



**CAS COMMUNITY  
SOLUTIONS CIC**  
WORKING FOR YOU

## Latest Projects October – December 2022

### Care and Support After Suicide – CASAS

**When:**

The last Wednesday of the month from 7pm – 9pm at The Old Fire Station, Swanscombe  
The second Thursday of the month from 7pm – 9pm at the Healthy Living Centre, Gillingham

A relaxed, informal group, for people impacted by the loss of a loved one through suicide. A place where people can share their feelings and experiences in a non-judgemental and confidential environment.

### Conversation Café

**When:**

Every Wednesday from 10am – 12:30pm

Our weekly drop in for those wishing to improve their English-speaking skills. The sessions are free, and refreshments are provided.

### Digital Health Hub

**When:**

Every Tuesday from 10am – 1pm

Support to use the NHS app, manage appointments, order medication, check results, manage health online, find local support groups etc. Free Tablets (subject to availability) and 1-year free data, texts, and calls.

### Kent Adult Education Training

**When:**

A regular programme of accredited, crafts and wellbeing training delivered throughout the year.

Courses include:

- First Aid in the Workplace Level 2
- Food Safety Level 2
- Barista Training
- Digital Skills
- British Sign Language (taster)

- Five Ways to Wellbeing
- Chair based Exercises
- Macrame
- Christmas Crafts
- Flower Arranging

Please check our website for the latest training courses.

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## HM Courts and Tribunal Service (HMCTS) – Assisted Digital Support

Digital Support for those who don't have access or are not confident using the following HMCTS digital services.

- Appeal a benefit decision
  - Civil Money Claims
  - Divorce
  - Make a plea for an offence
  - Make a plea for a traffic offence
  - Probate
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## Homework Heroes

### When:

Term Time - every Wednesday and Thursday from 3:30pm – 6pm

School Holidays - every Wednesday and Thursday from 10am – 3pm

Help with Homework for key Stage 2 and 3, free IT for independent learners and a programme of fun while learning activities.

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## National Data Bank

In partnership with Three, O2, Virgin and Vodafone, free data, texts, and calls for up to 12 months for anyone who is struggling to stay connected.

**To find out more or to book your free place contact**  
[info@cas-community.org](mailto:info@cas-community.org) / 01322389144

**To join our mailing list, go to**  
[www.cas-community.org/contact-us](http://www.cas-community.org/contact-us)  
[www.cas-community.org](http://www.cas-community.org)

