

News & Events

Sept/Oct 2016

NEW CEO for MMK Mind

Julie Blackmore has been appointed as Chief Executive Officer of Maidstone & Mid-Kent Mind.

Julie joined Mind two-and-a-half years ago as a bid writer, successfully applying for grants from charitable foundations, public bodies and corporate supporters.

Previously, she spent nine years as a community development manager for Swale Council for Voluntary Service, and four years as an administrator and youth worker for Sheppey Youth Action. She also has significant private sector experience, including nine years with Lloyds of London.



Says Julie: "I'm looking forward to building on all the terrific work which is already being done by MMK Mind, as well as extending the reach of our services, and replacing the funding we, and other charities, have lost as a result of local authority funding cutbacks".

Julie Blackmore - CEO

Vote for our Media Hub Project

MMK Mind have got through to a voting opportunity for funding to enable us to develop our cellar into a media hub – specifically focusing on young people.

The development of a multimedia hub will enable us to create a safe space that young people will be able to access to engage in facilitated projects that will help tackle the issues that they face and build their self-esteem.

The project that we need votes for is called **The Cellar Refurb and Revitalise Project**.

If you would like to give us your free votes please visit

<https://community-fund.aviva.co.uk/voting/project/view/16-473>

Please share our facebook post too :

<https://www.facebook.com/maidstonemind/posts/1196762897033476>

Police Control Room project makes national news

The BBC and ITV visited Kent Police Headquarters to report on the work we do with Kent Police by supporting emergency callers with mental health needs.

TV reporters filmed Kim Blewett, Mental Health Advisor, and Julie Blackmore, CEO whilst interviewing them about the collaborative project with Kent Police and the positive impact it has had so far for callers that need more appropriate mental health support, also for the emergency call workers. Matthew Scott, Kent's Police and Crime Commissioner is in full support of the project as he makes mental health a priority for Police in Kent.



Appointments for Victims of Crime

MMK Mind provide 1-1 appointments every Thursday morning for anyone wanting to discuss their experience and look at creating an action plan for dealing with the issues that being a victim of crime has caused.

Appointments are 45 mins, between 11.30am and 1.20pm.

Please call **01622 692383** for more information or to book an appointment.

Coping with Life course

Starting 5th Oct & 7th Nov 5.30-7.30pm



Coping with Life is a five week course (2 hours each week) to help people develop coping strategies to manage depression, anxiety & stress.

The cost of the course is £50.00, payable on booking your place.

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

Courses for young People



A 12 week course for young people aged 16-25 who may be experiencing difficulties with their wellbeing. The course has been designed to help young people be understood, learn new techniques to help them

think well, experience new ways to live well, realise their skills and talents and prepare for all the elements required to secure work.

For more information visit <http://www.maidstonemind.org/young-persons-work-wellbeing/>

Managing Me is a FREE 6 week course specifically designed for young people aged 11-16 to learn how to cope with life and focuses on dealing with stress, anxiety, depression and self-image. Courses start on Sept 15th & Nov 3rd at Info Zone, 3 Palace avenue, Maidstone. For more information please contact **Nikki Brooker** on 01622 692383 or e-mail nikibrooker@mmkmind.org.uk



Youth Yoga is a 6 week course to help young people with self confidence. It teaches techniques to help manage stress, anxiety and depression. Youth Yoga is on Wednesdays 4.30-5.30pm at Info Zone,

Maidstone. To book a place please contact MMK Mind on 01622 692383.

Service User Forum

Thurs 10th November
12.30-1.30pm

MMK Mind Wellbeing Centre
23 College Road
Maidstone
ME15 6YH



MMK Mind Fun Run

Our very first Fun Run took place on 9th Oct at Mote Park in Maidstone, to help raise funds for MMK Mind and to celebrate World Mental Health Day.

The event was supported by DHA Planning who chose us as their Charity of the Year for 2016, and over 40 people took part including some of our running club members who achieved their first 5K!

Due to it's success we will be looking to hold the event again next year. If you would like to be involved please register your interest here: <http://www.maidstonemind.org/mmk-mind-fun-run/>



Why not give our free running club a try and discover the benefits not only for your physical health but for your mental health too.

Our running club is facilitated by a qualified coach, and all 'runners', from complete beginners to more experienced, follow a training plan to suit their ability and support their progression from couch to 5K. Visit <http://www.maidstonemind.org/running-club/> for more info

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
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