

News & Events

September/October 2017

MMK Mind 2017 Fun Run



Our 2017 Fun Run was a fantastic success. We had runners taking part in both 5k and 10k runs to raise awareness of mental health services and help to raise funds to support the frontline services that MMK Mind deliver.

We would like to say a massive thank you to everyone who got involved, and to those who raised funds and made donations.

If you have any pictures of the fun run you wish to share with us then send them to marketingappetite@mmkmind.org.uk

Click below to view some images from the event:
<http://www.maidstonemind.org/mmk-mind-2017-fun-run/>

World Mental Health Day 2017

We put a lot of hard work into World Mental Health Day this year so that the people in our community were made aware of the services they can access if they were experience a mental health problem.

It was great seeing so many local organisations such as Kent County Council and Maidstone Borough Council taking proactive steps to positively promote mental health services available to people in their local areas. It was also fantastic seeing all the hard work that other members of the Mind network put in to spreading awareness and raising the bar when it comes to mental health services.

View our short video for World Mental Health Day [HERE](#).



Mind Quality Mark

We are happy to announce that Maidstone and Mid-Kent Mind have been awarded the Mind quality mark. We strive to continue to deliver structured and innovative mental health services all across the Maidstone and Mid-Kent area.



The Community Garden

Progress from our team day
at the Live-It-Well garden

Some major progress was made with our community garden project thanks to the hardwork of both our team and our volunteers. They've contributed tirelessly to the area to create a space which everyone can feel comfortable and safe within.

We are looking to transform the space so that eventually it is open-access, and the location will be accesible to the public for people to be able to enjoy some gardening work in an outdoors space when they may need it.



Check out this video which showcases a large portion of the progress which has been made in the garden so far:

<https://www.youtube.com/watch?v=TxralbKXrP8&t=15s>

Youth Sunday Peer Support Group

Our Youth Wellbeing Worker, Nikki, has been hard at work developing an innovative Youth Group that runs the last Sunday of each month.

Our first session was fantastic - with the young people taking a proactive response to engaging with us, helping us to develop an action plan for the kind of services that young people want the peer group to provide.

If you know someone who may benefit from this, get them to phone us on [01622 592383](tel:01622592383) or email community@mmkmind.org.uk

MMK Mind on TV and Radio

Our drumming facilitator, Nicky Underwood, and our Marketing Apprentice, Tom, were lucky enough to be featured on KMTV in September talking all about the benefits of therapeutic drumming and how well the new course has been received.

We thought it was great to be able to interact with and get actively involved with a local community television channel, as KMTV work closely with the KM Group who provide coverage all across the county.

In addition to KMTV, Tom was also able to make an appearance on The Community Show - allowing him to talk about the Fun Run before the event and try and garner some additional interest in the event.

Tom has enjoyed both experiences, and is excited to see where MMK Mind takes him next!

Therapeutic Drumming now running on Thursday and Friday mornings



We are happy to announce that our Therapeutic Drumming courses with Nicky are currently running on Friday Mornings too from 10:30am until 12pm. If you have been looking to get involved, this is a perfect opportunity to come on down and join us with a feel-good activity as it gets closer to the weekend!

Ashford Wellbeing Cafe

The Live It Well Centre,
Gore Hill, Canterbury Rd,
TN24 8QF

6-9:45 pm Friday & Saturdays
Every-other Wednesday 6-10 pm

Maidstone Crisis Cafe

23 College Road,
Maidstone, ME15 6YH

Friday 5pm - 9pm
Sunday 1pm - 5pm



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Or by getting in touch ...

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