

# News & Events

March/April 2019



Maidstone  
and Mid-Kent

## April Is Stress Awareness Month

Stress Awareness  
Month 2019

#StressAwarenessMonth

Each year, April marks Stress Awareness month - an opportunity to raise awareness about the signs and symptoms of stress, and how individuals can better manage their overall stress levels.

We shared some great content throughout the month, so make sure to go and check it out!

## Arts & Crafts



Our Arts and Crafts group continued to be busy throughout March and April of 2019 - producing some fantastic pieces of work which are now displayed on the wall in our main training room at our office on 23 College Road! How great is this artwork?

## London Half Marathon



We got to go up to London to attend the London Half Marathon which was a lot of fun! There was lots of great individuals running for some wonderful charitable causes, and our very own Suzanne ran to fundraise for us! It was a wonderful, incredibly positive day out.

## A New Addition to the MMK Mind Team



We were lucky enough to add a brand-new member to our team roster in March - Becky. Becky is our brand-new office administrator, and is an invaluable element in supporting our continued delivery across the area.

## Working with the Royal Engineers



We had the absolute privilege of supporting our local Army personnel who are part of the Royal Engineers by providing them with materials related to the services which both them and their families can access in the Maidstone area. It was a privilege having the opportunity to support these people.

## Live On The Radio



We Are On The  
Community Show Today

We also got to revisit Laura and the rest of the team at the community show back in April - providing us with a chance to talk about some of the latest support we were doing at the time. We always love having the opportunity to talk about the work we are doing across the area, so we really appreciated Laura inviting us on to the show again!

## Fantastic Fundraisers

A Big Thanks To Snap  
Fitness Maidstone



£125 raised so far

Antony is completing  
the Brighton Marathon  
for MMK Mind!!!!



You can check the podcast version of this Episode out now by visiting [www.thecommunityshow.net](http://www.thecommunityshow.net)

We saw a couple of fantastic fundraisers throughout both March and April of 2019. We always really appreciate how many people are willing to support the work we do both in Maidstone and across the Mid-Kent area. We say it time and time again, but we really could not do as much work as we do without the support of so many individuals from all across of Kent.

## 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 ...



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