

# News & Events

May/June 2019



Maidstone  
and Mid-Kent

## Another Fantastic Fundraiser for us!



Kamren Mendis recently took on a fantastic fundraiser for MMK Mind - playing music at his Football Team's open day to raise much needed funds for Maidstone and Mid-Kent Mind.

Creative fundraisers like Kamren's really do make a massive difference to our organisation.

## Allianz Get Muddy For Mind



Allianz got muddy at our Garden Project on Holland Road - coming down and providing us with some much-needed people power to get some serious work underway with the next phase of development at the beautiful outdoor space.

## Photography & Mental Health



Recently we got to attend a fantastic, fundraising art showcase in Herne Bay - raising awareness of the benefits photography can have on Mental Health. Make sure to look up DJR Photography to see even more of Daniel's fantastic work.

## Mental Health Awareness at Golding Homes



Nicole and Jane were invited to deliver a mental health awareness session at Golding Homes as part of their efforts to promote positive mental health throughout Mental Health Awareness Week 2019.

## National Walking Month



We celebrated National Walking Month by getting some of our members of staff and our volunteers to share their favourite walks in and around the local area.

Do you have a favourite walk? Let us know where it is, as we might be able to get our Walking Group to check it out!

## Community Group Spotlight



Our community groups continue to be some of our most popular services offered in Maidstone - with both the garden, and cookery continuing to prove a hit with our service users. We have galleries up on our website with more photos from these community groups - so check them out!

## Dakotas Over Maidstone



To mark the anniversary of the D-Day Invasion, a large-group of Dakota aircraft flew straight over Maidstone as they followed the route towards Northern France where paratroopers were deployed ahead of the D-Day invasion. We all gathered in the garden to see if we could spot the planes as they passed over - and we were even able to get a couple of photos of them as they passed over us on this historic occasion!

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## Keep updated with what's going on at MMK Mind

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