

Workshops

We offer a variety of awareness-raising workshops:

Stress busting – for secondary schools. Simple tips on how to cope with stress and anxiety. Fun, interactive sessions to demonstrate the feelings of stress and how to reduce them.

Handling stress in the workplace. Work-related stress caused workers in Great Britain to lose 11.3 million working days in 2013/14. It accounts for 39% of work-related illnesses. Our 40 minute talk gives vital tips in recognising the signs and dealing with stress in the workplace.

Mind Fitness – for all schools. An introduction to mental health, what it is and how to look after it with simple interactive demonstrations using the 6 ways to wellbeing.

Team Building and Open Mind Sessions. More working days are lost to stress, depression and anxiety than any other work-related illness. Our Open Mind sessions are 2.5 hours long and are aimed at managing wellbeing in the workplace. These can be tailored to company's individual needs and include music team building elements.

About us

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

We offer a wide range of services in West Kent. We have wellbeing activity and support groups, supported housing, a befriending service, counselling and therapy groups, and a variety of mental health trainings and workshops.

Visit our website to find out more:

www.westkentmind.org.uk

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www.westkentmind.org.uk
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 [@westkentmind](https://twitter.com/westkentmind)
 facebook.com/WestKentMind



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Community Development



Raising awareness about mental health, and raising funds to continue our vital work.

To join in visit

www.westkentmind.org.uk/development

or call us on 01732 744950



Here's how you can get involved!

Community fundraising

Throughout the year we hold exciting and innovative events, competitions and challenges in the local communities. For example we've had a saga writing competition, a "mini masterpiece" art competition, music events featuring our house band "Skiffle Express", a wellbeing week with dozens of entertaining and informative events, plus much more.

You can be part of this! To find out what's currently cooking visit:

www.westkentmind.org.uk/events

Individual fundraising

Sign up to take part in one of our events or challenges. For example our fundraisers have abseiled from tall buildings, entered dragon boat races, held coffee mornings or craft sales, as well as entering our competitions.

If you are feeling inspired why not organise your challenge? It's easy to set up a page on JustGiving to raise money for us while being sponsored to run, cycle or climb mountains, as some of our fundraisers have already shown.

We will help and support you all the way! We also have a collection of fun and simple fundraising ideas, athletic and non-athletic, at:

www.westkentmind.org.uk/fundraising-tips

Whatever you do, you will be a part of our current campaign "Piece of Mind" and we will include you in our storyboard of puzzle pieces. Thank-you.



Piece of Mind

www.westkentmind.org.uk/piece-of-mind

Individual volunteering

It's win win! We get the benefit of your time and skills, you get the reward of using them to put something of value back into your local community.

We have many fantastic volunteers – currently over 100 – who help with all aspects of the running of the charity. There are many volunteer roles where you can use your skills and abilities, and also roles where you can learn new skills and develop your own confidence. We can often match volunteers to specific projects, so if you have a skill, practical ability, or you simply want to help, please let us know!

To see the variety of different ways you can volunteer visit:

www.westkentmind.org.uk/give-time

Companies

We actively develop partnerships with our local businesses and organisations. Working with West Kent Mind can demonstrate your company's commitment to better mental health, and to helping local people with mental health problems.

It can also help raise your brand awareness. We have a good relationship with the local media and regular newsletters that go out to almost 1000 supporters. In 2015 our website had over 15000 users (an increase of 223% on 2014) and we are active on Twitter (well over 2,000 followers) and Facebook (over 300 likes).

We are always happy to promote the companies helping us! For example we have an excellent relationship with AXA PPP, Direct Line, Barclays, Sainsbury's and Halifax, as well as smaller business like our local Polish bakery T&W Bakeries, Heritage Windows, and Gaza Timber.