

Merry Christmas



News & Events Nov/Dec 2016

2016 Christmas Opening Times

Our service will be available as usual up until Friday 23rd December, then the following will apply:

Saturday 24th December – CLOSED

Christmas Day – CLOSED

Boxing Day – CLOSED

Tuesday 29th, Bank Holiday – CLOSED

Wednesday 28th Dec – OPEN 10am–12.30pm for Christmas arts & crafts session.

Thursday 29th Dec – OPEN 1-3 pm for Mince Pies Social Group.

Friday 30th Dec – OPEN 11am–1pm for Turkey Busting Running Club session. Meet at Mote Park.

Saturday 31st Dec – CLOSED

Sunday 1st Jan – CLOSED

Monday 2nd Jan, Bank Holiday – CLOSED

Tuesday 3rd Jan – Resume normal services



Reed Global in Ashford and Ashford Holiday Inn, North held a Quiz Night in aid of MMK Mind and raised over £1000.

Maidstone Girls Grammar School raised over £500 for MMK Mind by holding a wear blue to school day.

St Augustines School held a number of fundraising events in aid of MMK Mind and raised over £700.

PCSO Chloe Champion and colleagues raised £205 for MMK Mind whilst during their 8 week training course.

PCSO Chloe Champion with Kent Police & Crime Commissioner Matthew Scott & Kent Police Chief Constable Alan Pughsley



Thanks for the Fundraising ...



Catch-22's (NCS programme) young people held a number of fundraising events to raise awareness of MMK Mind and raised £151.55

Katrina from Catch 22



Oliver Auston of Checkmate and business associates raised over £350 for MMK Mind at a Trade Association Event.

Oliver Auston of Checkmate

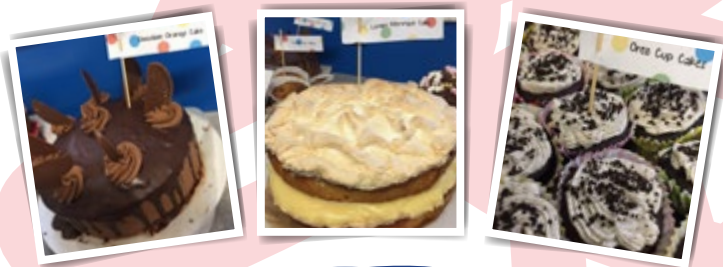


Jack Roy is fundraising for MMK Mind whilst training to become a PSCO with Kent Police. He is currently collecting sponsorship for his New Year's Day Dip in the British Coast!

<http://www.totalgiving.co.uk/mypage/jackroy-newyear-daydip>



We held a Bake Off in aid of Children in Need in Nov and raised £67 in cake sales.



Did you know ...

Children in Need fund some of the work we do?

Visit <http://www.maidstonemind.org/young-minds-programme/> to find out more.

Work & Wellbeing lite FREE course

The Kent Community Foundation are funding us to facilitate 3 Work & Wellbeing Lite courses in the new year. Our W&W Lite course is a 6 week bespoke training programme that supports individuals who are unemployed and experiencing wellbeing issues such as anxiety, depression and stress.

Course start dates are:

16th January 2016 / 6th March 2016 / 1st May 2016

for more info visit: <http://www.maidstonemind.org/work-wellbeing-lite/>

New Training Brochure

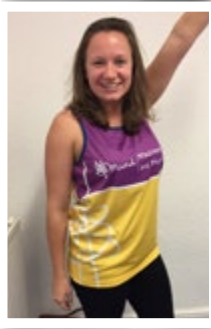
We now have a new brochure available online that catalogues the training and courses we can offer for personal and professional development in mental health. To view the brochure simply visit:

<http://www.maidstonemind.org/training-courses-brochure/>

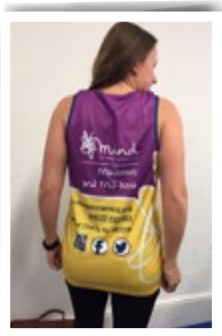
Or contact us for a printed version on 01622 692383



Funding for Running Club ...



Sports England have funded our Running Club through their Small Grants programme for the next year, so we now have some fab vests for our runners!



(Vests available for loan to fundraisers.)

Find out more about our FREE Running Club, visit <http://www.maidstonemind.org/running-club/>

Service User Forum

Thurs 12th Jan 201
12.30-1.30pm

MMK Mind Wellbeing Centre
23 College Road
Maidstone
ME15 6YH



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