



Annual Report

April 2021 - March 2022

A photograph of two women sitting at a white table in a dining room. The woman on the left is wearing a black dress with white polka dots and is looking towards the woman on the right. The woman on the right is wearing a mustard-colored sleeveless top, glasses, and has her hands clasped on the table. She is smiling broadly. In the background, there are other tables and chairs, and a warm, indoor lighting.

“I really enjoyed being able to tell my story without feeling judged. It helped me to know other people were feeling the same.”

Feedback from Youth CBC Course.

Welcome

It is hard to truly reflect on the magnitude of the changes we have undergone in the past year.

2021-22 was the year that delivered change and uncertainty but also the year that enabled our teams to come together demonstrating strength and resilience in abundance. Covid-19 quickly moved on to an endemic, forcing us to start to live with the disease and slowly but surely start the process of getting life back to 'normal'.

Although, many would have been elated to see the relaxation of restrictions for others this was a time of heightened anxiety and uncertainty as they learn to live with the impact of the pandemic on their mental health. Mid Kent Mind has endeavoured to remain a source of constant support to the communities in need, providing vital services to meet the changing needs of more people than ever before. Over the last year, we have supported over 2,200 people - assisting them on their journey to better mental health and wellbeing. It has never been more important for MKM to remain flexible and adept whilst continuing to be a strong advocate for the community. Working closely with our network of partner organisations has been crucial in enabling us to offer a range of services to meet all levels of need.

The past year has seen a new direction for the organisation - with new staff joining MKM, and a new

senior management team in place. This includes Henu Cummins, MKM's new CEO. Henu has previously overseen the Queen's award winning domestic abuse charity DAVSS, and has a strong background championing mental health and VAWG issues - something she hopes to carry forward in her new role. MKM also recruited Julia Milne - our new finance manager. Julia is a FCCA with an audit background specialising in charities. She is pleased to be part of Mid Kent Mind and hopes her expertise will be of value to the team.

We will forever be grateful to the many members of our team who have taken on new responsibilities - embracing challenges and endeavouring to do the best work that they can to support our service users. It is important to highlight the resilience and adaptability of our team; they are crucial to ensuring MKM's success.

As we look ahead to growing the range of services which we offer, it is these principles demonstrated by our team that will guide and shape how we tackle the challenges of the future.



Henu Cummins
CEO



Lewis Kinch
Chair of the Board

Our Services

Low-Cost Counselling Service

Our Low-Cost Counselling Service continues to see a high level of demand – so much so that we have continued to provide a mixture of face-to-face, telephone and ZOOM sessions. The service has grown in scope – comprising of **48 volunteer counsellors** who support the service. Our service is complemented by a mixture of volunteer placement counsellors, and also fully qualified and BACP accredited counsellors.

Between 2021 & 2022 MKM provided over 3,500 Counselling Sessions – supporting over **520 different clients** with accessible and affordable therapy. Our **Youth Counsellor** also provided **80 sessions to vulnerable young people** during this period.

We are very grateful to the counselling team and the volunteers who help to make this service possible. Their time, energy and enthusiasm allows us to support a high volume of clients.

Adult Services

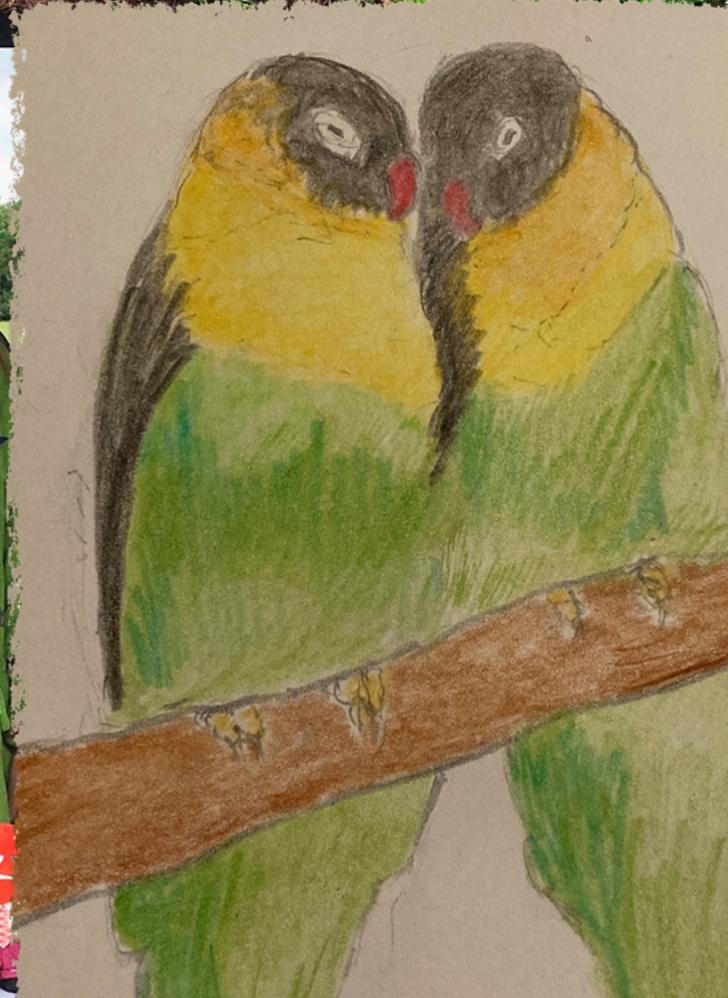
Our Adult Services saw a diverse offering during the 2021 & 2022 period, with a wide range of funders supporting our work.

We continued to deliver support via the **Live Well Kent** contract – including Community Activity Sessions like Arts & Crafts and Gardening, alongside structured Coping with Life courses.

This was supported by funding through the Covid Outbreak Management Fund (COMF), which saw us provide **one-to-one Wellbeing & Resilience Action Plans for 55 individuals**, in addition to **CBC courses in partnership with West Kent Mind for 42 individuals**.

219 Wellbeing Cafe Support sessions provided over the year.

A Snapshot Of Our Year



Youth Services

Early intervention and prevention at the heart of our Youth Services. Throughout the 2021 & 2022 period we were able to provide a wide range of activities for our young people.

Thanks to funding from partners including Kent County Council, The National Lottery Community Fund, the Kent and Medway Violence Reduction Unit, Maidstone Borough Council and others.

A total of 146 young people received support - with 840 attendances across 185 CBC sessions.

183 one-to-one Wellbeing & Resilience Action Plan sessions for 53 different young people.



Statistics show that one in six children aged five to 16 were identified as having a probable mental health problem in July 2021.

- Information from Young Minds

Feedback

“I am so pleased I decided to have some counselling, after the six sessions I received I felt like a weight had been lifted off my shoulders and I was able to relax and move on with life.”

- Feedback from a Counselling Client

“The coping ideas seemed weird, but now I have started using them, they work!”

- Feedback from a Young Person

“This is one of the first times that I felt safe to talk about how I feel.”

- Feedback from a Young Person

“This is the third suicide prevention training course I’ve done all from different providers and was the best one I’ve done so far!”

- Feedback from Suicide Prevention & Awareness Training Attendee

“I just want to say that I thought the whole course was excellent, as was the way you delivered it. The content was absolutely spot on - exactly what was needed, a clear explanation to understand anxiety and ways to help it. I only wish we’d found out about the course sooner.”

- Feedback from a Parent

se Manual



Two Day

Adult MHFA Refresher Course Manual



Refres



Training

Awareness continues to be at the heart of MKM's work – and that was no different during 2021-2022, where we expanded our Mental Health Awareness, Mental Health First Aid & Suicide Prevention & Awareness training offerings.

During this period, we provided **Adult Suicide Prevention Training to 280 individuals**, and **Youth Suicide Prevention Training to 76 individuals**.

As a part of the HeadStart Kent programme we were also able to train **18 new Youth Mental Health First Aiders** who are now contributing to positive mental health in schools across the county.

Our ambition is to grow and expand our mental health training throughout the next few years – providing anyone who would like to learn more about different areas of mental health with the means to do so.

MKM offer bespoke training packages to support mental health in every environment.

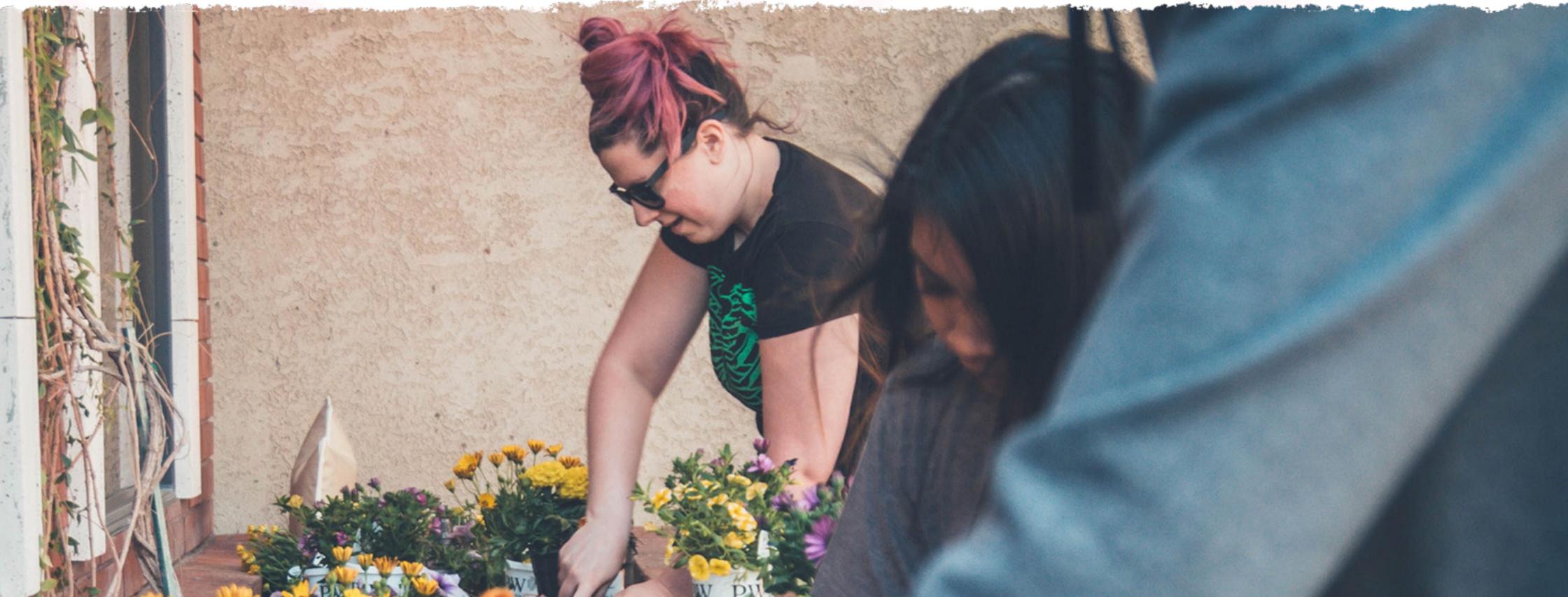
E-Mail training@midkentmind.org.uk to learn more.

Working In Partnership

Working in partnership continued to be a key area of strategic focus for MKM.

We were proud to support the 'Helping You Home' project - working in partnership with Maidstone Borough Council to support clients hoarding by providing a much needed talking therapy services. We also had the opportunity to strengthen our growing relationship with the Maidstone Early Help team - building upon our ambition to continue working with young people in Maidstone in a more dynamic and engaging manner.

We remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.



Fundraising & Donations

Between 2021-2022 we also saw some fantastic fundraisers from our community – helping to sustain our support services whilst also enabling our wider work across the Mid Kent Area.

In August, the Rotary Club of Maidstone Riverside donated over £700 to our organisation, followed in September by Amy and Nysha, who tackled the South Coast Challenge for our organisation and raised £1,000 in the process.

The Electrical Contractors Association also hosted an incredibly generous dinner dance in November of 2021 – raising over £3,000 for MKM.

We have seen many fantastic fundraisers since and are incredibly grateful to everyone who continues to put so much time, energy and enthusiasm into supporting our organisation and the work we do. Without your support we would not be able to provide vital support services for our community.

Our donors & fundraisers raised over £70,000 for Mid Kent Mind in 2021-2022. Thank You.



Thank You

On behalf of all the team at Mid Kent Mind - we wanted to end this report with a massive thank you.

Thank you to our staff for working tirelessly to support those in need.

Thank you to our volunteers for dedicating so much time and energy to supporting our services.

Thank you to our trustees for providing guidance and helping us to be pro-active in how we address needs.

Thank you to our partners/supporters/funders. We are grateful for your continued support.

Lastly - thank you to you, reading this. Mid Kent Mind would not be the charity it is without our community.



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A BETTER
MEDWAY
Better ways to be healthy

Kent
County
Council
have special

1 in 4 of us
experience a
mental health
problem each
year

mind
Mid Kent

We wanted to remind you that you're not alone. There are support services out there to help you cope. We won't judge you. We're here to listen and to help where we can.

Visit
midkentmind.org.uk
for more details.

RELEASE
the
PRESSURE
DON'T SUFFER
in silence

1 in 6 workers will
experience depression, anxiety
relating to
work

We can all take steps to support someone who is struggling. By offering a listening ear to a stranger in need, the more we can help.

Visit
midkentmind.org.uk
for more details on how you can help.

The logo for Mind Mid Kent features a stylized blue icon of a brain with neural connections on the left, followed by the word "mind" in a lowercase, blue, cursive font, and "Mid Kent" in a blue, sans-serif font to its right.

mind Mid Kent

A silhouette of a person standing on a grassy hill, looking out over a vast, hazy landscape of rolling hills under a soft, golden light, likely at sunrise or sunset.

To learn more about us, visit
www.midkentmind.org.uk.

