 Mind Mid Kent

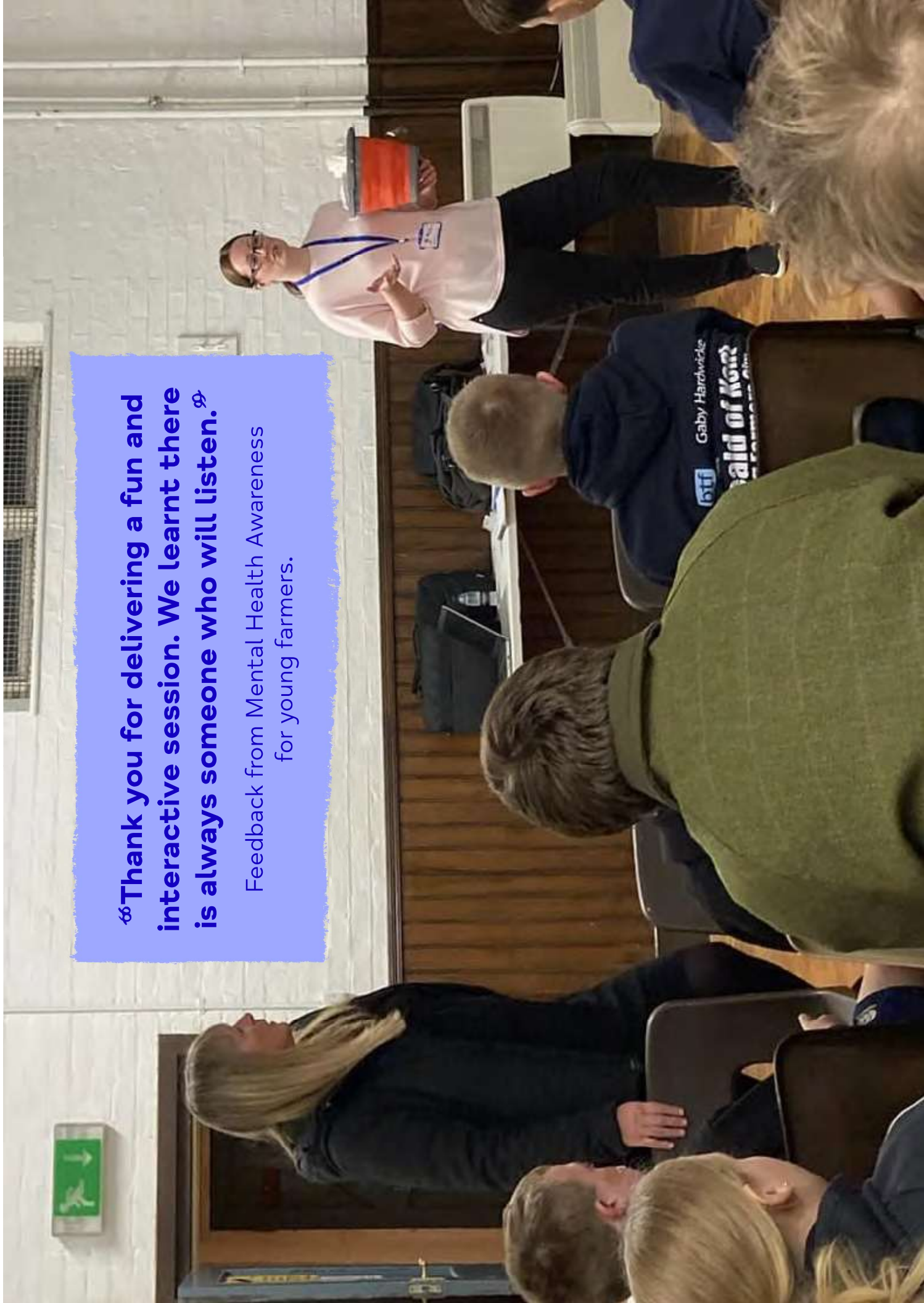


# Annual Report

April 2022 - March 2023

**“Thank you for delivering a fun and interactive session. We learnt there is always someone who will listen.”**

Feedback from Mental Health Awareness  
for young farmers.



# Welcome

The past year has been a hugely busy period for our organisation – with the need to develop new services proving critical given the rapidly changing world around us.

2022 – 2023 has seen the fall-out of the Covid-19 pandemic, and a slow transition back to a new ‘normal’. It has also seen a war break out in Europe, and a rapidly evolving cost of living crisis which has presented significant challenges for many people. All this is to say – the need for mental health support has never been greater.

During this period, we have committed ourselves to developing and delivering services which continue to put the holistic needs of our clients at their heart. We have supported 4,463 individuals with 14,394 attendances across our services. As we continue to face new challenges, we are devoted to fighting for the needs of our communities – forming strong partnerships which embody our vision, mission and values and ensure that our clients are at the heart of everything we do.

This year has also seen our new senior management team adapt and grow into new roles alongside colleagues across the organisation – furthering our strategic

ambitions. This has ensured that lived experience has been further embedded from the ground-up within our organisation – ensuring peer-driven service design is present in everything we do.

As we begin to focus more on developing services that are committed to meeting the emerging needs of the community, our dedicated and passionate staff and volunteer team continue to take challenges in their stride. This ensures we are providing the highest quality support for all of our clients.

**As we continue to face challenges posed by the ever-changing mental health landscape, we are committed to making a sustained difference in the communities we serve.**



**Henu Cummins**  
CEO



**Lewis Kinch**  
Chair of the Board

# Adult Services

## **Community Activity Groups**

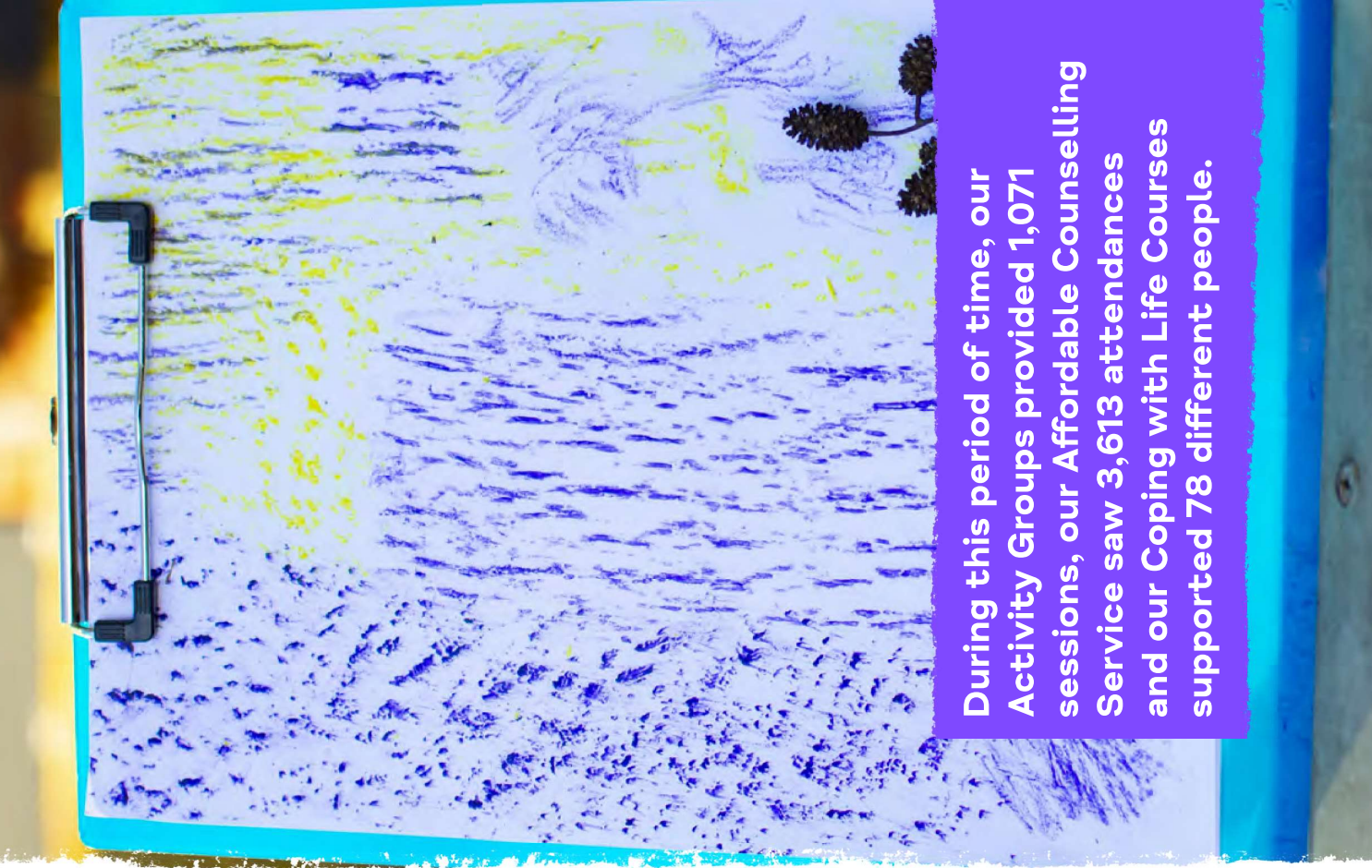
Between 2022 - 2023 we trialled 'open access' community groups for the first time - allowing clients to engage with them through a streamlined referral process. This was a hugely successful pilot which complemented services funded by Livewell Kent & Medway.

## **Coping with Life Courses**

We continued to work with Live Well Kent & Medway to provide Coping with Life courses for clients. These courses empower clients to develop coping strategies to better manage their mental health.

## **Affordable Counselling Service**

Our flagship Affordable Counselling Service grown from strength to strength, supporting over 3,600 sessions in the past year alone. We are hugely grateful to our volunteer counsellors, who give so much time and energy in support of their clients - making a real difference to them every day.



**During this period of time, our Activity Groups provided 1,071 sessions, our Affordable Counselling Service saw 3,613 attendances and our Coping with Life Courses supported 78 different people.**

# Youth Services

3,325 children and young people benefited from a range of targeted interventions, including Cognitive Behavioural Coaching courses and Wellbeing Support. In addition to the wellbeing support on offer, we have delivered several mental health awareness sessions for young people, encouraging greater awareness of crucial themes.

We delivered emotional resilience courses during this period, known as 'Bounce Back'. On average, 95% of young people engaged in these courses said that they had helped to improve their wellbeing. We also provided one-to-one Wellbeing & Resilience Action Plans (WRAPs) during this period - with 81.53% of young people participant stating that sessions improved their wellbeing.

These targeted interventions were supported by a broad span of wellbeing activities which enable young people to build new skills, make new friends and develop their communication skills.

We also provided support to young carers, attended a school fair where we enabled young people to learn circus skills, and have also been involved in family fun days provided by Early Help in Maidstone. Alongside this we delivered a pilot Mental Health Awareness session for young farmers - allowing us to better engage rural communities.



**This year was the fourth year of our 'Reaching Communities' programme. This programme is peer-led, with feedback from young people actively shaping the breadth and depth of support provided.**

# Our Impact

**14,394**

attendances in  
the year ending  
March 2023

**4463**

individuals  
supported in year  
ending March 2023

**1274**

people trained in  
suicide prevention

**3613**

affordable  
counselling  
sessions

**83.25%**

of young people  
felt Reaching  
Communities  
CBC courses  
benefited their  
wellbeing

**972**

instances of  
Wellbeing  
Drop-In service  
providing life-  
saving support

**100%**

of attendees  
would not have  
gone outside  
without our  
walking group

**93%**

of suicide  
prevention  
training attendees  
reported increase  
in confidence to  
support others

# The Difference Our Services Make

**“I learnt a wealth of information relating to anxiety and stress. I also learnt realistic and achievable ways to improve my wellbeing.”**

- Coping with Life Feedback

**“I couldn’t have got through what I was dealing with without my counsellor. I have learnt a lot about myself.”**

- Affordable Counselling  
Service Feedback

**“I enjoyed getting to work on improving myself, and the difference I saw in myself at the end of six weeks.”**

- Youth Wellbeing & Resilience  
Action Plan Feedback

**“This course has helped to improve my wellbeing because I can do Calligraphy when I feel anxious.”**

- Calligraphy Course  
Feedback

# Suicide Prevention Programme

Our Suicide Prevention & Awareness Programme has continued to grow - providing training sessions to 1,644 people.

We have delivered training to many partners throughout this period of time, including:

- Kent Police
- Kent Fire & Rescue
- The Salvation Army
- Sevenoaks District Council
- Medway Adult Education
- University Of Kent
- G4S
- And many, many more...

We also introduced our 'Everyday Mental Health' course - a brand new course designed to highlight the key information from our sessions in a condensed, one-hour workshop.

**This programme collects three-month follow up surveys to showcase how people use what they have learnt. You can find some case studies from these overleaf.**



**“The course met all of my expectations and I now have valuable resources I can use in my job. The trainer was calm and delivered the course brilliantly.”**  
- Suicide Prevention Course Feedback



# How Our Training Is Used...

**“I have stayed on the phone with someone who was very suicidal after a domestic abuse incident until the police showed up. I then gave her the 24/7 suicide prevention numbers for her to call if she needed to.”**

- Feedback on how a Youth Suicide Prevention Course participant has used their training three-months on.

**“I support someone with previous mental health problems and now a sudden illness and bereavement of family member. Noticed they were looking stressed/unhappy and asked them how they ‘really are’. Resulted in an open answer and not just a ‘fine’.”**

-- Feedback on how a Youth Suicide Prevention Course participant has used their training three-months on.

**“The person was very depressed and suicidal and turned up at my door in the middle of the night. I let them sit and talk about their thoughts. I asked what had made them want to end it all and he said he felt there is no point in living and has had enough. He has 2 failed relationships which happened in quick succession.”**

**He told me he had 2 failed attempts recently when he was found. As he talked he spoke fondly of his youngest child and kept replaying a video. So I encouraged him to talk more about his sons. His mood improved. He was soon talking about up coming birthdays and he left feeling better. I listened more than I spoke. He is on antidepressants.”**

- Feedback on how a Youth Suicide Prevention Course participant has used their training three-months on.

**We are very grateful to Kent County Council, Medway Council, and the NHS in Kent and Medway - whose generous funding continues to make this invaluable work possible.**

# Working In Partnership

Collaborative working has been vital in helping us to deal with the challenges of the past year. Providing meaningful wraparound support for all of our clients has been possible because of the support from our wonderful partners.

In the past year we have:

- Supported the arrival of the **Knife Angel** in Maidstone working collaboratively with **One Maidstone** to raise awareness about services.
- Partnered up with domestic abuse charity **SATEDA** to provide drop-in advice and support for women experiencing domestic abuse in Maidstone.
- Worked with **Fremlin Walk** to install a vinyl shop front for **Kent County Council's Release The Pressure** service.
- Took part in **Maidstone's Scarecrow Festival** - organised by **Maidstone Borough Council**.
- Attended various events run by the **Maidstone Early Help** team - supporting local young people.
- Partnered up with **Arriva Kent & Medway** - who supported Iwade Rock with a free shuttle bus service.

**We are grateful to everyone who has partnered with us throughout this year.**





Thank you to all of our staff, funders, volunteers  
and partners for making our work possible.  
Above all, we are grateful to the courageous  
clients who continue to put their trust and  
faith in the services we provide.

[www.midkentmind.org.uk](http://www.midkentmind.org.uk)

 Mind Mid Kent

