

News & Events

Jan/Feb 2017

Maidstone
and Mid-Kent

Running for my Mind- 5k Park Run

On Saturday 25th February 4 of our runners from the MMKM Couch 2 5k running group did their first Park Run in Maidstone. For some of them it was their first 5k distance. An awesome effort was made by all of them. We're very proud of them all for achieving their goal.

If you want to go from couch to 5k then come join MMKM's FREE running club on Fridays at 2pm in Mote Park.

For more information please contact us on 01622 692383 or visit www.maidstonemind.org



A big thank you to...

PCSO Jack Roy and PCSO Class 2/16 for raising £623.21 for MMKM. They held class events including a Christmas raffle and Jack undertook a sponsored New Year's Day Dip on Ramsgate beach!



Counsellor Andrew Bowles and everyone that voted for us at the "You decide" event on Saturday 4th February to help support our work in local schools.

Ashford Wellbeing Café

As of January 2017 our Wellbeing café in Ashford has been open additional hours. As well as being open every Friday and Saturday 6-9.45pm the café is now open every 2nd and 4th Wednesday of the month. The café is located at The Live It Well Centre, Gore Hill, Canterbury Road, Ashford, TN24 8QF. For more information please contact us on 01622 692383.

BBC South East Visit

On the 25th January we had BBC South East for a quick interview with our CEO Julie Blackmore to discuss the work that we do with the Kent Police in the Maidstone Control Room. They also filmed our culture in action. The interview and recording was then aired that night on the BBC Six o'clock news.



Mental Health First Aid Training

Maidstone and Mid-Kent Mind are running a Mental Health First Aid Lite course at the Live Well Building in Ashford on the 10th March. The course is at a discounted price of £15. Please contact us on 01622 692383 or email community@mmkmind.org.uk to book your place. For more info visit: www.maidstonemind.org/mhfa-lite-training/



New Counselling Skills Course

We will be running a new course 'Introduction to Counselling Skills'. This is a 12 week qualification to learn the basic counselling skills and how to use them. For more info visit: <http://www.maidstonemind.org/counselling-skills-training-in-schools/>



Low Cost Counselling Service

Our low cost counselling service is steadily growing within Maidstone and Sittingbourne, still currently without a waiting list. Prices are as below:

| | |
|-------------------------------|-----------------|
| Unwaged | £10.00 per hour |
| Receiving working tax credits | £15 per hour |
| Receiving no benefits | £20 per hour |

To book counselling sessions please contact us on

01622 692383 or email mindhelp@mmkmind.org.uk
For more info visit <http://www.maidstonemind.org/counselling-self-help/>



Young Minds Project

Children in Need have funded us to run projects for 11-18 years old. 2 projects currently running are Managing Me and Taming my Temper:

- Managing Me is a 6 week course specifically designed for young people learn how to cope with life and focuses on dealing with stress, anxiety, depression and self-image.
- Taming My Temper is a 6 week course designed to help with anger management specifically for young people that may have issues controlling their emotions and want to reduce the levels of anger and hostility that they display.

Managing Me

6th April—4.30-5.30pm
InfoZone
3 Palace Avenue
Maidstone
ME15 6NF

Managing Me



Starts 6th April 2017

Taming my Temper

Starts
19th April
2017



Taming My Temper

19th April— 4.30-5.30
InfoZone
3 Palace Avenue
Maidstone
ME15 6NF

Victims of Crime Support

We offer 6 weekly sessions that look at improving wellbeing for those who have been affected by crime. For more information please contact us on 01622 962383 or email community@mmkmind.org.uk

Victims of
Crime
Support

Every Thursday



Service User Forum

Thurs 6th April
2.30-3.30pm

MMK Mind Wellbeing Centre
23 College Road
Maidstone
ME15 6YH



FREE Work and Wellbeing Lite Course

The Kent Community Foundation have funded us to facilitate 3 Work & Wellbeing Lite courses. 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. Our 2nd and 3rd Courses are due to start on: 6th March 2017 and 2nd May 2017. For more info visit: <http://www.maidstonemind.org/work-wellbeing-lite/>

Work & Wellbeing Lite
FREE course
Starts 6th March
Book your place now



Coping with Life Course

Coping with Life is a 5 week course to help you develop coping strategies for Depression, Anxiety & Stress. The cost of the course is £50 per person. For more information visit www.maidstonemind.org/coping-with-life-course/ To register your interest or book a place please

Coping with Life
courses



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 mailing list...
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
Email: community@mmkmind.org.uk