

News & Events

November/December 2017

Merry Christmas From MMK Mind

KM Charity of the Year Awards



Starting off our Newsletter with a bit of positive news - we are incredibly grateful to be one of several charities short-listed for the KM Charity of the Year awards. We've had some incredibly positive interactions with the KM over the past

year, so to now receive this nomination is incredibly humbling. It is nice to feel as though the hard work we have put into developing services across the past year has been reflected on and noticed by those within the community.

Should you wish to vote for us, please [this link](#).

Christmas Opening Hours



As the Christmas period approaches, we want to try and maintain opening hours so that services are accessible as much as possible, but equally, we acknowledge the fact that staffing will limit how we operate across the Christmas period.

As such, we have some slight changes to our opening hours for the last week of the year and into the new year which you can find [here](#).

Alternatively, you can get in touch via the contact details you will find at the end of this newsletter should you wish to learn more about our opening hours over the festive period.

We would like to reassure service users that we know that Christmas is not a positive time for everyone - statistically, the feeling of loneliness in many can increase over Christmas, having a negative impact on mental health and wellbeing. Should you need access to services whilst we are closed, you can get in touch with [Samaritans](#) at any point over the period on [116 123](#).

Donations to MMK Mind



We would like to take a moment to say thanks for all of the donations that we have received across recent months, and across the year in general as it draws to a close and we begin to reflect on the past year.

Whether it be fundraising from our Fun Run, monetary donations from individuals or companies, or equipment/resource donations like the recent ones we received from Aldi, we have been incredibly lucky to receive some real generosity from the community over the past year.

Your continual commitment to our cause has enabled us to propel our services forwards and really develop what we are able to offer to people in need - so from everyone in the office, we would like to say a massive thank you for your continual hard-work and commitment on behalf of our charity.

If you would like to make a donation to MMK Mind, you can do so by [clicking here](#).

New Trustees

We recently advertised for some new Trustees to join our team, and I am delighted to share that we have had some truly wonderful people come in for interviews - so thank you to everyone who has spread information for us and helped us to reach out to people.

We don't have any news we can share at present, but as the new year approaches look out for some potentially new faces joining the trustee rota here at MMK Mind.

Local Charities Day - 15th of December

At the time of writing this newsletter (We wanted our December issue to release a bit earlier to accommodate for Christmas), we currently have a lot of plans for Local Charities Day on the 15th of December.

We've been working with several partners across the area to share the story of MMK Mind and what we do, so we are incredibly excited to share some of this content with you - and hopefully, at the time of reading this, you will be able to check out some of the content yourself!

Visit our Local Charities Day blog [here](#).



Children In Need

We recently hosted a wonderful Children In Need bake-off here in the building, and we got to see just how talented some of the people in the building are when it comes to baking!

We were incredibly delighted to have raised £40.35 for Children In Need, and it was lovely to be able to pull everyone in the office together in a proactive manner which enabled us to raise money for a great cause.



New Courses For 2018

We are beginning to update the website with new information on courses which will be available in 2018.

These includes services such as Peer Support Groups, new MHFA listings, and more.

Keep your eyes on the 'Currently Running' section under training on our website for more information as it becomes available. Also make sure to stay tuned to our social media for updates as we share them!



FREE Youth MHFA Spaces

Kindly provided by the Roger De Haan Charitable Trust for anyone in Folkestone who may benefit. Get in touch today to book to avoid disappointment.



NEW THERAPEUTIC DRUMMING FOR 2018

We are delighted to share new Therapeutic Drumming sessions for 2018 starting on January the 11th.



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



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



Follow us on twitter ...
<https://twitter.com/mmkmind>



Follow us on instagram ...
<https://www.instagram.com/mmkmind/>

Or by getting in touch ...

tel: 01622 692383

e-mail: community@mmkmind.org.uk