

News & Events

Jan/Feb 2016

Welcome to MMK Mind's first News & Events letter of 2016

Christmas WOW winners ...

We had some brilliant entries into our Festive WoW competition, and 3 cleverly creative winners. Congratulations to Diane Gibson for her handmade felt Robin and Mistletoe broaches ...



Anita Miles for her paper craft Christmas Tree advent calendar ...

and Lucy Grace for her handmade WOW Dice and concept behind it's creation ...



Lucy's dice concept - Make up your 'mind'

"I wanted to make something that would encourage others to use the 6 Ways to Wellbeing. I also wanted it to be 3D.

As I love geometric shapes I thought a cube would make a good model as it has six faces. Then I thought it could be a dice. Each face of the dice represents one of the 6 Ways to Wellbeing.

When you don't feel great or can't decide for yourself, or even if you can't see the point in anything, it's hard to motivate yourself, so you can roll the dice and it can make your mind up for you. You could use it by yourself or in a group, or adapt the faces for different people and their needs."

MMK Mind Counselling Service

Our Low cost counselling service started in October last year and has been rapidly expanding. We now have 7 counsellors and currently maintain no waiting list. For more information about this service please follow the link below.

<http://www.maidstonemind.org/counselling-self-help/>

Mind Medway Partnership

MMK Mind & North Kent Mind joined forces last year to create Mind in Medway, and officially opened the Medway Hub in October. The Hub is situated in Victoria Street, Rochester, and services are gradually being put in place. Currently running from the Hub are the Victims of Crime Peer Support Group and a number of Fortis Project courses including a music Programme, Cup Cake Making course, Anger Management Course, and Creative Writing course. Plans are also in place to run a low cost Counselling & Self Help service from the Hub.



 Medway Partnership

25c Victoria St,
Rochester
ME1 1XJ

Music Programme

MMK Mind have been working with Medway Adult & Community Learning Services to deliver a number of courses under the Fortis Project. The latest courses to run from the Medway Recovery Hub was the Music programme; a 5 week course that is suitable for music skill levels from complete



beginners to experienced musicians. Over the 5 weeks the participants work together, supported by staff, towards a goal of producing a track that is recorded in a professional recording studio. Take a look at what our first music programme members created and go to:

<https://www.youtube.com/watch?v=mMECVzLe8rk>

Under the Fortis Project we are also running the following courses; Creative Writing, Cup Cake Making & Anger Management. The Fortis Project is available to Medway resident only. For more information e-mail:

fortis@medway.gov.uk



Police Mental Health Assistance

At the beginning of December two of our Wellbeing Workers began working with Kent Police Communications Officers offering support to 101 & 999 callers experiencing mental health problems. So far the project has been a great success supporting a high number of callers needing mental health expertise, and it could lead the way forward with mental health support for 101 & 999 callers across the country.



Our 'out of hours' Wellbeing Café has now been open in Ashford for 3 months funded by the Ashford Clinical Commissioning Group. During Café hours Wellbeing Workers have been on hand to talk to people about mental health and wellbeing. The Café is open on Friday and Saturday evenings 6pm-9.45 pm, with food and refreshments available at a reasonable cost.

Coping with Life course

Starting on Tuesday 2nd Feb 10am-12pm we are running a Coping with Life course from our Maidstone centre. The course consists of 5 weekly sessions aimed at helping people cope with depression, anxiety, stress, anger and assertiveness. Spaces are limited, £10 per session. For more information follow the link below.

<http://www.maidstonemind.org/coping-with-life-course/>

Coping with Life will also be running from the Medway Hub in Feb/March (start date to be confirmed) with funding received from the Medway 100 Club.

Thanks to recent Funders ...

The Morrison Foundation have awarded us funding that will allow us to develop a year long targeted support programme for older people living in Maidstone. Focusing in particular on the needs of mental health and wellbeing in older people, we will develop a group where older people in need of support can meet and receive practical advice and support in staying mentally well.



Children In Need funding has secured a 3 year young persons mental health support programme. The programme will be aimed at building confidence and developing peer support alongside CBT counselling, and involve activities such as in the areas of arts/media, cooking, physical exercise, garden design, photography and more.

Headstart Programme have awarded MMK Mind funding to enable young people to produce a video blog to demonstrate how mental health affects them.

Colyer Fergusson are funding us to run 2 Work, Well Being and You Programmes, that are bespoke training programmes for teens who are experiencing mental health problems such as anxiety, depression and stress. The programmes will run in Maidstone and Medway.

Youth Diversion are funding a project that is aimed at young people 16 - 21 years experiencing behavioural problems due to mental health problems such as anxiety and depression. The programme will help provide coping mechanisms for the young people to manage their behaviour. This will be delivered within the Oasis Academy on the Isle of Sheppey.

Maidstone Borough Council have funded our new six month Self Harm Programme which will be facilitated and supported by qualified and experienced mental health support workers, and volunteer peer support.

Medway Commissioners Fund is funding the Victims of Crime Peers Support that is currently running from The Medway Hub every Wednesday 10am-12pm.



Fun Quiz evening

Come along and have some fun letting MMK Mind test your wits. There are some fantastic prizes to be won, and if your wits aren't with you on the

night then you can always grab a few raffle tickets!

For more info and to get your tickets, go to ...

<http://www.maidstonemind.org/quiz-night/>