Connecting Canterbury

Helping you find support in times of need

Living Directory

Autumn 2026

Introduction

Connecting Canterbury is a Christian Charity run by volunteers supported by Christians Together in Canterbury and other Christians and churches in the local area under The Social Justice Network, part of the Diocese of Canterbury.

We seek to provide support for people in need in Canterbury, offering small emergency payments for energy and grants for white goods and other large items.

We provide a listening ear for people needing to discuss their difficulties and we signpost people to organisations for other types of support.

The aim of this living directory is to list the details of charities, organisations, and individuals committed to supporting people in various types of need.

We want it to be a living directory, in that contact between ourselves and the groups listed is maintained on a regular basis.

We are also keen to encourage connections between people and the work they are doing to support others and hope that we might one day be able to celebrate the work being done in our city in a day of sharing.

For updates/corrections/additions please contact Helen on hnetherton@diocant.org

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Community

These organisations offer a place of community for all sorts of different people

	Bumblebees Carer, baby and toddler group. Monday 10-11:30 during term time. £1 donation https://smb.org.uk/our-family/children/bumblebees/ **St. Mary Bredin Church;** Nunnery Fields, Canterbury, CT1 3JN 01227 453777; office@smb.org.uk
	Café Lumen **Youth in Year 7 – 13; Tuesday's in term time; 3.30pm-6pm** cafe – pool – table tennis – consoles – craft – homework space – table football – football cage – air hockey https://smb.org.uk/our-family/youth/cafelumen/ **St. Mary Bredin Church;** Nunnery Fields, Canterbury, CT1 3JN 01227 453777; office@smb.org.uk
	Canterbury and District Early Years Project provides parenting programmes, pre-birth – 5years development, support groups, play sessions, short courses, family events, community breakfast club, mindfulness/wellbeing, cooking on a budget, and many needs-led activities and supports. CDEYP have a venue-based food bank, already loved store of toys, children's coats, clothes, shoes and baby equipment. Poets Corner,11a South Street, Canterbury, CT1 1EA *TEL: 01227 786420 *MOB: 07816 853 574 * Email:admin@canterburydeyp.org.uk *https://poets-corner.org.uk *https://twitter.com/canterburydeyp
	Canterbury Umbrella Drop in for folk with mental health problems. St. Peter's Place 01227 767660 enquiries@canterburyumbrella.org **Centre:** Mon-Fri 9am-3pm **Cafe:** Mon-Fri 9am-2pm
	Chatty Café Scheme The 'chatter and natter table' a wonderful way of encouraging people of all ages to talk to each other. **Thursday** 9am-11am **Sunday** 10am-11:30pm **The Chatterbox Café** 9 Castle Street, Ct1 2QF

	Cityspace A sanctuary in the city, for community, creativity and space. Tea, Coffee, Cake and Chat. 47 Northgate, CT1 1BE; Contact Lyndall Bywater; canterburyboilerroom@gmail.com See front door for current opening hours.
	Coffee, Cake and Computers All are welcome at Barton drop-in computer club (free) Friday 10:30-11:30 32 Barton Road, Church Building, CT1 1YQ
	Coffee and Chaos (The City Church) Parent and toddler group, Wednesdays 10:00am-11:30am £1 per family The Scout Hut, 37a Heaton Road, Canterbury, CT1 3QA
	Drop in coffee morning Every Saturday morning 9:30 – 11:30 St. Dunstan's Church, 80 London Rd, Canterbury CT2 8LS
	**Hersden Community Centre** Hersden Community Centre is a welcoming, community focused hub in the heart of the village, providing a friendly and accessible space where local people can meet, socialise, learn and take part in activities. We host community groups, clubs and creative activities to events, support services and room hire, we offer something for people of all ages and interests. Whether you're looking to get involved, start a group, hire a space or simply meet others in your community, Hersden Community Centre is here for you. Hersden Community Centre, The Avenue, Hersden, Canterbury, Kent CT3 4HL info@hnca.co.uk 01227 712040

Kent Community Wardens

The Community Wardens play a crucial role in making communities stronger and safer by improving community resilience, supporting the elderly and vulnerable, and fostering community cohesion and wellbeing. They are available to assist with various issues and connect residents with the appropriate services. Available from 8am to 4pm, Monday to Friday (excluding bank holidays). You can reach them at their central phone number: 03000 41 34 55 or by contacting the relevant team leader using the information on the website : https://www.kent.gov.uk/leisure-and-community/community-safety/community-wardens#tab-1,2,3,4,5,6

Canterbury Family Hubs

For parents, carers, children and young people. In the Canterbury Family Hubs you can find advice, support and services to help throughout your family journey, from newborns to 19-year-olds, or up to 25-year olds with special educational needs and disabilities (SEND).
Kingsmead Family Hub - Kingsmead Road, Canterbury, CT2 7PH - 03000 413999
Wincheap Family Hub - Hollowmede, Wincheap, Canterbury, CT1 3SD - 03000 410014
Whitstable Family Hub - Tower Parade, Whitstable, CT5 2BJ - 03000 421554
Herne Bay Family Hub - Memorial Park, King's Road, Herne Bay, CT6 5RG - 03000 422889
Briary Family Hub - Greenhill Road, Herne Bay, CT6 7RS - 03000 420897
Email: CanterburyFH@kent.gov.uk
Social Media: @Canterburyfamilyhubs
Health Visitor: 0300 7900 156
Midwives: 01227 206737

Kent Libraries

Kent Libraries provide a safe and warm space for all. Canterbury library offer a range of services to support the community including free access to books, computers and internet. E-books, audiobooks and online resources such as magazines and newspapers. Libraries offer access to family history and archives and opportunities for volunteering. Libraries host a wide range of events and activities including talk time sessions, book groups, children's crafts and rhyme and storytimes. Further information can be found here https://www.kent.gov.uk/leisure-and-community/libraries 03000 41 31 31

My Birth Support CIC

Offering free and affordable events, courses and 1:1 mental health support parents and carers in person in Canterbury and online. Including trauma informed birth preparation, birth trauma recovery, parenting support, care for those living with the loss of a pregnancy/baby and specific groups for neurodivergent and disabled families.
01227 933361, aileen@mybirth.org.uk www.mybirth.org.uk

Northgate Ward Community Centre
To promote education, healthy lifestyles, relieve poverty and provide cultural opportunities by initiating projects, services, leisure activities, advice and support in the interest of social welfare for the residents of Northgate Ward & Canterbury District.
Northgate Centre, Military Road, Canterbury
01227 785293 admin.nwcc@btconnect.com

Positive Well Being Service
Positive Wellbeing provides free, confidential, one-to-one support for up to 12 weeks to help improve wellbeing, tackle loneliness, and increase self-confidence. Community wardens work with individuals to find tailored solutions and link them to local services and activities. Operates from 10am to 3pm, Monday to Friday (excluding bank holidays). Their central phone number is 03000 422 065, and their email address is positive.wellbeing@kent.gov.uk. You can learn more about them at https://www.kent.gov.uk/leisure-and-community/community-safety/positive-wellbeing

Prince of Wales Youth Club
"Empowering Canterbury's youth since 1935."
Safe. Inclusive. Active. Community-powered.
Junior Youth Club Tuesdays and Thursdays 5-7pm. (Ages 6-11 years). £1 per session plus £1 optional for tuck shop.
Senior Youth Club Tuesdays and Thursdays 7-8:30pm. (Ages 11-18 years). 50p per session plus optional extra for tuck shop.
We are also able to support our young people in a variety of other ways. We aim to provide a safe, welcoming space where young people feel listened to, valued and supported, offering guidance, encouragement and opportunities to help them build confidence, develop new skills and reach their full potential.
We also have a range of sporting activities that run from our Centre, more info for this can be found on our website.
23a Military Road, Canterbury, CT1 1YX
Phone: 01227 767849 Email: bryony.powyc@icloud.com

Route 23
Pop up community coffee shop based in Spring Lane Neighbourhood Centre. Open every Tuesday from 9am-3pm, Route 23 serves hot drinks and choice of breakfasts, lunches and snacks at affordable prices along with a pay it forward scheme. Runs alongside Baby and Toddler group 9.30-11.30am and Lunch club 12-2pm
A place to belong each Tuesday.
Spring Lane Neighbourhood Centre, Sussex Avenue, CT1 1RT
route23.projectmanager@gmail.com

Scrabble Club
Tuesday. 2pm
St. Peter's Church, CT1 2BQ15 St Peter's St · 01227 786109

	Sonbeams toddler group Thursdays, 10 - 11:30am at St. Andrew's church hall during term-time. £2 per family, with lots of toys, snacks, story-time and singing.
	Soup and Sweet Lunch Club First Wednesday of the month plus a speaker 11:30-2:30 cost £4 St. Dunstan's Church, 80 London Rd, Canterbury CT2 8LS
	Spring Lane Neighbourhood Centre Based in the heart of the estate and offer support and advice for Residents. A friendly and welcoming centre that works in partnership to provide events, projects, and groups for families and those in need. Our experienced youth workers provide 3 sessions a week working with children and young people ages 8-18 years. Spring Lane Neighbourhood Centre, Sussex Avenue, CT1 1RT barbara.munns@canterbury.gov.uk
	The Hub Café The Hub Café is at Canterbury Baptist Church. Based in St. Georges Place (opposite Waitrose) we offer a warm welcome, lunch, tea, coffee and a selection of delicious cakes, with pay it forward scheme, community fridge and takeaway meals. For more information please call 01227 456204 or email office@canterburybaptistchurch.org.uk
The Annexe	**The Salvation Army Annexe** Next door to the main Salvation Army building in Whitehorse Lane – a drop in centre open on Tuesday and Friday between 10-2 offering free tea, coffee, toast, cake and biscuits, a place to rest for a while, and have a friendly chat. Alison and Gavin Friday; 01227 427481; canterbury@salvationarmy.org.uk
	The South Room Next to Christ Church Herne Bay, The South Room is run by the church. We aim to offer help and hope to all who visit. We are open from 10 am to noon on Tuesdays and Fridays. We help with job searches, benefit and housing applications, and we signpost support to others (homelessness, debt, health, furniture, clothes, etc). Free use of wifi, computers and printers; and free tea, coffee and biscuits provided. The adjacent Food Larder is open 10.00-noon on Tuesdays for those struggling. Contact us via email: southroomchristchurch@gmail.com or just come along.
	Tiny Tots Thursday (Term time only) 1:30-3:00 £1.50 for each family St. Dunstan's Church, 80 London Rd, Canterbury CT2 8LS



Uniform Sale
First Saturday of the month 10-12
St. Dunstan's Church, 80 London Rd, Canterbury CT2 8LS

Advice

These organisations offer specialist advice and signposting to other organisations.

	Age UK Canterbury Aiming to provide life-enhancing services and vital support to people in later life. Delivering a range of services. The Centre, Castle Row 01227462368 info@ageukcanterbury.org.uk
	Age UK Herne Bay and Whitstable Age UK Herne Bay and Whitstable is a local charity dedicated to supporting older people. We offer a wide range of services including wellbeing activities, information and signposting, dementia support, befriending, and practical help at home, day centres ; all designed to promote independence, connection, and quality of life. 16 Reculver Rd, Herne Bay CT6 6LE 01227 749570
	Canterbury City Council with a variety of services including benefits; support; housing; and council tax. 14 Rose Lane, Canterbury, CT1 2UR 01227862000
	CHAC – Canterbury Housing Advice Centre A registered charity with the objective of relieving poverty and homelessness in the Canterbury District. 2nd Floor, 24 Burgate, Canterbury, Kent, CT1 2HA **01227 762605** or **email adviceteam@chac.co.uk** Drop-in centres: Herne Bay: Thursdays 10 am to 12 noon (185-187 High St, Herne Bay) Whitstable: Thursdays 1 pm to 3 pm (Whitstable Umbrella)
	Children's Social Services and Safeguarding **Safeguarding and promoting the welfare of vulnerable children** and offering a wide range of care services to children and their parents. Brook House, John Wilson Business Park, Reeves Way, Whitstable, CT5 3SS. 03000418433 07717852866
	Christians Against Poverty (CAP) Providing free debt help, run with local churches, to provide practical and emotional support. **CAP debt help** Advice for people in debt from the national CAP team. Contact info@capuk.org, phone 08003280006 With local support from Canterbury Debt Help based at St Mary Bredin church, contact martinwilliams@capuk.org

Citizens Advice Canterbury District
Providing free, confidential and impartial advice and campaigning on big issues affecting people's lives.
Canterbury Office
3 Westgate Hall Road, CT1 2BT. 01227 452762
All Saints Community Larder
All Saints Church, Military Road, CT1 1PA Drop in Fridays 10am-11:30
The Hub
Canterbury Baptist Church, CT1 1UT. Drop in Thursdays 11am-1pm
Herne Bay Office
185/187 High Street, Herne Bay, CT6 5AF 01227 740647
Whitstable Umbrella Drop In Wednesdays 10.15am -12.30pm
admincanterbury@canek.org.uk http://www.canek.org.uk/

Connecting Canterbury
A Community Charity, offering access to Canterbury residents in need. Help with emergency energy, applying for grants, financial support and PIP support. 07999 900659
connectingcanterbury@diocant.org
Thursday – Baptist Hub 11-1 Friday – All Saints Church 10-11:30

Ethnic Minorities in Canterbury (EMIC) – Empowering Communities, Celebrating Diversity
EMIC is a user-led organisation dedicated to supporting ethnic minority communities and migrants in Canterbury. We work to amplify voices, promote cultural diversity, and combat discrimination while reducing inequalities. Our mission is to foster social cohesion by empowering individuals, raising awareness of key issues, and breaking down barriers to essential services. Email: emiccanterbury@gmail.com, Website:www.emic.org.uk



Hersden Community Centre
Hersden Community Centre is a welcoming, community focused hub in the heart of the village, providing a friendly and accessible space where local people can meet, socialise, learn and take part in activities. We host community groups, clubs and creative activities to events, support services and room hire, we offer something for people of all ages and interests. Whether you're looking to get involved, start a group, hire a space or simply meet others in your community, Hersden Community Centre is here for you.
Hersden Community Centre, The Avenue, Hersden, Canterbury, Kent CT3 4HL info@hnca.co.uk 01227 712040

Kent County Council kent.gov.uk COMMUNITY WARDENS	**Kent Community Wardens** The Community Wardens play a crucial role in making communities stronger and safer by improving community resilience, supporting the elderly and vulnerable, and fostering community cohesion and wellbeing. They are available to assist with various issues and connect residents with the appropriate services. Available from 8am to 4pm, Monday to Friday (excluding bank holidays). You can reach them at their central phone number: 03000 41 34 55 or by contacting the relevant team leader using the information on the website : https://www.kent.gov.uk/leisure-and-community/community-safety/community-wardens#tab-1,2,3,4,5,6
Look Ahead CARE, SUPPORT AND HOUSING lookahead.org.uk caring and compassionate inclusive and trusted excellence and innovation partnership and one-team	**MIDAAS (Men's IDVA and Domestic Abuse Advocacy Service)** Support men and those who identify as men who are currently or have historically experienced Domestic Abuse across all of Kent and Medway. Mon-Friday 9am – 5pm Helpline – 0333 010 4660 (Mon-Fri 9am – 4pm) Self-Referral Male Domestic Abuse Advocacy Service - Look Ahead Professionals – MIDAAS@lookahead.org.uk
National Careers Service Helping you take the next step	**National Careers Service** Provides free, up-to-date, impartial careers information, advice and guidance. We support and empower you to make decisions on learning, training and work at all stages in your career or employment journey. Helping you: Assess your skills; Find the right course; Get new qualifications; Develop your CV; Improve your interview technique; Understand the local job market; Develop your digital skills; Progress into work 0800 100 900 (Monday-Friday, 8am-8pm & Saturday 10am-5pm)
WELCOME Northgate Community Centre	**Northgate Ward Community Centre** To promote education, healthy lifestyles, relieve poverty and provide cultural opportunities by initiating projects, services, leisure activities, advice and support in the interest of social welfare for the residents of Northgate Ward & Canterbury District. Northgate Centre, Military Road, Canterbury 01227 785293 admin.nwcc@btconnect.com

	Positive Well Being Service Positive Wellbeing provides free, confidential, one-to-one support for up to 12 weeks to help improve wellbeing, tackle loneliness, and increase self-confidence. Community wardens work with individuals to find tailored solutions and link them to local services and activities. Operates from 10am to 3pm, Monday to Friday (excluding bank holidays). Their central phone number is 03000 422 065, and their email address is positive.wellbeing@kent.gov.uk. You can learn more about them at https://www.kent.gov.uk/leisure-and-community/community-safety/positive-wellbeing
	Red Zebra Providing a social prescribing service in Canterbury, Faversham, Herne Bay, and Whitstable, helping to connect people to services and groups to improve wellbeing. Email: socialprescribing@redzebra.org.uk Phone: 01227 272781 Website: https://redzebra.org.uk/social-prescribing/ Address: Unit B2; Clover House, 1 Thanet Way, Whitstable, Kent, CT5 3QZ
	Rising Sun Offering support and guidance for adults, children and families affected by domestic abuse. Phone line opening hours: 9:30-12:30 and 14:00-16:00 Monday - Friday 01227 452852 referrals@risingsunkent.com One Stop every Thursday 09:30 – 12:30. At Kingsmead Family Hub (previously known as Riverside Children's Centre), Kingsmead, Canterbury CT2 7PH. No appointment necessary.
The Annexe	**The Salvation Army Annexe** Next door to the main Salvation Army building in Whitehorse Lane – a drop-in centre open on Tuesday and Friday between 10-2 offering free tea, coffee, toast, cake and biscuits, a place to rest for a while, and have a friendly chat. Support offered through employment plus, access to laptops and guidance from team. Alison and Gavin Friday; 01227 427481; canterbury@salvationarmy.org.uk
	Shelter Offering advice and support services offer one-to-one, personalised help with housing issues and homelessness. Housing advice line 08088004444
	Social Services Offering services for the benefit of the community, such as education, medical care, and housing. 08458247100

Thanington Neighbourhood Resource Centre	**Thanington Neighbourhood Resource Centre** A small resident-led charity, which provides services, facilities and activities for an acknowledged area of deprivation by providing rooms for meetings/training. Community Pantry 9am-5pm Monday-Friday, limited to one bag per family a week. Thanington Road, Canterbury, CT1 3XE 01227 767720 info@thanington.org

Food

The following organisations provide places to eat and drink. There is also a list of places that provide food parcels on different days.

	Age UK Canterbury Aiming to provide life-enhancing services and vital support to people in later life. Delivering a range of services. The Centre, Castle Row 01227 462368 info@ageukcanterbury.org.uk
	All Saints Canterbury Food Larder Drop in for breakfast, food packages, a range of community organisations, as well as fun and games. Friday 9-10 Breakfast; 10-11:30 Food packages Lizrook049@hotmail.co.uk
	Canterbury Food Bank CIO Caring for local people in crisis. Covering Canterbury, Whitstable and Herne Bay. 01227 936450 (option 2) Monday to Friday 9am-2pm www.canterburyfoodbank.org
	Canterbury Umbrella Drop in for folk with mental health problems. St. Peter's Place 01227 767660 enquiries@canterburyumbrella.org **Centre:** Mon-Fri 9am-3pm **Cafe:** Mon-Fri 9am-2pm
	Catching Lives Support for homeless and vulnerably housed. *Open 7 days a week- Drop-in 9-2pm. Please note- close at 1pm on Wednesdays. Activities 2-4pm (Mon, Tues, Thurs, Fri only).* Canterbury Open Centre, Station Road East, Canterbury info@catchinglives.org 01227 464904
	Chartham Village Pantry Food parcel service in Chartham, operates on Tuesday mornings for food parcel provisions and cafe - 10.30am to 11.30am, at the Chartham FC Sports Pavilion, Beech Avenue. Charthampantry@gmail.com https://www.thecitychurch.org.uk/chartham-pantry Facebook: @thecitychurchinchartham
	Cityspace A sanctuary in the city, for community, creativity and space. Tea, Coffee, Cake and Chat. 47 Northgate, CT1 1BE; Contact Lyndall Bywater; canterburyboilerroom@gmail.com Look at the door for current opening hours.

	Food Friends Working hard to combat loneliness and isolation in communities through food and friendship. Our meal-sharing initiative connects volunteers who love to cook - with a neighbour nearby -who'd really appreciate a delicious home cooked meal delivered with some company and conversation. Bringing the community together with every delicious bite! 01227 250410 hello@food-friends.co.uk. www.food-friends.co.uk
	Route 23 Pop up community coffee shop based in Spring Lane Neighbourhood Centre. Open every Tuesday from 9am-3pm, Route 23 serves hot drinks and choice of breakfasts, lunches and snacks at affordable prices along with a pay it forward scheme. Runs alongside Baby and Toddler group 9.30-11.30am and Lunch club 12-2pm A place to belong each Tuesday. Spring Lane Neighbourhood Centre, Sussex Avenue, CT1 1RT route23.projectmanager@gmail.com
	Thanington Neighbourhood Resource Centre A small resident-led charity, which provides services, facilities and activities for an acknowledged area of deprivation by providing rooms for meetings/training. Community Pantry 9am-5pm Monday-Friday, limited to one bag per family a week. Thanington Road, Canterbury, CT1 3XE 01227 767720 info@thanington.org
	The Hub Café The Community Fridge is at the Hub Café in Canterbury Baptist Church at St. George's Place (opposite Waitrose). We offer food parcels to those living in the CT1, CT2, CT3 and CT4 postcodes every Thursday morning from 11:00 am to 12:30 pm. A nutritional meal and coffee and cakes are also available from the Hub Café by donation from 11:00 am to 1:30 pm. For more information please call 01227 456204 or email office@canterburybaptistchurch.org.uk
The Annexe	**The Salvation Army Annexe** Next door to the main Salvation Army building in Whitehorse Lane – a drop in centre open on Tuesday and Friday between 10am-2pm offering free tea, coffee, cake, toast and biscuits, a place to rest for a while, and have a friendly chat. Alison and Gavin Friday; 01227 427481; canterbury@salvationarmy.org.uk

Provision of food parcels in Canterbury

Tuesday	Northgate Community Centre – 10:00-12:00
Wednesday	Umbrella Centre – 10:00-3:30
	Prince of Wales youth club – 10:30-12:30
Thursday	The Hub (Baptist Church Hall) – 11:00-12:15
Friday	All Saints Church – 10:00-11:00
Sunday	Mayas at The Church of Jesus Christ of Latter-day Saints at Forty Acres Road, Canterbury, Kent, CT2 7HJ - 6pm

Faith Communities

	All Saints Church Sunday Services: 9:00am and 11:00am Military Road; Canterbury, CT1 1PA Revd. Patrick Ellisdon revellisdon@gmail.com 01227904800 www.allsaintscanterbury.co.uk
	Barton Church Sunday Service: 10:30am at Canterbury College 32 Barton Road, Canterbury, CT1 1YQ 01227 470086 Pastor: Oz Power office@bartonchurch.org.uk www.bartonchurch.org.uk
	Canterbury Baptist Church Sundays 10:30am St. Georges Place, Canterbury, CT1 1UT office@canterburybaptistchurch.org.uk 01227 456204
	Canterbury Buddhist Group We are a friendly and welcoming community of Buddhist Practitioners teaching meditation, exploring Buddhist ideology and most importantly providing a safe space to make friendships and develop community. Meetings every Saturday at The Friends Meeting House, 10.30 - 12. **ekbuddhists@gmail.co.uk**
	Canterbury Cathedral Services everyday – see website Sunday Choral Eucharist: 11:00 The Precincts, Canterbury, CT1 2EH enquiries@canterbury-cathedral.org www.canterbury-cathedral.org/worship/our-services
	Canterbury Christian Chinese Centre Sunday services 1:30pm St. Andrew's Church, Watling Street, CT1 2UA Wu Yunhai/Zhong Chijun ccccuk.org 07873 498 965
	Canterbury Quaker Meeting Sundays: 10:45 Thursdays: 1:00pm Friends Meeting House, 6 The Friars, CT1 2AS Canterburyclerk@kentquakers.org.uk
	Canterbury Vineyard Church Sundays:10:30 am except the final Sunday of the month The Archbishop's School, St. Stephen's Hill, CT2 7AP Jim and Korenne Denison The Buttery, Highland Court Farm, Bridge, Canterbury, CT4 5HW admin@canterburyvineyard.com

	Christ Church A lively and vibrant church where you will be very welcome. Main service is 11 am on Sundays at Christ Church but there are other Sunday and midweek meetings including Bay Ignite (informal, with free meal) and Bay Youth. William Street, Herne Bay CT6 5NR St Andrews Church, Hampton Pier Avenue, Herne Bay CT6 8DY www.parishofhernebay.co.uk Phone: 01227 749762 Email: office@parishofhernebay.org.uk
	Emmanuel Church Sundays: 10:30am St. Stephen's Junior School, Hales Drive, CT2 7AD Dan Halpin dan@emmanuelcanterbury.org.uk
	Favour House Church Sundays online 10:30am www.favourhousechurch.com King James; Chizzy James; Dr. Kene Igweonu 114 Blean Common, Blean, Canterbury, Kent, CT2 9JJ office@favourhousechurch.com 0745 0258 282
	French Protestant Church of Canterbury Worship in French every Sunday at 3pm The chapel of the Black Prince Pastor Anne Oakley
	New Life Church Sundays: 11am Woolf lecture theatre, Giles lane, University of Kent. Aaron and Akua Berko office@newlifecanterbury.org 01227634300
	St. Andrew's United Reformed Church Sundays: 10:30am Watling Street, Canterbury, CT1 2UA Revd. Bernard Fidder 01227 464643 office@standrewscanterbury.org
	St. Cosmus & St. Damian in the Blean **The Parish Church of Blean and Tyler Hill** Sundays: 8am and 10am Tyler Hill Road, Blean, CT2 9HT Revd. Dr. Stephen Laird, 01227 763373; bleanchurch@btinternet.com; www.bleanchurch.net

	St. Dunstan's; St. Mildred's; St Peter's Sundays: • 1st & 3rd Sundays - **10:00** at **St Dunstan's** • 2nd & 4th Sundays **9:30** at **St Peter's** & **11:00** at **St Mildred's** • Every Sunday **8:00** Said Eucharist at **St Dunstan's** • Every Wednesday **10:00** Said Eucharist at **St Mildred's** • 2nd Sunday **Open Table LGBTQIA+ 3pm** refreshments, **3:30** Eucharist service at **St Peter's** • 5th Sundays "United Benefice Eucharist" Benefice Administrator: 07591 513812
	St. Martin and St. Paul Sundays **Eucharist** 9.00am - at St Martins **Sung** Parish Eucharist **with Children's Church** 10.30am - at St Paul's **TeaTime Family Service 3pm at St Paul's - every 2nd Sunday.** **Choral Evensong and Supper at St Paul's- every 3rd Sunday.** **Wednesdays 10.30am Eucharist & Coffee** **Revd. Mary Kells, Rector** Parish office: St Paul's Church, Church Street (St Paul's) Canterbury, CT1 1NH. 01227 768072 office@martinpaul.org
	St. Mary Bredin (SMB) Sundays: 10:30am and 6:30pm Nunnery Fields, Canterbury, CT1 3JN Revd. Barney de Berry 01227 453777; office@smb.org.uk
St. Michael and All Angels,Harbledown	**St. Michael and All Angels, Harbledown** Sundays 10am. St. Michael and All angels, Church Hill, Harbledown, CT2 8NW Fr. Peter Harnden, 01227 479377
St. Peter's Methodist Church	**St. Peter's Methodist Church** Sundays: 10:30am St. Peter's Methodist Church, St Peter's Street, Canterbury, Kent, CT1 2BE Revd. Tim Nicholls Office 01227 459449 office@canterburymethodistchurch.co.uk
St. Stephen's Church	**St. Stephen's** Sundays: 8am 10:30am; 4pm Hales Drive; Canterbury; CT2 7AB ststephenscanterbury.net
	St. Thomas of Canterbury, Roman Catholic Church Sundays: 8am, 9.30am, 11am, 6pm 59 Burgate, Canterbury, CT1 2HJ 01227 462896 canterbury@rcaos.org.uk Reverend Canon Anthony Charlton

	Thanington Parish Church www.thaningtonparishchurch.org.uk Weekly Worship on Sundays at 10am Messy Church on third Sunday of month at 4pm. St. Nicholas Church, Thanington Road, Canterbury, CT1 3XE Revd. Nick White, 07562 560695 revnickwhite@gmail.com
	The City Church Sundays: 10:15am Canterbury Academy, Knights Avenue, CT2 8QA Martin Segal Church office: 34A Simmonds Road, Wincheap Industrial Estate, Canterbury, CT1 3RA info@thecitychurch.org.uk 01227 455440
	The Salvation Army Sundays: 10:30am Whitehorse Lane, Canterbury, CT1 2RU Alison and Gavin Friday canterbury@salvationarmy.org.uk 01227 472781
	Trinity Baptist Church, Canterbury Sundays Jubilee Hall; Cow Lane, Wincheap, CT1 3RT Pastor Godfred Afrifa office@tbccanterbury.org.uk 07983528309

Refugee and support for displaced people

These organisations provide practical and emotional support to those living in Canterbury who are refugees.

	Canterbury4Ukraine Local organisation supporting Ukrainians displaced by the war in their country and assisting with Family Placements in and around Kent. Canterbury.for.ukraine@gmail.com
citizens advice Canterbury District	**Citizens Advice Canterbury District** Providing free, confidential and impartial advice and campaigning on big issues affecting people's lives. **Canterbury Office** 3 Westgate Hall Road, CT1 2BT. 01227 452762 **Canterbury Hub** Canterbury Baptist Church, CT1 1UT. Drop in Thursdays 11am-1pm **Herne Bay Office** 185/187 High Street, Herne Bay, CT6 5AF 01227 740647 **Whitstable Umbrella** Drop In Wednesdays 10.15am -12.30pm Admin@canterburycab.cabnet.org.uk https://citizensadvicecanterbury.org.uk/
ETHNIC MINORITIES IN CANTERBURY EMIC Diversity & Inclusion	**Ethnic Minorities in Canterbury (EMIC) – Empowering Communities, Celebrating Diversity** EMIC is a user-led organisation dedicated to supporting ethnic minority communities and migrants in Canterbury. We work to amplify voices, promote cultural diversity, and combat discrimination while reducing inequalities. Our mission is to foster social cohesion by empowering individuals, raising awareness of key issues, and breaking down barriers to essential services. Email: emiccanterbury@gmail.com, Website:www.emic.org.uk
KRAN	**Kent Refugee Action Network** Working with separated young refugee and asylum seekers. Providing a safe, positive space supporting them to succeed. 34 Simmonds Rd; Wincheap; CT1 3RA 01227 634320 razia@kran.org.uk
WORKING WITH REFUGEES Canterbury Diocese	**Working with refugees** Canterbury Diocese provides meaningful response to the issues surrounding refugees and migrants. The Diocese runs several activities and provides support for forcibly displaced people including Ukrainians and UK sponsors. Contact Domenica Pecoraro; 07801898215; dpecoraro@diocant.org

Housing Support

The following organisations provide support for those who are struggling with housing.

	Canterbury City Council with a variety of services including benefits; support; housing; and council tax. 14 Rose Lane, Canterbury, CT1 2UR 01227 862000 Customer.services@canterbury.gov.uk
HOUSING	**Canterbury City Council Housing** Providing advice for planning, housing, licensing, parking, transport, environment, community safety. Head of Housing and Community – Marie Royle housingadvice@canterbury.gov.uk 01227 862000/01227 862518 Director of People and Places – Suzi Wakeham
	Catching Lives Support for homeless and vulnerably housed. *Open 7 days a week- Drop-in 9-2pm. Please note- close at 1pm on Wednesdays. Activities 2-4pm (Mon, Tues, Thurs, Fri only).* Canterbury Open Centre, Station Road East, Canterbury info@catchinglives.org 01227 464904
	CHAC – Canterbury Housing Advice Centre A registered charity with the objective of relieving poverty and homelessness in the Canterbury District. 2nd Floor, 24 Burgate Canterbury Kent CT1 2HA **01227 762605** or **email adviceteam@chac.co.uk** Drop-in centres: Herne Bay: Thursdays 10 am to 12 noon (185-187 High St, Herne Bay) Whitstable: Thursdays 1 pm to 3 pm (Whitstable Umbrella)
	Children's Social Services and Safeguarding **Safeguarding and promoting the welfare of vulnerable children** and offering a wide range of care services to children and their parents. Brook House, John Wilson Business Park, Reeves Way, Whitstable, CT5 3SS 03000418433 07717852866
	Emmaus Providing a home and meaningful work for formerly homeless in our community in Dover, we also sell second-hand furniture and goods. Phone: 01304 204550 email: communityleaderdover@emmaus.org.uk Address: Emmaus Dover, Archcliffe Fort, Archcliffe Road, Dover, CT17 9EL.
	Look Ahead Working with people to make choices, achieve goals and take control of their lives through high quality care, support and housing. 03330104600 getintouch@lookahead.org.uk

	Porchlight Striving for a fairer society where vulnerable people find stability, the most excluded are included, and where homelessness and poverty are things of the past. 08005677699 helpline@porchlight.org.uk
	Rising Sun Offering support and guidance for adults, children and families affected by domestic abuse. Phone line opening hours: 9:30-12:30 and 14:00-16:00 Monday - Friday 01227 452852 referrals@risingsunkent.com One Stop every Thursday 09:30 – 12:30. At Kingsmead Family Hub (previously known as Riverside Children's Centre), Kingsmead, Canterbury CT2 7PH. No appointment necessary.
	Shelter Offering advice and support services offer one-to-one, personalised help with housing issues and homelessness. Housing advice line 08088004444
	Social Services Offering services for the benefit of the community, such as education, medical care, and housing. 08458247100
	The Forward Trust **Forward Trust - Substance Misuse Service** The Forward Trust empowers people to break the cycles of addiction or crime to move forward with their lives. Also offering support to the family and friends of people who are worried about their loved one's substance use. Telephone: 01227 201 778 Email: canterbury@forwardtrust.org.uk You can self-refer into treatment for support via telephone or through our referral form online on our website: www.forwardtrust.org.uk/service/canterbury-service

Grants

The following organisations can be applied to for grants of varying amounts, for varying reasons.

	Acts 435 Provision of grants for those in need working with Churches and other organisations. Rachel Target rtarget@diocant.org
	Canterbury BID A business-led partnership that agree by ballot to pay an extra levy based on rateable value to fund activities, services and improvements that will benefit businesses in the local area. House 20, Graylaw, 22 Watling Street, CT1 2VA Lisa Carson 01227 787055
	Connecting Canterbury A Community Charity, offering access to Canterbury residents in need. Help with emergency energy, applying for grants, financial support and PIP support. 07999 900659 connectingcanterbury@diocant.org *Thursday – Baptist Hub 11-1 Friday – All Saints Church 10-11:30*
KSAS	**KSAS** Kent Support and Assistance Services offering crisis support to residents within KCC's boundaries. Application via https://www.kent.gov.uk/KSAS (only once applicants have exhausted all other support opportunities eg. Budgeting, loans, food banks, emergency payments)
Streynsham's Trust	**Streynsham's Trust** One off grants for people in need who live in the ecclesiastical parish of St. Dunstan's, Canterbury for essential items. Educational grants are also available for people normally resident in the parish. Clerk to the trustees, PO Box 970, CT1 9DJ 0345 0944 769

Mental Health

The following organisations provide support, guidance and activities for people with mental health difficulties.

	Canterbury Umbrella Drop in for folk with mental health problems. St. Peter's Place 01227 767660 enquiries@canterburyumbrella.org **Centre:** Mon-Fri 9am-3pm **Cafe:** Mon-Fri 9am-2pm
	Canterbury Safe Haven Providing a nonclinical and holistic approach to help people attending our service. Furthermore, we create action/safety plans ensuring a good outcome for them to manage their situation. We work 365 days of the year from 6 pm and 11 pm Visit: 22-23 North Lane, Canterbury, CT2 7EE Call: 07876476703 / 07483163953 Email: canterbury.mhm@nhs.net
	Children's Social Services and Safeguarding **Safeguarding and promoting the welfare of vulnerable children** and offering a wide range of care services to children and their parents. Brook House, John Wilson Business Park, Reeves Way, Whitstable, CT5 3SS 03000418433 07717852866
	Connecting Canterbury A Community Charity, offering access to Canterbury residents in need. Help with emergency energy, applying for grants, financial support and PIP support. 07999 900659 connectingcanterbury@diocant.org *Thursday – Baptist Hub 11-1 Friday – All Saints Church 10-11:30*
	East Kent Mind Delivering a range of group and one-to-one mental health support for clients. Self-refer or be referred to take up our free services. www.eastkentmind.org.uk Based at Kent Community Oasis Garden, Rough Common, Canterbury; Umbrella House, 54 William Street, Herne Bay; Revival Food and Mood, 58 High Street, Whitstable.
	Kent and Medway Talking Therapies We all have times when we struggle to manage but sometimes this can start to affect our everyday lives, and we start to feel we can't cope. NHS Kent and Medway Talking Therapies is a free and confidential service. We offer a range of different talking therapies, tools and resources to help you improve your mood and give you ways to stay well in the future. Self refer by giving us a call on - 0333 091 0414 Self refer on line by visiting www.kmtalkingtherapies.co.uk or Text 'KMTALK' to 88802

Kent Libraries
Kent Libraries provide a wide range of books and e-magazines relating to health and wellbeing. More information on books in Canterbury Library can be found here
https://local.kent.gov.uk/kb5/kent/directory/service.page?id=dC0VMD2UQlE&communitychannel=9

Look Ahead
Working with people to make choices, achieve goals and take control of their lives through high quality care, support and housing.
03330104600
getintouch@lookahead.org.uk

MovingMinds
Free counselling service through walk and talk/craft group therapy.
Thursdays 2pm at The Hub Cafe. 90 gentle minute work to various local places of interest
Fridays 2pm at The Hub Cafe. 2 hour walk to St Augustine's Abbey.
www.movingminds-health.org.uk

Music4WellBeing
Group music-for-wellbeing sessions to help improve the wellbeing of older people living with significant life challenges, for example dementia, Parkinson's and loneliness. Sessions are free.
Sounds Beaney: Beaney House of Art & Knowledge, 18 High Street, Canterbury CT1 2RA from 10:30am-12pm
Seaview Singers: Swalecliffe & Chestfield Community Hall, 19 St John's Rd, Whitstable, CT5 2QU from 2:30pm-4pm
Canterbury Songbirds: Age UK Canterbury, The Centre, Castle Row, Canterbury CT1 2QY. Sessions take place on Saturdays monthly and are £2 per session. Please contact us for dates and availability.
Aylesham sessions: Aylesham Community Trust, Ackholt Road, Aylesham, Kent CT3 3AJ from 2pm – 3pm
For more information, phone 01304 699007 or email welcome@music4wellbeing.org.uk. For a list of session dates and times, visit Our Sessions - Music4Wellbeing.

Porchlight
Striving for a fairer society where vulnerable people find stability, the most excluded are included, and where homelessness and poverty are things of the past.
08005677699
headoffice@porchlight.org.uk

Red Zebra
Providing a social prescribing service in Canterbury, Faversham, Herne Bay, and Whitstable, helping to connect people to services and groups to improve wellbeing.
Email: socialprescribing@redzebra.org.uk
Phone: 01227 272781
Website: https://redzebra.org.uk/social-prescribing
Address: Unit B2, Clover House, 1 Thanet Way, Whitstable, Kent, CT5 3QZ

Rising Sun Ending domestic abuse. Together.	**Rising Sun** Offering support and guidance for adults, children and families affected by domestic abuse. Phone line opening hours: 9:30-12:30 and 14:00-16:00 Monday - Friday 01227 452852 referrals@risingsunkent.com One Stop every Thursday 09:30 – 12:30. At Kingsmead Family Hub (previously known as Riverside Children's Centre), Kingsmead, Canterbury CT2 7PH. No appointment necessary.
SAMARITANS	**Samaritans** Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year. Call 116 123 jo@samaritans.org
The Hub Café #CommunityFridge	**The Hub Café at Canterbury Baptist Church** The Hub Café at Canterbury Baptist Church at St. George's Place (opposite Waitrose). Offering a weekly changing menu including vegan and vegetarian options, coffee, tea and a selection of cakes. A comfortable setting with art groups every Friday between 11:00 am and 1:30 pm. For more information please call 01227 456204 or email office@canterburybaptistchurch.org.uk

Addiction Support

The following organisations provide support for those caught in cycles of addiction and those supporting them.

FRANK	**FRANK** Offering honest information and advice about Drugs. 0300 1236600 Text 82111 www.talktofrank.com
Porchlight	**Porchlight** Striving for a fairer society where vulnerable people find stability, the most excluded are included, and where homelessness and poverty are things of the past. 08005677699 headoffice@porchlight.org.uk
Forward Break the cycle	**The Forward Trust** The Forward Trust empowers people to break the cycles of addiction or crime to move forward with their lives. Also offering support to the family and friends of people who are worried about their loved one's substance use. 02039815525 Info@forwardtrust.org.uk

Other organisations

The following organisations offer a variety of different types of support.

	Canterbury Pathways Project Discover new opportunities, enhance your skills, and build your confidence with our tailored support and local training programmes. Website: cxk.org/canterbury-pathways **Making It Count** A numeracy programme designed to empower individuals with foundational mathematical skills and confidence. This programme is open to anyone who has not yet achieved a Level 2 qualification in maths, offering a transformative learning experience over three consecutive days. Call: 01233 224244 Email: targetedsupport@cxk.org Website: cxk.org/making-it-count
	Canterbury Street Pastors A multi-church initiative. Patrolling the city streets on Saturday nights between 9pm-2am all year round. Trained volunteers are there to help, care and listen. The aim is to keep people and the streets of Canterbury safe, working with police and door staff. Website: https://streetpastors.org/locations/canterbury Contact: Stephen Banks coordinator@canterburystreetpastors.org St. Andrews United Reformed Church, Watling Street, Canterbury, CT1 2UA
	Canterbury Trans Network: A mutual aid network and social community open to Transgender, Non Binary, and Intersex (TNBI) adults (Over 18) and any adults questioning their gender identity. We are here to help, not to judge. Each 2nd and 4th Wednesday of each month we offer a sober space serving tea, coffee, biscuits and occasionally cake. Website: https://www.canterburytransnetwork.co.uk Email: canterburytransnetwork@gmail.com
	LGBTQIA+ Chaplains LGBTQIA+ Chaplains journey alongside and support LGBTQIA+ people, their families, friends, and ministers. The chaplaincy provides a safe and encouraging space for listening, ensuring that individuals receive appropriate pastoral and spiritual care. Website: https://www.canterburydiocese.org/lgbtqia Email: LGBT@diocant.org

necessary furniture COMMUNITY PARTNERSHIP	**Necessary Furniture** Through the re-distribution of household goods Necessary Furniture makes a positive contribution to the welfare of the disadvantaged in our community. **Open: Mon – Fri 9.00am – 4.30pm** **Sat 9.00am – 4.00pm** Unit 2B, Canterbury Industrial Park, Island Road, Hersden, Kent, CT3 4HQ necessary_furniture@hotmail.com
National Probation Service	**Probation department** Canterbury Probation 01227 387 100 Ashford Probation 01233 552 260
Sir Roger Manwood Almshouses	**Sir Roger Manwood Almshouses** Providing a home in a community setting for people who are over state pensionable age, have lived in the Canterbury or Sandwich area for the last 10 years, must be in housing need, must have a limited income and must be capable of living independently with the assistance of family and carers if necessary. 6 of the Almshouses have stairs. Enquiries – 07592 968036 / manwood.office@gmail.com
SVP St Vincent de Paul Society England and Wales Turning Concern into Action	**St Vincent de Paul Society (svp.org.uk)** Canterbury group, based at St Thomas' RC Church Offering friendship and practical support 07902 855 622, svpcant@gmail.com
VOLUNTEER CENTRE CANTERBURY | HERNE BAY	**Volunteer Centre** Aiming to support, promote and develop volunteering opportunities within the Canterbury District and the delivery of services including: 1. Transport to medical and social appointments 2. Energy support service 3. Training and support for volunteers and organisations. 4. workshops and training relating to volunteering. Main office address 16 Reculver Road, Herne Bay,Kent CT6 6LE Enquiries: T: 01227 287751 E: enquiries@canterburydistrictvc.org Drop in session on Wednesday mornings at the Canterbury Umbrella Centre.
wave community bank Local. Ethical. Together.	**Wave Community Bank** A not-for-profit savings and loans credit union. We promote savings and sensible borrowing among our members Provide budgeting advice and debt advice, and signposting. We work with our members to promote increased financial literacy We have a Fairlife Mark for pricing honestly and trading fairly. Tel: 0300 303 3188 Email: info@wavecb.org.uk Website : www.wavecb.org.uk