

2018/2019



ANNUAL REPORT celebrating **50** years



Maidstone
and Mid-Kent

Our Vision

We believe in recognising people as unique individuals and not as a diagnosis or label and that empowerment is key in recovery and maintaining wellbeing.

Maidstone & Mid-Kent Mind work in the community to promote social inclusion for people who experience mental health problems. We strive to tackle stigma and discrimination through promoting a better understanding of mental health in all we do.

We support individuals from a person centred approach and work with them to develop skills that aid them in their recovery, and encourage self management of their wellbeing.

Through ongoing partnerships, and self evaluation, we aim to ensure that the needs of each individual, who experiences a mental health problem, are met with the best possible support and outcome.



50

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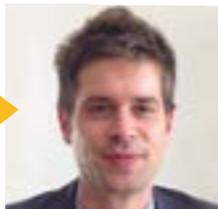
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Our Team

Sue Grigg
Chairlady



James Woods
Vice-Chair



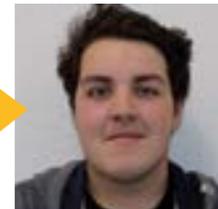
Hazel Webb
Treasurer



Kim Harris
Receptionist



Tom Fishenden
Marketing
Apprentice



Ron Reeder
Lead Counsellor



Tim Arnold
Secretary



Dr Neil Sinclair
Trustee



Richard Harvey
Trustee



Nikki Brooker
Youth Project Lead



Becky Slingsby
Office
Administrator



Josie Ledger
Wellbeing Worker



Phil Fuller
Trustee



Donal Watkins
Trustee



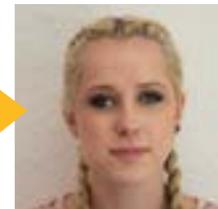
Jennifer Parris
Trustee



Yvonne Irvin
Wellbeing Worker



Xenia West
Wellbeing Worker



Pip Chandler
Wellbeing Worker



Julie Blackmore
CEO



James Walker
Operations
Manager



Heidi Bunting
Team Leader



Thea Theodorsdottir
Wellbeing Worker



Sam Curren
Wellbeing Worker



Martin Bagshaw
Wellbeing Worker



Deborah Hope
Finance Manager



Nicole Griffiths
Community
Development
Worker



Ashlea Clarke
Trainer



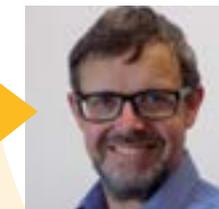
Kelly Lee
Wellbeing Worker



Stacey Smith
Wellbeing Worker



Mark Bradley
CBT Therapist



2018 AGM

Minutes of the Maidstone and Mid-Kent Mind Annual General Meeting held from 12 noon on Friday 6th July 2018 at The Town Hall, High Street, Maidstone

Present: Susan Grigg (Chairman), Tim Arnold, Philip Fuller, Hazel Webb and James Woods (Trustees) Julie Blackmore, Nikki Brooker, Heidi Bunting, Ashlea Clarke, Sam Curran, Tom Fishenden, Kim Harris, Yvonne Irvin, Josie Ledger, Kelly Lee, Suzanne Middleton, Ron Reeder and James Walker (Staff)

Forty Nine other people were in attendance including services users, local organisations and local partners.

Apologies: Richard Harvey, Jennifer Parris, Donal Watkins and Dr Neil Sinclair

Welcome & Introduction

Susan Grigg welcomed everyone and explained that it had been an exciting year for her as the new chairman, learning the role and meeting local people.

She was pleased to announce another very stable financial year thanks to the efforts of Julie Blackmore and her staff who had increased the scale of delivery of MMK Mind this year and secured the extension of the building in College road.

She wanted to personally thank all of the staff and volunteers for their efforts.

Minutes of the 2017 AGM

Julie Blackmore explained that the minutes of the 2017 meeting were contained within the annual report and there were no action points for consideration. It was agreed that these were a true and accurate record of the meeting and were signed by the Chairman.

Election of Trustees & Appointment of Auditors

James Walker explained that all nine of the current trustees wished to be reconsidered for election and asked for a proposal from the floor that they be elected en-bloc to serve for an additional year and a vote was held.

It was also proposed that Wiggins & Co chartered Accountants be appointed as auditors for an additional year.

It was agreed that:

- Tim Arnold, Philip Fuller, Susan Grigg, Richard Harvey, Jennifer Parris, Dr Neil Sinclair, Donal Watkins, Hazel Webb and James Wood be elected as Trustees of Maidstone and Mid-Kent Mind.
- Wiggins & Co Chartered Accountants be appointed as the auditors for Maidstone and Mid-Kent Mind.

Chairman's Report

Susan Grigg presented her reported stating that this had been the most successful year in the charity's history with expansion in number



of services and geographic coverage on offer. There had been a large number of grants secured throughout the year along with a successful tender to Kent county council for delivery of a Kent wide HeadStart training programme.

Chief Exec's Report

Julie Blackmore presented her report drawing attention to some of the successes from the year including; the expansion of services on offer to local schools, the continued delivery of Kent Police Control Room support and a Wellbeing Café for Ashford, as well as the creation of a new Crisis Café in Maidstone.

She added that there continued to be a consistent growth in the number of people accessing community services with much of this being due to the increased marketing reach provided in the year by Tom.

Looking ahead Julie was keen to see the extension of the college road building take place and also for the IAPT and Low Cost Counselling

services to grow in size to meet the local needs. Another target was also to get more staff trained as MHFA Instructors as this was a area of consistent growth.

Julie thanked the board members for their dedication and the volunteers for the difference they made to the charity. She also thanked all the staff for their continuing efforts and flexibility.

Treasures Report

Hazel Webb presented the financial report for 2017/18 showing a surplus of £119,569, however she explained that £50k of this a grant received towards the building extension works. The end year balance as at 31 March 2017 was £373,101 following a significant investment in IT equipment for staff.

Youth Services

Nikki Brooker stated that in the past year there had been a 200% increase in young people accessing our services with 359 engaging in courses and peer support groups. A short film about the youth service was shown.

Café Services

James Walker explained that there continued to be large demand for the wellbeing café in Ashford and that several service users and volunteers had raised additional funding for equipment to be used at the café. He added that a new Crisis café provision had been commissioned for Maidstone and whilst this provided a very different service specification it was already seeing significant attendances.

Social media and marketing

Tom Fishenden explained that he had spent this year learning and developing his new role and loved doing it. He had expanded the reach of the MMK Mind social media and branding and presented a short film about our services.

Volunteers

Suzanne Middleton introduced herself to everyone as someone that came into contact with MMK Mind services following the loss of her son to suicide in 2015. She undertook some courses and started to volunteer with the charity whilst looking to recover from the bereavement. Eventually she reached the point where she wanted to work and is now delivering community services for MMK Mind which she loves.

Suzanne
Middleton
Volunteer



Therapeutic Drumming

Nicky Underwood explained that she was introduced to MMK Mind via a friend and together they made a grant application to pilot drumming sessions as a way for people to improve their wellbeing. This proved highly successful with several people undertaking public performances of the skills they learned. These sessions are designed for complete novices to have fun whilst supporting their mental wellbeing and she was keen to see this service expand to even more people.



Nicky
Underwood
Therapeutic
Drumming
Facilitator

Questions from the floor

In response to questions from the floor Julie Blackmore explained that the Maidstone Café would not become wellbeing based as it was not what the CCG has commissioned, and the new extension would hopefully be completed by October with a 2week shut down of services for connection breakthrough works.

Closing Remarks from Chairman

Susan Grigg thanked everyone for attending and sharing some of the achievements from this year and was looking forward to another successful year. She invited everyone to take refreshments and network with each other.

Foreword on our 50th year

It has actually proven to be a difficult task in tracing back Maidstone & Mid Kent Minds history over the last 50 years. It appears we began as “Maidstone Association for Mental Health”, registered with the Charity commission on 9th December 1969 before becoming an affiliated organisation to National Mind some years later.

To survive and grow a charity over 50 years is in my mind, no doubt a cause for celebration. Being part of a Charity is both a huge privilege, as well as a huge task in continuing to survive. The following key facts underline the importance of recognising such an achievement:

Key facts of the Charity Sector in 2018:

- There are nearly 200,000 charities in the UK
- Over the last 10 years, 5000 charities have closed each year.
- Half of all charities have an income of less than £10,000 a year with 80% of all charities have an income of less than £100,000.
- The total income of all charities combined is about £48 billion. This is higher than the Higher Education sector, and about £10 billion less than Tesco
- The value of formal volunteering in the UK is around £22.6bn

4 years ago was probably the most difficult year Maidstone & Mid Kent Mind experienced in the 50 years. MMKM lost its core KCC funding that

had been integral to its existence. The core fund was near 95% of our total income and with the end of the funding began a challenge to keep the organisation open. I am delighted to be able to say, although a challenge, the years since gave us the drive and determination to build a sustainable organisation that coupled with the development of new services, partnerships, training skills, extended premises to name but a few of the core drivers, we are now an established reputable Charity delivering services throughout Kent, that I am confident will remain for at least 50 years more!

The success of a Charity relies heavily on the support and guidance of a skilled Board of Trustees, dedicated volunteers and a committed workforce and obviously the fact MMKM has provided a service to the community for 50 years has shown we have had an abundance of these in the past and continue to do so.

Thank you to everyone over the last 50 years who have been part of Maidstone & Mid Kent Mind. Everyone involved has contributed in some way in helping to keep this remarkable Charity continuing to deliver mental health support to so many people.

Financial report

Profit & Loss Account. Year ended 31 st March 2019.		
	2019	
Income	£	Total £
Contracts	171,978	
Children in Need	39,998	
Donations	33,137	
Ext. Staff Services	57,279	
Funding Grants	214,734	
IAPT	30,827	
Other Income	0	
Interest	625	
Building Works Grant	90,000	
Low Cost Counselling	36,716	
Minds Funding Protocol	2,576	
Room Hire	0	
Student Placement	1,560	
Training	<u>41,804</u>	<u>721,234</u>

A copy of the full accounts will be available on application to:
Maidstone & Mid-Kent Mind,
23 College Road,
Maidstone, Kent
ME15 6YH.

Profit & Loss Account. Year ended 31 st March 2019.		
	2019	
Expenditure		
Advertising	549	
Bank Charges	361	
Equipment	9,345	
Insurance	1,498	
IT	37,587	
Maintenance	0	
Marketing	319	
Postage	611	
Printing	6,828	
Professional Fees	21,260	
Rates	2,393	
Refreshments	0	
Refurbishment	2,384	
Room Hire	5,236	
Training & Local Projects	22,535	
Staff Costs	15,899	
Staff Salaries, NIC and Pensions	353,255	
Stationery	1,354	
Subscriptions	871	
Sundry Expenses	4,506	
Telephone	1,929	
Training	8,031	
Travelling Expenses	13,242	
Utilities	2,998	
Waste	1,195	
Water	<u>447</u>	<u>514,633</u>
		<u>206,601</u>
Building Extension		<u>172,615</u>
SURPLUS FOR THE YEAR		<u>33,986</u>

Balance Sheet. As at 31 st March 2019.		
	2019	
Fixed Assets		
Freehold Property (see Note below*)		71,286
Balance at 1st April 2018		
Extension		
Expenditure during the year		172,615
Improvements		7,546
Equipment, Fittings etc		
Balance at 1st April 2018		<u>11,051</u>
		<u>262,498</u>
Current Assets		
Debtors and Prepayments	21,340	
Cash at Bank		
Current Accounts	165,790	
Deposit Accounts	149,157	
Cash in Hand	<u>27</u>	
		<u>336,314</u>
Less Current liabilities		
Sundry Creditors	<u>19,110</u>	<u>317,204</u>
TOTAL NET ASSETS		<u>579,702</u>
represented by:		
Issued Share Capital		7
General Reserve Account		
Balance at 1st April 2018	373,094	
Add Surplus for the year	<u>206,601</u>	<u>579,695</u>
		<u>579,702</u>

* When the Freehold property is sold, the proceeds must be repaid to the Health Authority and Local Council, who will then advance funds to purchase a replacement property.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matter have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the Trust as required by section 130 of the Act;
- or
- 2) the accounts do not accord with those records;
- or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a "true and fair view" which is not a matter considered part of an independent examination.

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Linda M Wiggins, B.A., F.C.A.

Accountant

Wiggins & Co., Chartered Accountants.

28th May 2019

Chief Exec's Report

When I report on this past year I must start with the most significant visual change Maidstone & Mid-Kent Mind has experienced for many years. 2018/19 was the year MMKM finally got the extension that had been in the planning for over 2 years. There is a report within this Annual report that specifies the structural changes and the impact this has made on our organisation, but it was a fantastic achievement to recognise within our 50th anniversary year.

MMKM have once again continued to grow the services we have been able to provide with both existing core services and the further development of new services to meet the demands on our service. Staff numbers continue to grow in line with this, with 19 core staff based in College Road, with a further 5 bank staff and an amazing team of over 40 volunteers providing group, counselling, back office and reception support.

Reflecting on the key areas that were set out in my last year's report are as follows:

- **Completion of the extended premises at College Road** ✓
- **Continued increase in the provision of our young person's service** ✓ – The last year saw the inclusion of a monthly youth group and a transgender group as

well as the development of a low-cost Youth Counselling Service. This was all in addition to the continued work MMKM delivers in schools across Maidstone, Ashford, Swale and Canterbury and youth settings.

- **Development of IPT and MMKM low cost counselling service** ✓ – Working as a sub contracted partner for Think Action, MMKM have delivered its first year of IAPT counselling and grown the staff team supporting the contract to 8. The low-cost counselling service has once again grown in numbers and we continue to be grateful to our volunteer counsellors who provide the hours of counselling in supporting this much used service.
- **Increased sustainability of long-term contracts** ✓ – MMKM delivered Year 1 on two Kent Wide Contracts. Headstart MHFA funded through Kent County Council and Suicide Prevention and Awareness Training



Julie Blackmore
CEO

funded jointly by KCC and Medway Council. These contracts both continue into 2020 and have proved to be a fantastic opportunity to showcase to KCC how MMKM can deliver successfully on a County wide programme. MMKM continued to be a contracted organisation for another year of the Live Well Programme and provided both social and structured programmes to increasing numbers.

- **New innovative services** ✓ – This year included the development of new provisions that included Hoarding Support Programme to Swale Borough Council; Low cost Youth Counselling Service; Wellbeing Café in Maidstone; Research Programme in partnership with Canterbury University.
- **Further development and expansion of MMKM Training Services**; MMKM Training services has probably seen the biggest growth in expansion and development. Building business links has provided us with the opportunity to work closely with CAF and Vanquis Bank as a year long programme of support to their employees Support has included MHFA, MH Awareness as well as group training sessions focusing on identified topics. Training has included the delivery within the Headstart and Suicide Prevention contracts as well as an increased demand of our training sessions to a whole range of organisations that include local businesses, schools, housing organisations, Charitable organisations, Walmer Castle.
- **To provide quality, recovery focused services for an increasing number of people to access** ✓ The demand for our young persons services

continue to grow. 2018/19, sadly, was the last year of our 3-year Children in Need funding Grant that provided youth support in Maidstone. The end of a long-term grant always has a negative impact on a charity, however I am very pleased to announce as this grant ended we received the news that we were successful in a 5-year grant from Reaching communities, Big Lottery, to enable us to provide youth support in Maidstone and Swale until 2024. This will enable MMKM to deliver a wealth of new youth services that will include both structured and social activities as well as a weekly youth wellbeing Café. Delivery in Swale starts in the second year and we are looking forward to partnering with a number of Swale organisations to provide a much-needed resource to the borough.

The Crisis Café in Maidstone is now in its second year and it is currently funded by West Kent CCG and Kent Police Commissioner to continue for another year. This has proven to be a well-used service and with over 600 attendances the with 71 reporting it was an alternative to presenting at A & E, 138 avoidance of having to contact the Crisis Team and 44 avoidance of suicidal actions.

Supported by Ashford CCG we continue to provide a Wellbeing Café in Ashford and have secured funding to continue for another year. This service is now an embedded provision in the Ashford community and the last year has seen 609 people regularly using the service to help maintain and support their mental health and Wellbeing.

MMKM have continued to be part of the Live Well Kent delivery structure and have provided both structured and social support across Maidstone, Faversham and Canterbury. We have formed a great working relationship with Shaw trust and will continue to support their clients in a way that meets their needs. MMKM continually monitor and evaluate all its delivery to ensure we are meeting the outcomes set in a recovery focused manner.

2018/19 included another year of MMKM staff support to Kent Police within the Force Control Room, supported by Kent's Police Crime Commissioner, Matthew Scott. This has been a critical support programme and had also include training to the FCR workers. Over the last year we have taken 184 calls and training to 151 force control room staff.

MMKM media and marketing presence across Kent has continued to grow and this has once again been largely due to the hard work of our apprentice Tom. This year he has included

a growing number of both TV and radio appearances coupled with linking with many other organisations and therefore spreading our news to a much wider audience. This coupled with the employment of MMKM first community development worker, MMKM have been able to attend many more community events and professional conferences.

This new area of growth of our organisation has impacted significantly on the amount of donations and fundraising contributing to our income and re investment back into services.

Looking Ahead in 2019/20, key areas to develop:

- Support for primary school aged children
- Further development of counselling services
- Increase in the number of long-term grants / tenders
- Continued development of business training support
- Staff development and training

Facts & Figures

1202 service users accessing MMK Mind activities in 2018/19

241
training sessions delivered to over
4750
people

2908
hours of activities and services delivered in an average week

96
LiveWellKent clients completed Coping with Life courses

751
attendances by young people to our Early Help commissioned work

22
schools engaged in our youth services

Over
32,500
hours of person engagement for wellbeing (625 hrs per week)

981 attendances at Out of Hours Café provision in Ashford and Maidstone

360 different under 15 yr olds attending MMK Mind sessions

1649 1649 attendances at weekly social group activities OVER A YEAR?

50 Low cost counselling sessions delivered each week (approx)

Testimonials

"I have learnt my anxiety can go away because the course taught me to manage my worrying thoughts"

Managing Me, youth course

"I feel that I have been given the tools and mechanisms to create a plan to manage/cope with my anxiety and depression. I enjoyed all aspects of the course."

Coping with Depression, adult course

Towers BB (Frank Brake) – Age 11-14 ?

Did you enjoy the sessions :- rated 10

Comments :-

Really Fun & enjoyable and educated me a lot

One of the best group sessions I've been to

What did you enjoy most about the session?

Talking about how I feel and that I'm not alone

The way that everyone got to join in with everything

What did you learn during the sessions?

I learned how to relax & de-stress

How to cope with anxiety

AO Comments

It was really fun we got to play games, we got to go into groups and play games and say what we liked and don't like.

Our Services

Training

2018/19 saw another really successful year for the training department with the number of sessions we have been asked to deliver continually increasing as more and more organisations realise the importance of being aware of the issues surrounding mental health and wellbeing. 2426 people have been trained on courses that have been funded through either external grants or commissioned directly.

This year also saw us continue to deliver Mental Health First Aid training for the second year as part of the four year Headstart Kent commission with Kent County Council. We delivered a total of 21 Half Day MHFA Youth sessions and 13 Two Day MHFA Youth courses to 1014 people.

Towards the end of 2018 we were successful in a second tender with KCC for delivering Suicide Prevention and Awareness training sessions across Kent and Medway. This training was provided free to anyone wishing to undertake it and the interest was extremely high with 1350 people taking part from a huge variety of organisational types. Due to the demand and success of this training it has been extended to run for a second year in 2019/20.

The expanding demands on training provision has led us to funding an additional member of staff, Xenia West qualifying as a Youth MHFA instructor this year and there are further plans

for another member of staff to qualify in the coming year.

Live Well Kent

We have continued to work in partnership with Live Well Kent to offer a range of different services to improve mental health and wellbeing in the community.

Live Well Kent has helped us to fund our community social groups that we run Mon-Fri, offering people the chance to get involved in a variety of activities such as gardening, cooking, and arts and crafts. We find that these groups have been one of the most successful ways of giving people the chance to get peer support, as well as learning something new and building confidence. The popularity of these groups has grown so much that we have now opened two sessions per day for the cooking group and arts and crafts group, providing more flexibility for service users. A few new additions to our social groups include our Walking group and Singing for Wellbeing, running every Friday, and we are excited to introduce these to all our service users. We hope to continue to expand our community social groups as we know they form a core part of our wellbeing support.

Live Well Kent also provides funding for our bespoke courses to enable service users to access for free. Previously we have offered 'Coping with Depression' and 'Coping with

Anxiety and Stress' course, which have now been combined to form 'Coping With Life'; a 5 week course designed to support people by teaching them coping strategies and other skills to help manage anxiety, stress and depression. We have been running these courses across Kent in locations such as Maidstone, Faversham, Canterbury and Herne Bay.

Counselling Services

The service has grown significantly since its launch in 2015, we presently provide on average around 70 sessions of one-one therapy every week, the service can be accessed six days a week, including evening and Sunday appointments.

The counsellors are members of a professional body either the British Association for Counselling and Psychotherapy or The National Counselling Society and adhere to their ethical frameworks. Presently MMKMind have around 35 counsellors on the staff providing around 70 sessions of much needed therapy every week.

Mind are keen to improve and expand the talking therapies on offer, whilst also seeking feedback from counselling training organisations, counsellors and their clients so that the service can develop even further. The counselling service is a valuable service which compliments MMK Mind's existing support well and has seen good cohesion with other services with many counselling clients choosing to progress into group-based activities. This has increased attendance figures and also raised awareness of what MMK Mind offer in Maidstone and across

Kent as well.

Kent Police control room support

Over the course of the last year we have taken a total of 184 calls at the Kent police control room, the majority of which are referrals to us to reduce suicide and self-harm risk.

Out of 184 calls the need for police officers to attend was reduced on 84 occasions, freeing up officers to attend other incidents.

In the last year we have also provided training to 151 force control room staff, increasing their awareness of mental health and providing them with a digital signposting booklet that can be used as a useful tool for call takers and sent out to new members of staff.

As part of the service that we have provided over the last year we have also been able to give advice to call takers regarding any calls they may have taken themselves and any questions it has raised which has been a really useful tool to make people aware of the primary and secondary mental health services available in the Kent area, allowing them to answer mental health related calls more effectively when there are no mental health staff present.

We are continuing to adapt the way that we work within this project to make it as successful as possible, working closely with control room staff, inspectors, officers and PCSO's to share information and continue to provide and receive training to make us as effective as we can be .

The Youth provision has been a major part of our delivery this year, across the whole of Kent, offering both individual and group support

for diverse groups of young people, covering Primary students up to 25 years of age.

We have been Working in partnership with Colyer Fergusson, Frank Brake, CIN and Early Help to deliver a variety of Youth programmes, delivering in both Primary & Secondary Schools across Mid Kent, stretching as far as Herne Bay and The Isle of Sheppey. The 6-week Programmes have been developed and specially adapted for Primary Schools, Secondary Schools, ASD Students and also for Open Access delivery, outside of Schools. The Programmes have been popular with Schools, keen to take up the offer of support for groups of, up to 12, Students across 6 weeks, tackling difficult subjects around Mental Health. Courses such as: - Managing Me, Bounce Back, Taming My Temper, and Standing Strong cover various matters, (topics/areas) such as stress, anxiety, depression, support strategies, resilience, body image, internet safety, self-esteem and general Wellbeing. The feedback from the Young People about these courses has been really positive, showing the benefits of group discussion, encouraging improved self-awareness, better understanding, helping Young People develop strategies around managing their own Wellbeing and support networks.

Testimonials?

As well as the group support, in partnership with Early Help Maidstone we have offered 1 to 1 support, through our 'Recovery Action Plan' (RAP's) provision. This offers individual support across 6 weeks for Young People who may struggle in a group environment, enabling them

to set their own goals.

Our Monthly Peer support Youth Groups, in partnership with CIN, have been another great success. Providing a space for Young People to get creative and enable them to benefit from new activities and challenges. Similarly, the Transgender Group, offering a space not only to get creative but to feel comfortable around their peers and share their experiences.

In partnership with Mote Park, Forward Thinking females is our first course involving not only learning and interactive work sheets but also physical challenges, focussing on helping Girls to boost their self-esteem.



Extension of no. 23

Maidstone and mid Kent Minds expansion of services over the last 4 years brought with it the inevitable need for more physical space.

The organisation was not in the financial position to use reserves to allow for capital spending, and so prompted a number of funding requests to be submitted. We were delighted to be awarded from a several funding bodies grants that allowed us to start planning a 2-storey extension to our hub in College Road.

The plans included 3 additional counselling rooms, an open plan extended staff office, invaluable extra training / activity rooms, staff toilets as well as a complete garden makeover that included disabled access.

The building works provided some testing times for all involved. It was exciting, but along with it provided some challenging times in ensuring we did not close any of our services. Both staff and MMKM clients embraced the challenge and fully co operated with the upheaval that the works brought with it.

Building works started in March 2018 and were completed early 2019 with the official opening on Friday 1st March 2019. Kent Police Crime Commissioner, Matthew Scott facilitated the official ribbon cutting alongside the Mayor of Maidstone.

The extension to our building has allowed us to set out to achieve;

Extended services to our provision:

- Training
- Counselling
- Young Persons provision
- Increased participant numbers
- Out of hours' provision e.g. A Crisis / Wellbeing Café
- Police Control Room Support

Increased sustainability:

- Increased income
- Increased provision
- Long term contracts
- Room hire income

Staff development:

- Regular training – First Aid, specific conditions to include Mental health awareness and support, understanding Bi-Polar and Psychosis, Understanding Depression, Understanding Anxiety, Awareness and prevention of Suicide, Self-Harm and Eating Disorders.
- Person centred mental health recovery strategies

Volunteer Development:

- Increase in volunteer participation and volunteer positions

A focal venue and provider of Wellbeing Services in Maidstone:

- Increase in both volumes of services and numbers accessing our services we aim to become the main hub of wellbeing services in Maidstone and Mid-Kent.

MMKM are extremely grateful to our architect Philip Taylor for the invaluable time and contribution to the works he carried out as a volunteer.

The skills and understanding by the many builders, plumbers, electricians and garden team were invaluable to the smooth transition of our building. We cannot thank all those involved enough for the remarkable space we now have.

Our most sincere thanks to the funders who made all this possible:

Matthew Scott, Kent Police Crime Commissioner
The Wolfson Foundation
Bernard Sunley Foundation
KCC Members
The Fidelity Fund
Beatrice Laing
Cobtree Trust





With special Thanks
to all our funders.

celebrating
50
years