



Maidstone  
and Mid-Kent

# News & Events

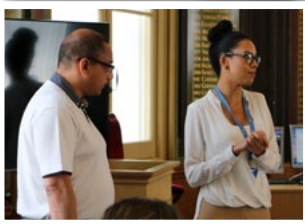
Jul/Aug 2016

## 2016 AGM ...

Maidstone and Mid Kent Mind's 2015/16 Annual General Meeting was held on Friday 8th July at Maidstone Town Hall.

Over 50 people attended and were given the opportunity to listen to our key speakers which included personal experiences from some of our Service Users of how they had benefited from Mind support .

The event gave MMK Mind staff the opportunity to explain the different programmes that had been delivered during the last year and how mental health support provided by Mind was helping to meet local demand.



Local music and arts group Factotum Promotions are organising a fundraising event at Pizza Express in support of MMK Mind. The event features live contemporary folk from Brighton based band Twenty-one Crows' and Tin Foil Astronaut, plus supporting artists and performance poetry.

To grab your ticket for a fab night out please visit <https://www.pizzaexpresslive.com/whats-on/maidstone-midkent-mind>

## MMK Mind Counselling Service

Our Low cost counselling service has been going from strength to strength. We currently have 30 counsellors in the service and are now seeing expansion into the Swale area. For more information about our counselling service follow the link below.

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



## Help create a Community Wellbeing Garden

Pull on your wellies, grab a spade, and join us for the 'Big Dig Start'. Anyone that would like to play a part in the creation of our Community Wellbeing Garden is welcome on **Monday 8th August 1-4pm**

at: **The Live Well Centre garden in Holland Road, Maidstone.**

Back in February customers of Tesco's Express (Tovil Road, Maidstone store) were given the opportunity to vote for 1 of 3 green space projects, including our Community Wellbeing Garden, by token voting. Thanks to all the customers that voted for us we will be receiving funding from Tesco's 'Bags of Help' scheme to help build the garden.

For more information please contact us on **01622 692383** or email [mindhelp@mmkmind.org.uk](mailto:mindhelf@mmkmind.org.uk)

## FREE Family Fun Day

Our Family fun day is coming to Mote Park with sporting activities for all ages to join in and enjoy.

**26th August 2016 - 11am-3pm**

We've got top class coaches on hand to give you some tips and help you learn some new skills.

For more information, contact us on **01622 692383** or email: [community@mmkmind.org.uk](mailto:community@mmkmind.org.uk)



Our new FREE running club for better mental health and wellbeing will be starting on **Friday July 15th at Mote Park, 2-3.30pm**. With the help of a qualified coach we'll take you from couch to 5K, and if you want to take the challenge you can join us on 9th October for our 5 & 10K sponsored run.

Call us on **01622 692383** for more information.

<http://www.maidstonemind.org/running-club/>

## Youth Yoga & Managing Me course

MMK Mind are offering a 6 week Managing Me course for young people aged 11-18. The course tackles issues such as depression, anxiety, self-esteem, confidence building, identity issues and body image. We are also offering a free course of Yoga sessions for young people to help manage the effects of depression, anxiety and stress.

Places are limited both courses, call **01622 692383** to book a place or e-mail [nikkibrooker@mmkmind.org.uk](mailto:nikkibrooker@mmkmind.org.uk)

**Youth Yoga** - at Info Zone, 3 Palace Avenue, Maidstone - 27th July, 3-4pm - 3rd & 31st Aug, 3-4pm

**Managing me** - at Info Zone, 3 Palace Avenue, Maidstone - starts 15th Sept, 4.30-5.30pm for 6 wks

## A great big Thank You for the donations ...



**Chelsea Building Society in Maidstone**  
raised £200 for MMK Mind.

**Kent police** Gave us a donation of £500.



**DHA Planning in Maidstone**  
held events at their workplace and raised £1000 to support the Traditional Social Group.



## Service User Forum

Mon 22<sup>nd</sup> August

12.30-1.30pm

MMK Mind Wellbeing Centre  
23 College Road  
Maidstone  
ME15 6YH



Maidstone & Mid-Kent Mind are holding their very first Fun Run to help raise funds and celebrate World Mental Health Day (10th Oct) by taking part in our sponsored 5k & 10k fun run on 9th October 2016. There is no entry fee, but if you would like to make a donation or collect sponsorships you will be sent an information pack of how to do so.

To book your place, or to find out more, visit our website [www.maidstonemind.org](http://www.maidstonemind.org) or call MMK Mind on **01622 692383**

You will be required to fill in a health questionnaire before your place in the Fun Run can be confirmed.

Places are limited, so book now to avoid disappointment.

## Keep updates with what's going on at MMK Mind ...

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



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



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



follow 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)