

The Mid Kent Mind Round-Up

January 2022



Walk Your Dog Month

January became the month of dog walking for Mid Kent Mind as we researched, shared, and posted the benefits that dogs and other pets could have on your mental health. From a wealth of physical benefits, to the social interactions you make along the way, Dog walking is a great way to better your resolve and overall wellbeing with a canine compatriot to keep you company.



New Zoom Group

This January, Mid Kent Mind introduced a new social group called the Zoom social group! Our call to action came during the many covid lockdowns Britain has faced and what we felt to be a lack of support for those not signed with specific organizations – So we decided to create a group that could be accessed anywhere by anyone in the hopes that we could provide that additional support you deserve.

[Learn More Here](#)



Charitable Donations!

A charity isn't much without its generous fundraisers and benefactors, whose continuous hard work helps us provide the much needed mental health support for our community.

That's why when the chance arises, we make sure to give these wonderful people the recognition they deserve. This month we received 3 Fundraisers/donations by the names of The Griffin Law Charitable Foundation, Clockwork Ink Tattoo, and Natwest.

