

## Family Support Resources – Winter 2024

### Support Weblinks

[Supporting neurodivergent children at Christmas - Family Action](#)

[Support & advice for parents | NSPCC](#)

[Useful contacts - Christmas and mental health - Mind](#)

<https://www.gwell.io/home>

[Home - Kooth](#)

[How To Help Your Child With Anxiety Around Christmas | YoungMinds](#)

[Mental health at Christmas: How to cope with anxiety and stress | Action For Children](#)

[Mental Health Triggers: A Guide to a Happy Christmas - Open Mental Health](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Rising sun domestic abuse: 01227 452852 [admin@risingsunkent.com](mailto:admin@risingsunkent.com)

Forward trust addiction support: 020 3981 5525 [info@forwardtrust.org.uk](mailto:info@forwardtrust.org.uk)

### Homeless/housing concern

Ashford Borough Council: 01233 331111

[Support the Salvation Army this Winter | The Salvation Army](#)

[Porchlight](#)

[What is Crisis at Christmas? | Crisis UK](#)

[Donate to Shelter - Shelter England](#)

### Food banks

[Pneuma Church](#), The Warehouse, Ashford Works, Cobbs Wood Industrial Estate, Brunswick Road, Ashford, TN23 1EH, 01233 331919, Monday-Friday 10am-12pm

[Repton Community Trust](#), Repton Connect Community Centre, Repton Avenue, Ashford, TN23 3RX, 01233 808023

[ICM Ashford Pentecostal Church](#) and Boxes of Hope, ICM Office, First Floor, 162 Godinton Road, Ashford TN23 1LN, 01233 340194. Mondays (10am-12pm), Tuesdays, Wednesdays and Fridays (2pm-4pm). By appointment only.

[The Salvation Army](#), Ashford Corps. 115 Cudworth Road, South Willesborough, Ashford, TN24 0BE. 01233 643480. Fridays 10am-12pm. Available at other times in emergency situations.

[Tenterden Family Foodbank](#). The Vicarage, Church Road, Tenterden, TN30 6AT. 01580 761591 / 07888 998874 / 07805 840493

[Bright City Church](#). Centrepiece, Bank Street, Ashford, Kent, TN23 1BA. 01233 334007. Mondays and Fridays 10am-12.30pm. Please visit the back entrance of the building and bring a bag.

Where you can collect a family food bank voucher in Ashford:

- Distribution Centres (Self-Referral)
- Ashford Borough Council Office
- CAB Office
- Local Churches (listed below)
- Family Hubs (Families Only)
- Other professionals also hold vouchers

Please see below the distribution points for the Ashford Family Food Bank. We advise you to call the distribution centre before leaving to ensure the right size box is available.

Please note that 'Family Food Boxes' can weigh 12kg.

## Distribution Centres:

- Willows Family Hub - Brookfield Rd, Ashford TN23 4EY. Tel: 03000 418800 (Mon-Thur 8.30-4.30 & Fri 8.30-4.00) FAMILIES ONLY
- Lite Bites Willows Cafe - Brookfield Rd, Ashford TN23 4EY. Tel: 07732 385091 Families 12-2pm, Singles Only with an existing voucher
- Bockhanger Family Hub - 10 Belmont Rd, Kennington, Ashford TN24 9LS. Tel: 03000 418600 (Mon-Thur 8.30-4.30 & Fri 8.30-4.00) FAMILIES ONLY
- Waterside Family Hub - Turner Cl, Ashford TN24 0PQ. Tel: 03000 418700 (Mon-Thur 8.30-4.30 & Fri 8.30-4.00) FAMILIES ONLY
- Ashford North Family Hub - Mabledon Ave, Ashford TN24 8BJ. Tel: 03000 417567 FAMILIES ONLY
- Tenterden Family Hub - Recreation Ground Road, Tenterden, TN30 6RA. (Wed & Fri 8.30-4.30) Tel: 03000 418400 (Tues - Thurs 8.30 - 4.30) FAMILIES ONLY
- Pneuma Church - Ashford Works, Cobbs Wood Industrial Estate, Brunswick Road, TN23 1EH. Tel: 01233 331919 (Mon-Fri 9.00-12noon)
- EC30 - Tenterden, TN30 6RA. Tel: 01580 765518/07919 381827 (7 days a week)
- St Mildreds Church Vicarage - Church Road, Tenterden, TN30 6AT. Tel: 01580 761591/07850840493 (7 days a week 8am-7pm)
- St Marys Willesborough - Willesborough, Ashford TN24 0YR. Tel: 07583418386 (Wed & Thurs Fri 9.30 - 12.30)
- St Marys Church, Church Road, Kennington, TN24 9DQ. Tel: 01233 620433. Wed 10.30am - 12noon & Sunday 11.00am - 12noon
- The Well (Willesborough Baptist Church) - Hythe Rd, Willesborough, TN24 0QR. Tuesday, Thursday & Saturday 9.00am - 12noon. Tel: 01233 632739
- Boxes of Hope - First Floor, 162 Godinton Rd, Ashford, TN23 1LN. Tel: 01233 340194 (Please call to make an appointment before collecting. Mon, Tues, Wed & Fri 10.00-1.00pm)
- The Moat Foundation, Stanhope Community Hub - 67 Otterden Close, Stanhope, Ashford, TN23 5TH
- One You Shop, Park Mall Shopping Centre, Ashford, TN24 8RY. Tel One You Lifestyle Facilitator 07880275766 (Open Tues to Fri 9.30-17.00 / Sat 9.30-13.00 / closed Sun & Mon)
- People Plus, Restart Panorama Building, Park Street, TN23 5EZ. Tel: 01233 227084 Monday - Friday 9am - 5pm
- Ashford Social Services

For more information on supporting your local food bank please email

[ashford-familyfoodbank@children-families.org](mailto:ashford-familyfoodbank@children-families.org)

## Ten Christmas wellbeing tips from Mind

### 1. Honesty

Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything. Don't be afraid to cancel plans if you're not feeling up to it.

Sometimes you need to put yourself first. - *Laura*

### 2. Press pause

If you're someone who has a tendency to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself. - *Laura*

### 3. Pyjamas!

In between all the social arrangements, make sure you have a day to hang out at home in your pyjamas. Christmas is the season of hanging out in your pyjamas. - *Laura*

#### 4. Full moon

It's a full moon on Christmas day, so have a look at that if the sky is clear. (It won't happen again for 19 years.) - *Katherine*

#### 5. Get unstuck

Make sure you're not too house-bound and spend all the time eating and drinking! A brisk walk outside is a nice way to spend time with loved ones, or a day trip somewhere. Things can get quite intense if you're stuck in the house all the time, and a bit of exercise helps too. - *Sara*

#### 6. Don't believe the hype

Don't compare yourself and your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes. Don't get sucked into measuring your experience against something that's ultimately fake. - *Claire*

#### 7. Bed head

Give yourself a head start – try to go to bed early on Christmas Eve so you feel well-rested on the day itself. - *Hannah*

#### 8. Talk

If you are feeling overwhelmed or under pressure, talk to someone about it. If you are worried about how you might feel on the day, talk to someone else who will be there too so they can support you when needed during the festivities. - *Hannah*

#### 9. Plug yourself in

If you are staying in an overcrowded house with people going to the loo at all hours, make sure you take ear-plugs to maximise your chance of a decent night's sleep.

#### 10. Give yourself a prezzie

Make sure you take some time out after Christmas to do something you really want to do, no matter how small. - *Vicki*

Think about what *you* want to get out of the Christmas break; don't feel like you have to do or be anything because it's expected. - *Jay*