



Actively involved

www.involvekent.org.uk

New service for people over 55 or with complex health comes to Dartford, Gravesham and Swanley

Involve Kent, an established provider of community services and 'social prescribing' are launching a new service in North Kent, commissioned by Kent County Council, from April 2022.

'Actively Involved' is for anyone over 55 (or under if they have complex health needs) who could benefit from guidance, support and opportunities to be active and stay well in the community.

Working with 25 other voluntary and community organisations, a diverse offer of social, exercise, activity, nature, creative, heritage and emotional support groups, activities and events will be available across the area.

The service is fully inclusive, with transport provided if necessary (including door to door), additional support (eg for people with mobility needs, frailty or housebound), translation services and a proactive outreach approach to reach into faith and minority ethnic communities. Our expert staff work with people to co-produce activities and sessions around their interests and needs, connecting people to enjoy hobbies together. The service is not time limited, and will work with people ongoing as needed.

Information, advice and guidance is provided through specialist partners including home visits, to ensure people are able to manage their day to day living, reducing worry and isolation.

We hope to work closely with other providers, local authorities, NHS, social care, clinicians and communities to promote access and awareness, as we launch the service from April. If you would like more information, including marketing material or a visit from one of our team to present, please contact scarlet.francis@involvekent.org.uk in the first instance, or call 03000 810005 for further information. Patient/client facing material and referral processes are in development and will be shared shortly.



Malcolm, an Actively Involved member who is a wheelchair user, visually impaired, hearing impaired and 'housebound', achieving his dream of cycling again with our partner 'Cyclo4All' and a trained volunteer.