

KEY COMMUNITY CONTACT AND HEALTH & WELLBEING LIST - January 2026

MARDEN COMMUNITY CONTACTS

Kent Police Community Officers:

PC Chad Maskell and PC George Head

Kent Police Community Support Officer (PCSO):

Becky Mount – call 101

All hold occasional surgeries at the Friday Village Café and Marden Village Club

Marden Come & Sing Group:

Sessions held Thursday afternoons fortnightly in the Vestry Hall at 2pm. For more information email: emanuelfamily@btinternet.com

Marden Community Charitable Incorporated Organisation (CIO):

Grants available for the relief of financial hardship within the Parish. For more information email: mardencommunitycio@gmail.com or check out

<http://www.mardenkent-pc.gov.uk/community/marden-parish-council-13394/marden-cio/>

Marden Dementia Friendly Community/Living Memories:

Email: mardenfcinfo@gmail.com or call Rachel Chacon on 01622 831941 or check out: <https://www.nhs.uk/conditions/dementia/about/>

Marden Dentist - Bupa Dental Care:

Call 01622 831556 or check out <https://www.bupa.co.uk/dental/dental-care/practices/marden>

Marden Food Bank:

Mondays 10am-12pm in Vestry Hall. Kathy Young – call 0783 4760787 or email: office@mardenchurch.org.uk or Rev. Nicky Harvey on 01622 831379

Marden Medical Centre:

Call 01622 831257 or NHS 111 for non-urgent medical or dental advice (call 111 before visiting A&E) Check out: www.mardenmedicalcentre.nhs.uk and/or <https://111.nhs.uk/> or for life threatening emergencies call 999

Marden Parish Church/Office:

Rev. Nicky Harvey email: rev.nickyharvey@gmail.com or call 01622 831379; Kathy Young email: office@mardenchurch.org.uk or call 01622 831890

www.mardenchurch.org.uk/welcome

Marden Parish Council:

Parish Clerk - Ali Hooker - email: clerk@mardenkent-pc.gov.uk

Call 01622 832305 or 07376 287981.

Deputy Clerk - Rachel Weeks - email: deputyclerk@mardenkent-pc.gov.uk Call 01622 832305 or 07354 349925.

Admin Assistant – Lisa Stevens – email : adminassistant@mardenkent-pc.gov.uk.
 Call 01622 832305
 Check out: <http://www.mardenkent-pc.gov.uk/community/marden-parish-council-13394/contact/>

Marden Pharmacy:

Call 01622 831495 or check out <https://mardenpharmacy.co.uk/> or email: contact@mardenpharmacy.co.uk

Marden Pre-School:

Call 01622 832857 or email: mardenpreschool@yahoo.co.uk

Marden Primary Academy:

Call 01622 831393 or email: office@mardenprimaryacademy.org.uk

Marden Play-On:

Thursdays 11.15am-12.30pm Vestry Hall – email:
Sue.Eltringham@SEEoccupationaltherapy.co.uk – for the over 50's

Marden Sporting Memories:

Tuesdays 2.30pm-4pm Marden Cricket & Hockey Club - email
MardenSportingMemories@gmail.com or call 01622 833053

Marden Walking Group:

Local walking group, meeting weekly. Call Steve McArragher on 01622 831007 or Sian Burr on 1622 831106

SEND Help Marden:

Tuesdays 9.30am-10.30am Vestry Hall – support group for families with children with special educational needs
sendhelpmarden@gmail.com

HEALTH & WELLBEING

Actively Involved:

A Kent service which aims to improve health and happiness for those 55 and over or living with complex health conditions. Check out: [Actively Involved for Over 55's or Under With Complex Health Conditions - Involve Kent](#) or call 03000 810005

Age UK Maidstone:

Helps with the Cost of Living: Call 0800 678 1602 [Welcome to Age UK Maidstone](#)

Alzheimer's and Dementia Support Services (ADSS):

Offers a range of services to people affected by dementia: Call Dementia Co-ordinator line: 0800 035 2221 of email: referrals@aiz-dem.org: [Alzheimer's and Dementia Support Services](#)

Alzheimer's Society:

24-hour helpline 0800 500 3014 or [Alzheimer's Society](#)

CALM:

Campaign Against Living Miserably: Call 0800 585 858

Children & Young People's Mental Health Services:

[Children and young people's mental health services - NHS](#)

Children & Young People's Mental Health Practitioner Mental Health Workshops:

Support for young people and their families in the Weald: <https://bit.ly/WealdCHW>

Compaid:

Help disabled, older and vulnerable people to overcome the barriers of social and digital exclusion. Also provides a transport service. Call 01892 834539 or email: enquiries@compaid.org.uk or check out <https://www.compaid.org.uk/>

Continuing Health Care:

Some people with long-term complex health needs qualify for free social care arranged and funded solely by the NHS. Check out to see if you are eligible: [Compass CHC: experts in NHS continuing healthcare funding](#)

Dementia UK Helpline:

Call 0800 888 6678 or [Get in touch with us - Dementia UK](#)

Domestic Violence & Abuse:

24 hour helpline for both men & women call 0808 2000 247 or check out: [Getting help for domestic violence and abuse - NHS](#)

Every Mind Matters:

Support for loneliness, anxiety etc. Check out: <https://www.nhs.uk/every-mind-matters/>

Kent Care Services Directory:

[KentCareServices](#)

Information, Advice & Support Kent: (IASK):

A service for special educational needs and disabilities (separate from SENS). Helpline 03000 412 412 or email iask@kent.gov.uk or check out: <https://www.iask.org.uk/>

Involve Kent:

Provide a range of Social Prescribing Services including supporting carers, connecting people to improve health and wellbeing, Children's Navigation service Call: 03000 810005 or email: office@involvekent.org.uk or <https://www.involvekent.org.uk/>

Involve Self-Referrals:

For parents, please speak to your GP who will make a referral to the team as required.

www.involvekent.org.uk/how-can-we-help/one-to-one-support/support-for-18s-and-over/

JOY app

Directory of local and national services appointed by NHS.

<https://services.thejoyapp.com/>

Kent Connect to Support:

<https://kent.connecttosupport.org>

Kent and Medway NHS Partnership Trust (KMPT):

Range of adult mental health and learning disability services in Kent and Medway:

[Welcome to Kent and Medway Mental Health NHS Trust - Kent and Medway Mental Health NHS Trust](#)

Kent Safeguarding Children:

[Home - Kent Safeguarding Children Multi-Agency Partnership](#)

Kent Youth Health:

<https://www.kentyouthhealth.nhs.uk/>

Kooth:

Emotional Wellbeing for Young People. Offer online support and counselling for ages 10-16. Check out <https://www.kooth.com/> email: headstart@kent.gov.uk or Call Young Minds: Childline 0800 1111

Maidstone Everyday Active:

Campaign to promote regular movement to improve both physical and mental health:

[Maidstone - Everyday Active Kent](#)

Mental Health Services:

[Maidstone Local care mental health team - Kent and Medway Mental Health NHS Trust](#)

Mental Health Urgent help:

call 111 Option 1

Mental Health Matters:

Safe Havens: Call 07484 061684 or email: maidstone.mhm@nhs.net or check out:

<https://www.mhm.org.uk/kent-safe-havens>

Maidstone Samaritans:

Call 116123 free from any phone or 0330094 5717 or check out:

<https://www.samaritans.org/branches/maidstone/>

Mind Mental Health Advice & Support:

Practical tips on managing your money & mental health. Call 0300 123 3393 or text 8646 or email: info@mind.org.uk or check out <https://www.mind.org.uk/>

NHS Patient Transport

Provided by G4S – this a non-emergency patient transport service to local NHS sites for people whose health means they cannot get to or from their NHS appointment in

any other way. You can find out if you are eligible for patient transport or book an appointment by calling the freephone booking line on 0800 096 0211 – 24 hours a day. Check out: www.km-pts.co.uk

One You Kent:

Health programme to help you lose weight, get active, quit smoking etc at <https://www.kentcht.nhs.uk/service/one-you-kent/> or call 0300 123 1220 – Monday-Friday 9am-5pm.

Papyrus:

UK Suicide Prevention: Call 0800 0684141 or check out: <https://www.papyrus-uk.org/>

Shelter:

0808 800 4444

<https://www.shelter.org.uk/>

Shout - Crisis Text Line:

Call 0800 107 1060 or Text SHOUT 85258 or check out <https://giveusashout.org/>

Wellbeing in the Weald:

Providing a range of community-based activities in and around Cranbrook and the surrounding area. <https://wellbeingintheweald.co.uk/> or email or call hello@wellbeingintheweald.co.uk or 07961 669575

KENT COUNTY COUNCIL CONTACTS

KCC Social Care and Health:

[Social care and health - Kent County Council](#) - Info on sexual, winter, mental health, 'One You Kent', managing a long-term health condition, 'Release the Pressure', NHS screening, drug and alcohol support etc.

IMAGO

Support for older people: [Maidstone - Imago](#)

Kent Karrier: flexible dial-a-ride service:

<https://www.kent.gov.uk/roads-and-travel/travelling-around-kent/bus-travel/community-transport/kent-karrier> email: kent.karrier@kent.gov.uk

Kent Together Cost of Living Support:

[Cost of living support - Kent County Council](#)

Living Maidstone Family Hubs

(replaces Marden Children's Centre)

Offers advice, support and services to help families from newborn to 19 year olds, or up to 25 year olds with special educational needs and disabilities (SEND): [Kent Family Hub - Kent County Council](#)

Mental Health Advice:

[Mental health - Kent County Council](#)

Urgent Health and Support for Young People:

[Urgent help and support for young people - Kent County Council](#)

Refer Kent

Online directory of groups and services which aims to strengthen referrals for adults and families and for those at risk or suffering hardship: [ReferKent - for organisations who support Kent residents - Kent County Council](#)

Release the Pressure:

Free confidential support for anxiety, depressions, low esteem, money worries, stress and suicidal thoughts. [Release the pressure - Kent County Council](#)

Special Education Needs and Disabilities (SEND):

[Special educational needs and disabilities \(SEND\) - Kent County Council](#)

UK Government Household Support Fund

Supports vulnerable Kent households in need of financial support: [Household Support Fund - Kent County Council](#)

MISCELLANEOUS CONTACTS**Community Transport:**

Involve: call 03000 810005

Imago/Dial2Drive Tonbridge: call 0300 777 1200

Digital Kent:

Helping people to operate digitally. Sessions being held in Marden Library.
<https://www.digitalkent.uk/>

Disability Services:

0800 121 4433

HMRC:

0300 200 3300

Housing Helplines:

Shelter: 0808 800 4444.

Choices: 0800 917 9948.

Victim Support: 0808 168 9111

Kent Community Foundation

<https://kentcf.org.uk> - Grants for small charities

The Lawson Trust

[Funding from The Lawson Trust](#)

Kent Fire & Rescue Service (KFRS):

Home safety advice. Check out <https://www.kent.fire-uk.org/>

Live Well Kent: Mental health, money advice, housing concerns:

<https://livewellkent.org.uk/>

Maidstone Borough Council Cost of Living Advice:

<https://maidstone.gov.uk/home/other-services/cost-of-living-advice>

Maidstone Borough Council Tax Support:

Call 01622 602557 or check out [Council Tax Support - Maidstone Borough Council](#)

Maidstone Citizens Advice:

Debt and other advice: 0808 2505 704 or check out

<https://www.maidstonecab.org.uk/>

<https://citizensadvicenwk.org.uk/>: 0808 278 7810

Other Benefits & Money Advice:

Crisis Support – The Ombudsman, Housing, Scams, KSAS, Domestic Violence, Debt Advice, Power of Attorney

<https://maidstone.gov.uk/home/primary-services/benefits/primary-areas/money-advice>

National Debt line:

Call 0808 808400 or check out: <https://nationaldebtline.org/>

Paddock Wood Community Advice Centre:

Advice on consumer matters, debt & money, employment, family, housing & homelessness, mental health support – call 01892 838619 or email:

info@pwadvice.org You can also contact Angus Boucher (Marden resident) on 07759 043721 or email: angus@manifold.co.uk for Benefit form advice, PIP Attendance Allowance, Blue Badge applications

Pension Services:

0800 731 7898

Step Change: Debt Solution Advice:

[StepChange Debt Charity. Free Expert Debt Help & Advice](https://www.stepchange.org/)

Universal Credit:

0800 328 5644

PLEASE CONTACT THE PARISH OFFICE (01622 832305) IF YOU REQUIRE THIS IN BIGGER PRINT