



Kent & Medway Food Bank Forum Newsletter



Welcome to your November newsletter

How are you all doing?

Once again it's been a busy few months, so we wanted to update you on what we have been up to.

Meeting up?

We know that you are all incredibly busy. Would you like to come together to explore how we could support one another and continue to raise awareness of the demand for Food Banks?

We are willing to arrange a get together on Friday 11th December between 11 and 12.30. Let Rheanna know if you can make it on **rheanna.egleton@engagingkent.co.uk**

It will be an informal catch up. Feel free to drop in if you can only make part of the meeting. We know how busy you are. Alternatively, pass on your thoughts to Rheanna on the following topics and anything else you want us to know about:

- What's the best way to reach you? Are you already a member of our Facebook group and how would you like that to work, as a networking tool or an information service?
- What do you and your teams need help with? Clearer referral pathways for mental health support? Benefits advice? Let us know
- Who else needs to be linked in with this group? Local Authority colleagues, statutory services like the jobcentre and the police?



Our Black, Asian and Minority Ethnic and Health Inequalities Working Group met for the second time in November.

This is a new group working on an old problem, and we are aiming to strengthen the network of organisations who support people from minority backgrounds, resolve local issues and also challenge the strategic and systemic conditions that currently exist that lead to minority communities being adversely affected by the pandemic. As well as talking about the Men's Sheds project we talked about the developing need for Community Champions across Kent who are existing members of harder to reach groups. If you are interested in any aspect of this work, email rheanna.egleton@engagingkent.co.uk

Noticing is not nosiness!

We're excited to share that the new Kent and Medway Safeguarding Adults Board website has now been launched!

If you're concerned about safeguarding within your organisation, please contact us on adam.littlefield@engagingkent.co.uk and we'd be happy to have a chat with you.

Check out the new website [here](#)



Folkestone Safe Haven

Did you know...

Hestia run a Safe Haven in Folkestone for adults who live in the Folkestone and Hythe District who feel they need support. Plus, there is no appointment needed! It is open Monday to Friday from 18:00- 23:00 as well as Weekends/Bank Holidays from 12:00 - 23:00.

For more information please email **Folkestone.Haven@hestia.org** or call **07827533871**.

Looking after yourself in lockdown

We've compiled a helpful summary of how to look after yourself during lockdown. You may find this useful to share with your clients? Check it out [here](#)



How can we hear from your clients?

It's important that decision makers hear what life is like for your clients right now.

Healthwatch are on hand to make it as easy as possible for people to be heard:

- Can Healthwatch insert a flier into your food parcels?
- Can Healthwatch chat directly to you at the Foodbank to capture some of the stories you've heard from your clients?

Let Healthwatch know on **info@healthwatchkent.co.uk**

Mental health support for you and your clients

A series of new information cards have been created to help people find the right mental health support for them. We've included a link to the cards [here](#), but if you would like us to arrange for hard copies to be sent to your Foodbank let us know on forums@engagingkent.co.uk



Your Safe Haven Kent and Medway

Mental Health Matters run four Safe Havens across Kent and Medway. They are located in Canterbury, Thanet, Medway and Maidstone. We are pleased to let you know that all four Safe Havens are open for face to face support and will remain open throughout lockdown! Please contact the service first to book to attend. Have a look at their website [here](#)



Please continue to send your news, training opportunities and general updates to us so that we can share it

through our newsletters.

Email us anytime
at **forums@engagingkent.co.uk** and
please share our newsletter with
anyone you think would be interested.

That's all from us, take care!
Rheanna, Adam and Mick