



# BROMPTON ACADEMY **NEWSLETTER**

TERM 2 / DECEMBER 2023

## MINI SCHOOL UPDATE

The Mini School unique rewards system, ePraise, is still having a fantastic impact with students. Students remain consistently engaged and motivated by the rewards and the sense of achievement from gaining points.

We have had over 300 students spending their points at the shop and a staggering 600+ entering the raffle.

The winning Mini School students received a selection box on the last day of term.

Congratulations to Turing Mini School for winning Term 2!

MINI SCHOOL	POSITION
TURING	1ST
RUTHERFORD	2ND
KEYNES	3RD
DARWIN	4TH
WOOLF	5TH

## MINI SCHOOL COMPETITIONS XMAS FAMILY FORTUNES

On Tuesday 5th December 2023, Heads of Mini Schools organised a competition based around the TV show 'Family Fortunes'.

Mini Schools all played head-to-head to name the most popular answer to survey-based questions posed to 100 people, with a chance to win 100 points for their Mini School.



This event was a real buzz with over 100 students attending. Teams consisted of between 5-10 students, and lots of spectators in the audience. Students who represented their Mini School were a huge credit.

Thank you to Mr May for hosting and Mr Willders for organising the event.

The contestants were supported by their peers and there was a real sense of community amongst the Mini Schools.

#### THE RESULTS

lst	Rutherford	100 points
2nd	2nd Keynes 90 points	
2nd	Woolf	90 points
3rd	Turing	60 points
3rd	Darwin	60 points

## **MINI SCHOOL BADMINTON COMPETITION**

This terms sports based Mini School competition saw students competing in Badminton. On Tuesday 12th December 2023, students from Year 9 to Year 11 battled it out to score points for their Mini School. The event was very well attended and there were some fantastic skills on show!

Thursday 14th December students from Year 7 and Year 8 competed - this tournament was always going to be an exciting event, with some experienced badminton players across all Mini Schools. There were some tight games, with amazing badminton techniques on display.



All students were a credit to their Mini School and achieved three community points for participation.

### **THE RESULTS**

Year 7 and Year 8

lst	Rutherford	
2nd	Keynes	
3rd	Woolf	

Year	9,	Year	10,	and	Year	11
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lst	Rutherford
2nd	Woolf, Darwin, and Keynes
3rd	Turing

It was fantastic to see so many students enjoying taking part in competitive sport! Well done to all students involved.

## MINI SCHOOL ELIOT CENTRE BENCHBALL COMPETITION

After a very successful Eliot Street Football competition, we were very excited to see what the Eliot Bench Ball competition had in store for us.

The competition did not disappoint! Each Mini School team consisted of Year 7 to Year 11 students playing in the same team. It was great to see the Year 11 students supporting the younger year groups offering them encouragement and tactical advice to win! Again, it was an extremely close tournament. All students demonstrated excellent REACH values. A huge well done to all involved including both players and supporters. All students that competed achieved three community points each.

## THE RESULTS

lst	Keynes	100 points
2nd	Woolf	90 points
3rd	Turing	60 points
3rd	Rutherford	60 points
3rd	Darwin	60 points



## TURING MINI SCHOOL CHRISTMAS MARKET

All students from the Turing Mini School have been working together to raise funds for Medway Street Angels, a Medway based charity.

During Mini School tutor time Mini School, students were extremely focused on the various activities to prepare them for the Christmas market. Each tutor group organised one stall each (a total of 11 stalls) within the Refectory.

The charity project included the following topics to focus on in the build-up to the event:

- Fundraiser, steps to take, and budgeting to make a profit.
- Gathering fundraising ideas.
- Making a decision on the best idea to lead with.
- Providing roles and responsibilities to individuals in the group.
- Budget for costing and placing orders for the stalls.
- Stall and fundraiser preparation design, create, advertise, posters, etc.

#### THE EVENT

The Christmas Market took place on Tuesday 19th December 2023, from 12.30pm to 2.10pm across all three lunches.

Students have learnt many valuable skills on this journey:

- Gratification.
- Leadership.
- Teamwork.
- Resilience.
- Financial skills.
- Entrepreneurial (business skills).

The event was a huge success and the amount of money raised will be announced next term!

Well done and thank you to all the students who supported the event!

Special well done to Mrs Waterman and Turing Mini School tutors for supporting the students on this journey.



#### **TERM 2 MINI SCHOOL REWARD ASSEMBLIES**

We held our termly Mini School assemblies that recognises students that have gone above and beyond to support their peers, or have done something that requires extra recognition.

Each Mini School, had a separate celebration assembly during the week of Monday 11th December 2023. The assemblies consist of all year groups within the Mini School to come together and celebrate the success and achievements of individuals, groups, and classes within the Academy including out of school activities.

Assembly format included:

- Update of the winning Mini School leaderboard (Term 1 and Term 2).
- Termly winning Mini School leaderboard all receiving a Christmas selection box.
- Termly Mini School tutor group of the term five Mini School groups awarded with a pizza party.
- Termly Tutees of the Term Award all tutor groups nominated a student who has gone above and beyond supporting their Mini School.
- Raffle winners and prizes presented to students with gift cards over £200 worth of prizes.
- Subject Stars three students from each year group nominated and awarded 15 ePraise points.
- REACH Stars five students per Mini School receive a £10 gift voucher.
- Summary of the Mini School competition results for the term.

All assemblies were extremely vibrant recognising students success and achievements, with many awards being given out this term.

#### **REWARDS - EPRAISE SYSTEM**

All students have access to the reward app called ePraise which is personalised for the Academy. The app is easily accessible and available to all students and staff. Within the ePraise system, students can view REACH points, achievement badges, leader boards, virtual certificates, timetables, their student bio, after school clubs, activities, raffle rewards and donations towards local charities.

Students can earn individual REACH points for personal efforts, and team points for competing and/or supporting the Academy community.

Staff reward students that demonstrate our Academy ethos: Resilience, Equality, Aspiration, Community and Happiness. Points are extremely valuable and are only distributed to students that staff feel have gone above and beyond in their learning.

Students can spend points on items from the Academy reward shop, enter raffles for larger termly items (such as Apple AirPods and this term a £100 Love to Shop voucher), or donate a proportion of their points to a cash value for charity. Students can also suggest other prizes and items too. Raffle prizes can be viewed on students iPads.

#### **RAFFLE PRIZES TERMS 1 - 6** Individual rewards **SCHOOL SHOP - EPRAISE** DONATE TO YOUR CHARITY FUND DRIVE CHARITY LARGE RAFFLE **GMALL RAFFLE ENTRIES - 15POINTS** EVERY TERM - 10POINTS £10 LOVE TO SHOP **T1 APPLE AIRPODS** VOUCHER **NINJA WARRIOR** T2 £100 LOVE TO SHOP **FLIPOUT CENTRE** VOUCHER **ODEON TICKETS** T3 £100 WORTH OF ITEMS OF **YOUR CHOICE** PIZZA PARTY **YOU + 3 FRIENDS 1 YEAR SUBSCRIPTION** Th SPOTIFY ICE RINK - YOU + FRIEND **X10 CHOICE (WORTH** T5 CHATHAM BOWL £20 🚽 🗉 £300) VOUCHER **£100 LOVE TO SHOP** TG £20 NANDOS'S VOUCHER

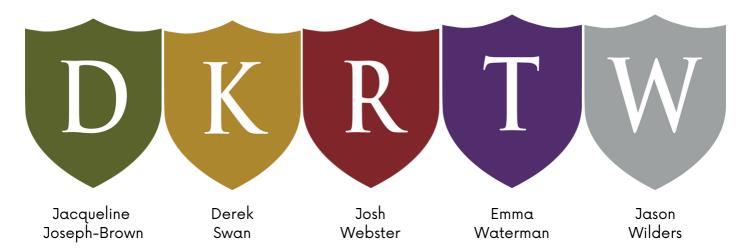
#### **MINI SCHOOL COMPETITION CALENDAR**

	TERM 1	TERM 2	TERM 3
	SPELLING BEE Tuesday 10th October ALL	XMAS MINI SCHOOL FORTUNES Tuesday 5th December ALL	THE CHASE Tuesday 30th January ALL
กาม	<b>NETBALL</b> Year 7&8 Tuesday 3rd October Year 9-11 Thursday 5th October	BADMINTON Year 9-11 Tuesday 12th December Year 7&8 Thursday 14th December	TABLE TENNIS Year 7&8 Tuesday 23rd January Year 9-11 Thursday 25th January
SCHOOL	TERM 4	TERM 5	TERM 6
EVENTS CALENDER 2023-2024	BROMPTON'S MASTERCHEF Year 7&8 Tuesday 5th March Year 9-11 Tuesday 12th March	PUBLIC SPEAKING Tuesday 14th May All	SPORTS DAY Year 7&8 July 16th July Year 9-11 July 17th July
	<b>DODGEBALL</b> Year 9-11 Tuesday 19th March Year 7&8 Thursday 23st March	FOOTBALL Year 7&8 Tuesday 7th May Year 9-11 Thursday 9th May	X



All students can sign up to Term 3 competitions by speaking to their Head of Mini School during Mini School tutoring (period 4).

#### **HEADS OF MINI SCHOOL**



If you require any support regarding the Mini School system or tutoring, please contact Robert Denness, Associate Assistant Principal, by emailing <u>robertdenness@universityofkentacademiestrust.org.uk</u> or alternatively by emailing one of the above Heads of Mini School.

#### **OUR VOICE - THE STUDENT NEWSLETTER**

#### **Xmas Family Fortunes**

A fun competition where Year 7 to Year 11 students from each Mini School worked together to answer survey-based questions and gain points to go towards their Mini School's total for this term.

#### **Mini School Badminton**

On arrival to play badminton for their MS, students were arranged into either an 'A' or 'B' team. Fellow students enthusiastically supported their Mini School teams, as they competed to win the match and earn points to add to their total for the year.

Rutherford came first for both 'A' and 'B' teams! Well done to all students who took part in the competition.

#### **TABLE TENNIS TOURNAMENT SUCCESS**





A team of Brompton Academy students were victorious at the recent Kent Schools Table Tennis event held at The Howard school.

The team consisted of Year 7 and Year 8 students who have been training hard every Tuesday under the expert guidance of our Coach, Hurey Ahmetoglu.

The girls team consisted of Betul, Lily, and Robyn who defeated Mascalls Academy to win the Under 13 years category.

Our boys teams also played well, and came up against some very strong schools. All students have developed their table tennis skills hugely over the past two terms. The table tennis programme at Brompton Academy is funded by The Opening Schools Facilities Fund and has enabled the Academy to run weekly sessions every Tuesday. We look forward to entering the next event coming up in January 2024.



### HANDBALL COMPETITION

On Thursday 23rd November 2023, 32 students from Year 7 to Year 10 participated in a handball tournament at Medway Park.

The students played games within their age category. Our teams consisted of one boys and one girls Year 7 and Year 8 teams and one boys and one girls Year 9 and Year 10 teams.

The students represented the Academy exceptionally well and showed real courage and resilience by competing in games throughout the day.

The Year 7 and Year 8 boys team, came sixth out of nine schools and the Year 7 and Year 8 girls team came sixth out of 10 schools.

The Year 9 and Year 10 girls team came nineth out of 11 schools and finally, the Year 9 and Year 10 boys team came third out of nine schools, beating Thomas Aveling in a play-off match to clinch the third place position and come away with a bronze medal!



Well done to everyone that competed.

#### **SSG BADMINTON COMPETITION**



Brompton Academy took part in the Secondary School Games (SSG) Badminton competitions on Monday 27th November and Monday 4th December 2023, for Year 7, Year 8, and Year 9 students.

On 27th November 2023, the Academy's girls team took part in the competition. The team performed very well and finished fith out of nine schools.

The two boys teams competed on 4th December 2023. The

B Team was very close to a top three finish, but just missed out on one point and finished fourth out of nine schools. Our A Team performed very well and had some very tough competition, finishing third out of nine schools, taking home bronze medals.

Well done to all the students who took part!

#### **SPORTS LEADERS**

The PE Department have launched a Sports Leader's project were as a Department we have selected several students to become sports leaders within their classes.

Our selected Sports Leaders help their teachers during lesson time. During Term 1, students were invited to lead the warmups for their teachers, which included pulse raiser exercises and stretches, whilst taking charge of the entire class!

The students have shown us that they are willing to put themselves in the spotlight and help others perform warm-ups within the lesson. In Term 2, the Sports Leaders attended training with Mr Gower to learn how to do a sports drill during a PE lesson. The students then demonstrated this training by putting it into practice, performing drills to small groups within the class. All Sports Leaders have shown a real passion to help other students. The sports leaders have been rewarded with their own personalised Nike Sports Leaders tops to wear in their PE lessons to show that they are Sports Leaders.

The PE Department are super proud of what our Sports Leaders are achieving - keep up the good work!

## LIBRARY NEWS BLACK HISTORY MONTH CELEBRATION

Our celebration of Black History highlighted fabulous additions to our catalogue, global decorations and identifying local activists and heroes. It's more than a catchphrase or a month!



#### SAMUEL COLERIDGE TAYLOR

Born in London, Samuel was identified as a musical prodigy. He studied at the Royal College of Music and was a highly talented composer. He worked as the conductor for the main choir at Rochester Cathedral. He was the youngest delegate at the first Pan-African Congress in 1900.



1843-1880



#### SARAH FORBES BONETTA

Originally called Aina, she was born a Yoruba princess in Nigeria and later 'given as a gift' to Queen Victoria. The Queen was impressed by her charm and intellect. Living in Palm Cottage, Gillingham, she was taken as the Queen's adopted daughter and could be considered the first black person to join the British royal family.



#### 1807-1891



#### SAMUEL CROWTHER

After being kidnapped by slavers, Samuel was raised in Sierra Leone where he joined the Church and became superb linguist and recorded 500 different language and dialects in the diverse nation. He moved to Gillingham and lived in Palm Cottage for health reasons and became the first Black bishop of the Church of England.

HISTORY

1783 -1809



#### JAMES BROWN

In 1805 Brown enlisted as a volunteer on HMS Victory built in Chatham Dockyard. He was one of many Black crew members. Brown can be found on the pedestal of Nelson's Column where he is depicted in action taking aim at the Frenchman who shot Nelson.

> BLACK HISTORY

#### **CUSTOMISED BOOK PRINTING**

We have been researching and implementing the provision of large print books and digital books for students with a visual impairment or print disability.

It is so exciting to use technology to help us meet our student needs.

## UNIVERSITY OF KENT AMBASSADORS - READING MENTORS



We have launched this years programme of reading mentors with a fabulous team of Ambassadors from our sponsor the University of Kent - it's bigger and better than ever! This is supported beautifully by a lovely retired staff member who has volunteered with us for ten years!

#### **TWELVE DAYS OF CHRISTMAS QUIZ**

We received an astounding amount of entries for our Twelve Days of Christmas Super Quiz!

Our students had lots of fun competing, where they also got the opportunity to perform some skillful research challenges!



## ALICE IN WONDERLAND RESEARCH QUIZ

Our Alice in Wonderland competition was very popular with students identifying and researching nearly twenty original illustrations by Tennial.

## LITERARY THEMED FESTIVE DECORATIONS

Christmas is looking quite magical in the Brompton Academy Library this Winter!

Trees representing the four Houses of Hogwarts have been decorated to complement our Harry Potter display, elevated by fabulous hand made decorations from our staff, volunteers, and students in our occupation therapy groups.

A real Academy team effort. We could not love them more!







#### **CAREERS CORNER**

The Careers Hub has had a good end to the year, with the Careers Business Networking Breakfast in December 2023, and visits from a number of professionals to talk to our students.

Our visitors for the December Careers Business Networking Breakfast were, a police inspector from Kent Police, a HR manager from the University of Kent Academies Trust, and the procurement manager for Medway NHS. This was another busy meeting with a mix of students from different year groups attending. The students were engaged with all the speakers, and asked some fantastic questions.



#### **CAREER OF THE MONTH**

Our Career of the Month for December is a design engineer. Each month, posters and information are displayed around the Academy, with information about different careers. The key skills required are highlighted, along with available apprenticeships and local job opportunities.

## **YEAR 10 WORK EXPERIENCE**

Our Year 10 students have finished selecting their placements for their work experience week, which is happening in January 2024. Students are looking forward to spending a week in the world of work engaging in different tasks, learning new skills, and meeting different people.

## **X LAB PROGRAMME**

The Science Department dedicated its X Lab week to plastics, bioplastics, recycling and reusing plastic. Students in Years 7 to Year 10 made bioplastic out of potato starch and plastic bags to make something new. The best creations will win ten ePraise points.

Part of the X Lab Programme was researching career opportunities in chemistry, chemical engineering, the recycling industry, and new opportunities concerned with the environment using the Unifrog App.

All Year 7 students have created accounts and logged onto Unifrog. Students have used Unifrog to complete an Interest Profile quiz that then links their personality and interests to possible careers from Unifrog's Careers Library.

## **NEW YEAR 11 TEAMS CHANNEL**

A new Teams channel has been created for our Year 11 students with links to a variety of local and national career and labour market information, which includes apprenticeships, college courses, sixth forms, and Higher Education. This is updated continually to ensure the information is relevant and accurate. In January 2024, we will be starting a new segment highlighting different opportunities available within the local job market each term.

#### **UKAT GOVERNING BOARD UPDATE**

We have had another busy start to the year for the UKAT Governing Boards. Governors have met twice already and continue to hold leaders to account.

We would like to congratulate Dr William Collier, who has been appointed Chair of the UKAT Trust Board and moves as chair from the Chatham Grammar Local Governing Board. William is the Director of Education at the University of Kent and has been a Trustee Board member since October 2021 and chair of the Chatham Grammar Governing Board since September 2022. He has a strong background and interests in curriculum and educational development, and a deep commitment to leading change that enhances students aspirations and outcomes. We wish him well in his new role.

#### Meet the Governor



Toyin Ojedele is a professional member of the BCS (The Chartered Institute for IT) and holds a bachelor's honours degree in computing from the University of Surrey. She had a long career at the London Borough of Richmond and Wandsworth, predominantly as an HR IT specialist and has very recently taken on a new position within a healthcare organisation in Windsor. She has a wealth of HR knowledge, and vast experience in working with several stakeholders to deliver innovative solutions. Toyin is a Director

of her own company. She aims to support and empower parents/carers across the Trust to take control of their lives, and she enjoys helping others to reach their full potential.

Toyin was voted by parents/carers as the Brompton Academy parent trustee in December 2021. She said, ''I am honoured to hold such a position to have a parental viewpoint on the governing board, and help to decide the priorities for improving the Academy. It is very important to work in partnership with the leaders, and the Trust Board, to raise the standard of learning and improve the outcomes of all children."

Wishing you all a very Merry Christmas and a prosperous 2024.

## PERSONAL AND PROFESSIONAL DEVELOPMENT YEAR 7 TO YEAR 9 TALKS IN SCHOOLS AND YOUTH SETTINGS

Healthy Relationships, Online Harms, Online Safety and Cyberbullying



Last year, Kent Police initiated a survey to find out how safe women and girls felt around Kent. One of the most popular recommendations coming out of that, was to support early prevention education in schools and youth settings. Additionally, they ran another study asking young people how effective they found such intervention programmes and young people told them overwhelmingly, that they were worthwhile, and most had changed their behaviours as a result.

As part of Kent Police's early intervention programme, students in Year 7 to Year 9 participated in an interactive assembly run by Collaborate Digital. The aim was to support young people in having a healthy online life, whilst avoiding potential threats and dangers. The presentations were age appropriate and focused on healthy relationships, attitudes, behaviours and safety as well as online harms, online safety, and positive methods of communication.

#### **CURRICULUM**

This term, Year 7 to Year 11 students have been learning about careers and exploring their goals and aspirations for their future.

Year 7 students have also been exploring the factors that motivate people to work, developing their financial awareness, learning about the importance of saving and budgeting.

Year 8 students learnt about equality in the workplace, how our rights have changed over time and how our we are protected against discrimination through the Equality Act of 2010. They also learned how advertising techniques influence us as consumers.

In preparation for making their Key Stage 4 choices, Year 9 have been learning about different qualification levels. Students began by reflecting on their own skills and qualities to help them identify their personal strengths. They examined different sources for support and how to make informed decisions about their future.

Year 10 have been planning and receiving guidance and support for their work experience which will be taking place in January 2024. All students achieve a Certificate of Attendance, but the Excellence Award is given to those who have a particularly successful experience; who are identified by their employers and complete the written diary and evaluations. Finally, Year 11 students have been looking at their next steps and post-16 options. Students have looked at the advantages and disadvantages of different study pathways and where they can continue their education at school, at college, or through apprenticeships.

As part of their relationships education, Key Stage 4 students also learnt about key features of healthy and unhealthy relationships. Students learnt about sexual exploitation and how to recognise coercive and abusive behaviour.

Should you need to access information to further support your child, please see the links below.

#### Childline – Money problems

#### childline

ONLINE, ON THE PHONE, ANYTIME

<u>https://www.childline.org.uk/info-advice/school-college-and-work/life-issues-planning/money-problems/</u>

#### BBC Newsround – What's life like for UK children?

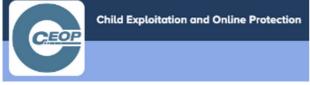
https://www.bbc.co.uk/news/extra/pnqxa7g7gf/cost-of-living#group-section-Amiyahs-StorydsY8VILWoz

#### Children Society – Teenage relationship abuse

#### The Children's Society

<u>https://www.childrenssociety.org.uk/information/young-people/advice/teenage-relationship-abuse</u>

#### **CEOP** – Child Exploitation and Online Protection



https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/How-can-CEOPhelp-me-parent/

#### Post 16 Options

https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16

#### **DUKE OF EDINBURGH'S AWARD CEREMONY**



Our Duke of Edinburgh's Award (DofE) presentation ceremony was held at Chatham Grammar on the 16th November 2023. It was an evening filled with pride, accomplishment, and the joy of celebrating the hard work and dedication of our students.

The event brought together students from both Brompton Academy and Chatham Grammar, highlighting the spirit of collaboration and shared accomplishment. Witnessing the unity among these students was a testament to the power of working together towards common goals.

A highlight of the evening was the moment when students were invited onto the stage to receive their well-deserved certificates and badges. Each step of their DofE journey is a significant achievement, and seeing our students recognised for their efforts was truly heartwarming.





With over 70 students in attendance, the evening was a resounding success. It was inspiring to see a large number of young individuals coming together to celebrate their commitment to personal development, adventure, and community service.

As we reflect on this fantastic evening, we look forward to the positive impact these young achievers will undoubtedly make in their future endeavors. The DofE Awards are not just a recognition of individual accomplishment, but a testament to the strength of our Academy community and the potential within each student.

Congratulations to every student who received their DofE Award. Their commitment, perseverance, and spirit of adventure has been recognised, and we are immensely proud of their accomplishments.

## UPCOMING UKAT WELLBEING SESSIONS FOR PARENTS/CARERS



WEDNESDAY 21ST FEBRUARY 2024 6PM - 7.30PM

FEE: £5 PER PERSON

An online webinar for UKAT parents/carers who want to learn more tools and strategies to support their child and themselves.

Wednesday 21st February 2024, 6pm to 7.30pm.

To register for this session, please visit the link and complete the online form:

https://forms.office.com/e/4y00Vynbq6

The session will be delivered by Jo Mitchelhill, a therapeutic parenting coach and therapeutically trained foster parent. Jo has over 20 years experience of working in education.

## **EMPOWERMENT, CONFIDENCE & WELLBEING SESSION**

HOSTED BY Sherisse Bisram WEDNESDAY 28TH FEBRUARY 2024 6PM - 7.30PM

6PM - 7.30PM

AT CHATHAM GRAMMAR (RAINHAM ROAD, CHATHAM, ME5 7EH)

FEE: £5 PER PERSON

A one-off session for adults which aims to provide you with practical tools and skills to help you to understand your thoughts and emotions and in turn, help you to support your children.

To register for this session, please visit the link and complete the online form:

#### https://forms.office.com/e/svvsduUXMU

The session will be delivered by Sherisse Bisram, an Inner Power Activation Leader. Sherisse has over 11 years experience working with young people and adults.

## **UKAT CHRISTMAS ACTIVITY EVENT**

On Saturday 25th November 2023, Brompton Academy opened their doors for the return of the UKAT Christmas Activity Event.

The fully booked event, saw staff, students, and their families taking part in three Christmas themed workshops:

#### Christmas card making, Christmas craft making, and Christmas treat making.

Everyone had a fabulous time kick starting the festive season!















## Facilities for Hire

We are pleased to advise that Brompton Academy's facilities are available to hire. For a full list of facilities available and to book, please visit <u>https://schoolhire.co.uk/</u>

## Lettings





Astroturf football pitch with floodlighting For more information please visit: <u>https://schoolhire.co.uk</u> FACILITIES AVAILABLE TO HIRE NOW

#### **CURRENT NEWS AND INFORMATION**

For the most current news and information at Brompton Academy, we invite you to follow our social media pages:

Facebook: @BromptonAcademy X: @BromptonAcademy Instagram: @BromptonAcademy



#### FREE TALK THERAPY FOR ADULTS

University of Academies Trust (UKAT)

University of Kent Academies Trust Counselling Service

## FREE Talk Therapy for Adults Monday to Thursday, 4pm - 8pm

You may find yourself feeling anxious or stressed.

The dedicated team of volunteer Counsellors in training are able to offer you confidential and non-judgemental support.

Counselling offers opportunities to look at other ways to manage difficult situations.

For further information or to book an appointment, please email <u>Counsellors@universityofkentacademiestrust.org.uk</u>

#### **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.

#### Contact us or drop in:

07850 901 151 or 07808 795 036 (12pm-12am) Medway Maritime Hospital, Windmill Road, Gillingham, ME7 5NY

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.

www.mhm.org.uk | medway.mhm@nhs.net | @MHM\_Info