

News & Events

July/August 2017

MMK Mind AGM 2017



Our 2017 AGM was a massive success - with lots of big announcements, and a few showcases of the work MMK Mind has been doing for the past year. One big announcement was a change in Chair Person, with Sue Grigg taking on the role of our Chair now after Tim Arnold stepped down. We are excited to have Sue move into the Chair role, and we look forward to seeing her head our board of trustees!

Lots of the information from our AGM is available in our annual report, which you are able to access on our website here:

<http://www.maidstonemind.org/201617-2/>



Headstart Kent

MMK Mind are delighted to announce that we have been commissioned by Headstart Kent to deliver the Youth Mental Health First Aid contract across Kent.

This is our first Kent-wide contract, and is a fantastic opportunity for us as a local charity. We are looking forward to working with a variety of organizations and young people across Kent during the delivery of the programme. It is an incredible programme which will lead to greater impact in supporting young people across Kent.

For more information, visit the Headstart Kent page:
[http://www.kent.gov.uk/education-and-children/
headstart](http://www.kent.gov.uk/education-and-children/headstart)

The Garden Project



The Garden Project has seen a lot of progress after a big-session there on Tuesday the 29th of August, with a large area of previously inaccessible land which was covered in nettles now having been cleared and made accessible for us. We've done a lot of work in the area so far, with lots of changes to the environment which will really benefit the community in the long-term, and we are hopeful that these recent advances will do even more to further our aims for the area.

For more information about the Garden Project, and to get involved, visit the link below:

<http://www.maidstonemind.org/get-active-2/>

Community Events



We have had the pleasure of attending a number of community events over the past couple of months. These included the Family Fun Day at Mote Park, and the Go Train UK Jobs Fair in Maidstone as well. We have a great team who love being out in the community, interacting with people and spreading awareness of the services we offer. If you know of a community event you think we should attend, get in contact with us and let us know via the contact details at the end of the newsletter.

Art 31 Project



We are really proud of our Art31 'My Mental Health Matters' art group, supported by local augmented reality artist David Williamson. They produced some amazing works of art which went on display at the Gulbenkian Theatre in Canterbury for about a week. If you visit our Facebook page, we have some photographs of the incredible artwork they produced. It was a privilege to work with not only some very talented young people, but also with the Art 31 organization as well.

2 FREE Places For Maidstone Marathon and Half-Marathon

Thanks to Maidstone Harriers, we have two free spaces available for people who would like to take part in the Maidstone Marathon or Half Marathon to raise money for MMK Mind. This is a fantastic opportunity to raise awareness about mental health whilst also raising money to support the provision of our services in Maidstone and Mid-Kent.

To be considered for one of the places, send an email stating why you'd like to run for MMK Mind to: marketingapprentice@mmkmind.org.uk

For more information about the marathon visit: <http://www.nice-work.org.uk/races/the-maidstone-marathon>
And for more information on the half marathon visit: <http://www.nice-work.org.uk/races/the-maidstone-half-marathon>

Fun Run 2017

Sunday 22nd October - 10 am

MMK Mind's 2017 Fun Run is fast approaching - with almost a quarter of our 100 spaces already filled by people eager to run for MMK Mind. The event is a fantastic opportunity to get outside and get some exercise whilst raising some money for our charity should you decide you would like to raise sponsorships. With flexible options of 5 or 10k, the run is shaping up to be our best yet - and we'd love for you to get involved!

Find out more and get signed up for the Fun Run visit: <http://www.maidstonemind.org/mmkmind-fun-run/>

Staff Changes



Ashlea Clarke has now taken on the role of trainer at MMK Mind

Kimberley Blewett will be leaving us at the end of the month for her dream job. We wish her luck.



Thomas Fishenden has started with us in a role as our new Marketing Apprentice.

Keep updated 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



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