Specific - Wednesday (12-2pm). All fully funded, so free to access, providing the space, coach, all equipment and refreshments: <https://www.smallgoodstuff.co.uk/provider/hotshotz-tennis/?region=kent&radius=10000&sort=distance>
- **Hands of Hope Community Garden** - charity offering a range of services to people with learning/physical disabilities and mental health challenges, as well as community groups for older people and a number of community projects. Already well established (and expanding/developing) in Hawkhurst: <https://www.smallgoodstuff.co.uk/provider/hope-farm-community-garden-hands-of-hope/?region=kent&radius=10000&sort=distance>.
- **Bloom Buddies** – offering companion gardening services to people limited by age or physical conditions. Also has a therapy dog that can come along and assist! £25 per hour (min 2-hour visit). Covering Tonbridge & Malling and surrounding villages (West Malling, Hadlow, Tonbridge, East Peckham, West Peckham, East Farleigh, East Malling, Paddock Wood, Matfield, Plaxtol, Platt, Borough Green): <https://www.smallgoodstuff.co.uk/provider/bloom-buddies/?region=kent&radius=10000&sort=distance>
- **NT Homecare** – specialising in overnight care as well as day time companionship, personal care and domiciliary care, help with all household tasks including meal

prep, assistance to go out in the community, including transport. Services offered to all ages and disabilities, including learning disabilities. £17 per hour. Based in Tonbridge, covering Tonbridge, Hildenborough, Leigh, Plaxtol, Ightham, Borough Green, Five Oak Green, Paddock Wood, Pembury, Hadlow, Mereworth, East Peckham, Platt, Sevenoaks Weald, Bidborough, Penshurst, Yalding and Waterringbury: <https://www.smallgoodstuff.co.uk/provider/nt-homecare/?region=kent&radius=10000&sort=distance>

- **Healing Voices** - A friendly and inclusive singing group with a holistic approach – includes mindfulness, breathing and physical activities plus a cuppa and chat at the end. Meeting at the Don Carman Room, Ditton Community Centre twice a month (2nd and 4th Thursdays: 3.30-5.30). Free to access (£2 donation requested): <https://www.smallgoodstuff.co.uk/provider/healing-voices-kent/?region=kent&radius=10000&sort=distance>
- **Infinity Therapies** - Non-invasive, specialised support to re-align the body and improve muscle memory. Caroline can help with day-to-day movement, mobility, walking, balance and remaining as active and independent as possible, for as long as possible. £45 an hour. Based in West Kingsdown, covering local areas in West and North Kent: <https://www.smallgoodstuff.co.uk/provider/infinity-therapies/?region=kent&radius=10000&sort=distance>
- **The Community Cupboard** – originally set up as an independent food bank, this service provides not only food to their local community but also offers carer support, advocacy services, signposting, regular community events, a safe space to talk and somewhere for people to come and have a cuppa and chat. Based in West Kingsdown but engaged with many areas of North and West Kent. All services and support are free to access: <https://www.smallgoodstuff.co.uk/provider/the-community-cupboard/?region=kent&radius=10000&sort=distance>
- **Cast A Thought** – set up to support children, young people and adults with their mental health and wellbeing and also those with long term health conditions or who may be socially isolated. Fishing sessions are delivered by Angling Trust Licensed Coaches and all equipment and licenses are provided. Accessible to all - free of charge. Currently running monthly sessions in Hadlow. Looking to expand to other sites: <https://www.smallgoodstuff.co.uk/provider/cast-a-thought/?region=kent&radius=10000&sort=distance>
- **Kinnin Care** – Rae has many years of experience in social care and education. She is offering befriending/companionship, outings, help in people's homes, carer respite, movement and therapy. £20 per hour. Based in West Malling, covering Maidstone, Tonbridge, Paddock Wood, Borough Green and Aylesford: <https://www.smallgoodstuff.co.uk/provider/kinnin-care/?region=kent&radius=10000&sort=distance>
- **Liminal Connections** - registered mental health professional providing MH and wellbeing support for adults. Individual sessions (£25), women's sharing circles (from £5), workshops, monthly fireside gatherings (from £2) and carers support. Groups, 1:1 and online – all reasonable charges and some services free/dependent on income. Based near Sevenoaks, providing services to people in West Kent and LB Bromley area: <https://www.smallgoodstuff.co.uk/provider/liminal-connections/?region=kent&radius=10000&sort=distance>

- **Kith'n'Kin** - parent support group for families who face challenges due to dysregulated behaviour from their children/young people. Free to access, grant-funded group sessions in Tonbridge.
<https://www.smallgoodstuff.co.uk/provider/kith-n-kin-cic/?region=kent&radius=10000&sort=distance>
- **Neurocafe Tonbridge** – a monthly café for anybody with a neurological condition (Parkinson's, dementia, Alzheimer's, epilepsy, brain tumours, MS, bi-polar, PTSD, ADHD, brain tumours etc) – community enterprise providing social opportunities and the chance to talk with other people in similar circumstances, receive and share support, and to find out more about research and services available – very relaxed and therapeutic atmosphere. Every third Thursday each month at the Age UK Town Lock centre Tonbridge. Free to access (donations for refreshments appreciated):
<https://www.smallgoodstuff.co.uk/provider/neurocafe-tonbridge/?region=kent&radius=10000&sort=distance>
- **Every Step Counts** – offering free-to-access wellbeing walks from ten different starting points around the Sevenoaks district. Primarily aimed at older people and those with limited fitness, long-term health conditions etc. Each walk ends with refreshments and an opportunity to socialise in a local café, pub or suitable venue.
<https://www.smallgoodstuff.co.uk/provider/every-step-counts/?region=kent&radius=10000&sort=distance>
- **Beryl Palmer: Living Life Well** – based in West Malling, covering all of West Kent. Coaching sessions for mental health and wellbeing - providing people with simple but powerful tools and techniques including gentle physical movements, breathing exercises, visualisations, meditation, relaxation methods, mindfulness and positive psychology. Beryl is a qualified social worker, trainer, sophrologist and mindfulness coach. £60 per session 1:1 – community groups by negotiation.
<https://www.smallgoodstuff.co.uk/provider/beryl-palmer-living-life-well/?region=kent&radius=10000&sort=distance>
- **This Is Us Dance Company** – based in Tunbridge Wells. Dance and drama sessions for children and young people with disabilities. Fully accessible in a school setting. Weekly sessions from £9 and 1:1 sessions available at £15. Also very involved in local community events:
<https://www.smallgoodstuff.co.uk/provider/this-is-us-dance/?region=kent&radius=10000&sort=distance>
- **Healing Through Horses** – equine therapy based near Goudhurst, offering wellbeing sessions with horses, including for people with learning disabilities, dementia and mental health challenges. Rates per session – to be discussed, on requirements and length of visit (base rate £45 per session but by negotiation for groups etc):
<https://www.smallgoodstuff.co.uk/provider/healing-through-horses/?region=kent&radius=10000&sort=distance>
- **Savvy Home Help** – offering personal care, respite, companionship, household duties, cooking, shopping and errands. Covering Tunbridge Wells, Tonbridge and Sevenoaks. Hourly rate from £15.00:
<https://www.smallgoodstuff.co.uk/provider/savvy-home-help/?region=kent&radius=10000&sort=distance>
- **Mental Health Resource** – mental health charity based in Tunbridge Wells offering a range of services including needlecraft, gardening, creative writing, arts & crafts,

drop-in sessions, lunch club, peer support groups, safe space to talk (1:1) and much more. All free to access: <https://www.smallgoodstuff.co.uk/provider/mental-health-resource/?region=kent&radius=10000&sort=distance>

- **Arty Farty Retreat in Southborough** – arts and crafts sessions for children, young people and adults including people with learning disabilities, physical disabilities and mental health challenges. Also, 1:1 sessions available (price by negotiation). £23.00 for two hours: <https://www.smallgoodstuff.co.uk/provider/arty-farty-retreat/?region=kent&radius=10000&sort=distance>
- **D’Vine Singers** – free to access wellbeing choir, meeting in Sevenoaks on a weekly basis. Also, now running in collaboration with West Kent Mind on their Creative Minds project: <https://www.smallgoodstuff.co.uk/provider/dvine-singers/?region=kent&radius=10000&sort=distance>
- **Mature Movers (previously Vitality Hub)** – exercise and movement classes for older people to help them remain mobile and independent for as long as possible. Reasonably-priced classes currently available in Pembury, Swanley, Sevenoaks and New Ash Green. Also run a referral platform for anybody over 60 looking for movement-based activities across Kent: <https://www.smallgoodstuff.co.uk/provider/vitality-hub/?region=kent&radius=10000&sort=distance>
- **Relax and Refine Therapies** – offering bespoke massages for people with learning disabilities in home treatment room near Sevenoaks. Also offers a range of massages in community settings (currently visits Aspens in Pembury, Rockdale in Sevenoaks and other residential settings), as well as reflexology, designed to improve mobility and balance. Trained in learning disabilities and dementia. Varying prices, depending on service offered but community-based massages offered from £10 per person, depending on numbers: <https://www.smallgoodstuff.co.uk/provider/relax-and-refine-therapies/?region=kent&radius=10000&sort=distance>
- **Lainey’s Care Farm, near Cranbrook/Staplehurst** – day service for adults with learning disabilities – fabulous farm setting with lots of animals, a woodwork shop, gardens and more. Are now a commissioned KCC service but also accept self-funding customers at approximately £9.00 per hour: <https://www.smallgoodstuff.co.uk/provider/laineys-care-farm-limited/?region=kent&radius=10000&sort=distance>
- **Arts without Boundaries** – charity providing inclusive music, poetry, community event participation and more, primarily for people with learning and physical disabilities. Meet monthly in Sevenoaks in the evenings (and online) but also collaborate on projects around Tunbridge Wells and surrounding areas. All free to access: <https://www.smallgoodstuff.co.uk/provider/arts-without-boundaries-awb/?region=kent&radius=10000&sort=distance>

If any of your colleagues, teams and practitioners would like to find out more, they can click on the links above and it will take them straight to the directory listings, giving more information and contact details. If they would like to talk to me about our project and find out more about the enterprises I am currently working with (who will hopefully be added to the directory very soon), they are more than welcome to drop me an email to arrange a meeting: nicole.monahan@communitycatalysts.co.uk (07435 943745).

