

# News & Events

Mar/Apr 2016



## Fundraising quiz night

It was a sell out! A huge thank you to everyone who attended our quiz night at Pops' Café in Maidstone, and to the generous companies that donated prizes for the quiz and raffle. You all helped raise £447.07 to support the delivery of our services. It really was a fantastic night - Thanks too to Nikki Brooker, Zoe Sparkle, Laura Taylor & Shannon Harris who organised and hosted the evening.



See more photos on [our facebook page](#).

## 'Bags of Help' for sensory garden

Tesco's 'Bags of Help' initiative chose MMK Mind as one of three local charities to receive funding to create a community garden. Over 27th Feb - 5th March Tovia Tesco's customers could vote for their favourite charity/project to determine how much funding each three projects receives to create their garden. MMK Mind will be creating a community sensory garden with the help of our Garden Shed group. The amount of funding we will receive is yet to be announced!



Thank you to everyone who voted for MMK Mind. If you would like to volunteer to help us create the community sensory garden please get in touch with [jameswalker@mmkmind.org](mailto:jameswalker@mmkmind.org)

## Coping with Life courses

Our 2 Coping with Life courses that have been funded by Kent Adult Education are fully booked and underway. This course is designed to provide participants with skills to help them manage depression, anxiety & stress.

'Coping with Life' will be continuing every 5 weeks for the next 5 months, so please contact MMK Mind for more information or to reserve your place. Dates for the courses will be made available on our website and through our social media when they have been set.

For more information visit:  
<http://www.maidstonemind.org/coping-with-life/course/>

## Music for Mental Health Weekender

12<sup>th</sup> & 13<sup>th</sup> March

Our Wellbeing Worker/rock star of the team Abigail Ziering has organised an amazing weekend to promote mental health awareness and help raise funds for MMK Mind. Over the 12<sup>th</sup> & 13<sup>th</sup> of March, at 2 venues in Medway, there will be plenty of music from bands and DJ's that are playing for free to support our cause, 'Thanks guys'. There will also be raffles and affordable home made food to raise funds, as well as an opportunity to share your views and experiences!

For more information about the Music for Mental Health Weekend visit:  
<https://www.facebook.com/events/793023050803749/>  
keep it up to date on Facebook & Twitter with [#mentalhealthweekender](#)



## Women at risk of self-harm course



Maidstone Borough Council funded us to run 3 'Women at Risk of Self-Harm' courses at the beginning of this year. Two courses have already been run from our Maidstone Centre and from Greenfields Children's Centre. The last course will be run at Marsham Street Community Centre, starting on 29th March.

For more information about this course visit:

<http://www.maidstonemind.org/women-at-risk-of-self-harm-course/>

## Work & Wellbeing lite courses

There are 2 Work & Wellbeing lite courses, funded by Kent Adult Education, starting on March 31<sup>st</sup> from our Maidstone Centre. The course is designed for individuals who are unemployed and experiencing mental health issues such as anxiety, depression and stress. The 'lite' version of our Work & Wellbeing course runs for 6 weeks and includes cognitive behavioural coaching sessions, one to one reflective sessions, and team building activities.

Participants must be aged 18+ and live in Kent (excluding Medway).

For more information please visit:

<http://www.maidstonemind.org/work-wellbeing-lite/>



**"Work & Wellbeing has helped me with steps towards my confidence and anxiety. I am learning and developing confidence & skills I did not think I had."**



## MMK Mind Counselling Service(s)

Since October last year MMK Mind's Maidstone based counselling service has been rapidly expanding, still maintaining no waiting list!

Due to the success of our Maidstone service, and the high need of such services in surrounding areas, we are opening a counselling service in Swale within the next few months. More details about this will be available on commencing of the service.

For information about our Maidstone Counselling and Self-Help Service please go to:

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

## Fortis Project - Medway

MMK Mind are still working with Medway Adult & Community Learning Services delivering a number of courses/programmes within the 'Fortis Project'. There are a number of organisations also providing beneficial courses and groups designed to support people with mental health problems through the Fortis Project.

MMK Mind are currently running the Music programme, a Creative Writing course, the Cupcake decorating course, and Coping with Life.

These courses are only available to Medway residents. For more information please visit:

<http://www.maidstonemind.org/fortis-project-courses/>

## Changes to Community Services

On March 31<sup>st</sup> the Community Services that we are providing with funding from KCC will stop. However, from April 1<sup>st</sup> we will be providing some similar services in place of these that are being funded by the Shaw Trust for a 6 month transitional period.

These services, in Maidstone only, will be:

- Mindfulness Peer Support Group - will include various activities
- Garden Sheds - DIY and gardening activities
- Culture Club - 6 week programmes that include arts and food based activities and open dialogue around mental health issues.
- Recovery Group - peer support groups
- Coping with Life courses

More information about these services will be available on our website on April 1<sup>st</sup>.

## Keep up to date with what's going on at MMK Mind ...

Don't forget, you can keep up to date with all our services by going online ...



visiting our website & joining our mail list ...  
[www.maidstonemind.org](http://www.maidstonemind.org)



Liking our facebook page ...  
<https://www.facebook.com/maidstonemind>



following us on twitter ...  
<https://twitter.com/mmkmind>

Or by getting in touch ...

tel: 01622 692383

e-mail: [community@mmkmind.org.uk](mailto:community@mmkmind.org.uk)