

# The Folkestone Haven



**A safe and supportive space to help you manage your stress, anxiety and crisis.**

There is no need for an appointment, just turn up. You'll be met by a listening ear from staff and volunteers, and benefit from engaging in therapeutic support, activities and enjoying a healthy meal.

**Service provided by:**

**Hestia.org**



## About the Folkestone Haven

Kent Community Foundation, on behalf of a group of local charitable funders and the NHS, have commissioned Hestia to deliver the Folkestone haven for people of Folkestone and Hythe District.

The Haven offers safe, inclusive and welcoming spaces for people who are struggling to cope with their mental health during the evening, weekends and bank holidays when other services may be closed.

## Our Aim

The Haven's aim is to support people using the service to reduce their crisis and anxiety, and to safety plan, drawing on strengths, resilience and coping mechanisms to reduce the need to use crisis services in the future. We will also refer and signpost to other support services.

## Who is the Haven for?

Adult residents (18+) of the Folkestone and Hythe District who are experiencing difficulties with their mental health and feel unable to cope. This includes people who may be anxious or worried about anything affecting their mental health but don't have support networks available to them. It is for people who use or have used mental health services and those who have never used them before.



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## Support and activities will include:

- One-to-one support
- Low stimulus / chill out space
- Gentle exercise
- Advice, information and signposting
- Healthy meals and drinks for a small charge
- Peer Support
- Topic based group work to build resilience



## Shakil's story

I was referred to Hestia's Recovery Café in south west London when I was 67. It is a model very similar to the Folkestone Haven. I have had schizophrenia since I was 14. My condition left me feeling very isolated and some days I would go all day without speaking to anybody.

I was referred to the Recovery Café by my local mental health service. It had newly opened and I remember my first visit. I was in a terrible way and I was welcomed by a member of staff who gave me a cup of tea, took my information and helped me put together a support plan. I was then shown through to the communal room and given space to be alone until I was ready to talk further.

I began to attend regularly and after a while I could feel my loneliness seeping away and my emotions begin to calm. Over this past year I have found purpose and regained stability in my life.

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## About Hestia

At Hestia we support adults and children in times of crisis. We deliver a wide range of operational support services, as well as campaign and advocate nationally on the issues that affect the people we work with.

Last year we supported 10,766 men, women and children. This includes victims of modern slavery, women and children who have experienced domestic abuse, young care leavers and older people.

From giving someone a home, to helping them to get the right mental health support, we support people at the moment of crisis and enable them to build a life beyond a crisis.

## Travel information

**c/o The Rainbow Centre  
69 Sandgate Road  
Folkestone  
CT20 2AF**

**Mon-Fri: 18:00 to 23:00**

**Weekends & Bank Holiday: 12:00 to 23:00**

 **Folkestone.Haven@hestia.org**

 **07827533871**

0.6 miles from Folkestone Central Railway station along Cheriton Road and Cheriton Gardens

0.1 mile from Folkestone Bus station, Middelburg Square for bus routes: 102, 16,10,17, 91 and local town routes 70, 71, 71a, 73 and 76

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