



Annual Review

April 2023 - March 2024

West Kent Mind enriches lives through better mental health by offering support to **get well, stay well and thrive.**

Welcome



Chloe Webb, Chair

2023/2024 has seen significant transformation for the Board of Trustees at West Kent Mind. We have welcomed eight new trustees, whose diverse expertise and experience have

brought fresh perspectives to the Board.

During this past year a core concern for the Board has been the increasingly challenging economic and competitive environment and its impact on the continued delivery of services in the mental health sector. Despite this, West Kent Mind has consistently delivered innovative and meaningful work for and with our clients.

During late 2023 and early 2024, we underwent a Mind Quality Mark review, which ensures every organisation in the Mind federation is well run and delivers safe, effective support for people with mental health problems. The reviewers specifically noted how West Kent Mind has “developed new services ... guided by service users, has been a key strategic influencer in the local health, social care and voluntary sector communities, and continues to look outwards and to the future”. To echo these comments, I would like to add a big thank you on behalf of the Board of Trustees to both our staff and volunteers, who contribute tirelessly to West Kent Mind.



Stevie Rice, CEO

As we reflect on another year of unwavering commitment to improving the mental health of our community, I am filled with immense pride in what we have accomplished together.

From innovative programmes to heartwarming stories of personal transformation, West Kent Mind continues to foster a local community of understanding and compassion and provide crucial support to those experiencing mental health issues. In what has been a challenging environment, West Kent Mind has achieved some extraordinary goals. We launched our new Creative Minds programme, funded by The National Lottery, and have already seen exceptional results. We expanded our support for people experiencing domestic abuse, and our crisis support service extended from two to six days a week. We have been propelled by excellence and efficiency to ensure our limited resources achieve as much impact as possible.

We are fuelled by a highly skilled, passionate team, who are dedicated to supporting our community. Despite numerous external challenges, our team has stayed resolute, adapting our strategies, expanding our reach, and offering a lifeline to individuals struggling with the profound effects of isolation, anxiety and uncertainty. I want to say a heartfelt thanks to them for all they do. I am proud to work alongside them to achieve a vision of a healthy and resilient community in West Kent.



Dan's story

“I have always struggled with my mental health, but I didn't realise how bad things had got until I had a severe mental health crisis. Everything felt so dark and difficult.

I was welcomed into the West Kent Mind family and started attending therapeutic art groups. At a time when even getting out of bed felt hard, having a safe space to go to and something to focus on was so very needed. I started to slowly feel accepted for who I am, and having a peer group for support and a chat when I was at my lowest point gave me the strength to concentrate on my mental wellbeing.

West Kent Mind saved my life – I genuinely believe that.

I have now gone full circle and, this year, I even led a Creative Minds group for West Kent Mind called Creating History. I know I've come so far, and it makes me smile to say I'm now not just well but thriving. I hope people in our community really do know there is support out there for them if they are ever in my situation.”

The year in numbers

In 2023/2024...



Community groups received **2,937** visits



Volunteers gave **4,300** hours of their time to support our vital work



526 community support groups ran in West Kent



118 clients received **low-cost counselling**

We delivered **71** training courses and workshops



1,173 people participated in our training and workshops



Our **social media** videos received **20,879** views



We delivered **2,133** counselling sessions

We reached **312,000** people across our social media platforms



We were supported by **83** local businesses



We delivered **277** hours of training



Over **4,500** people received our **monthly e:newsletter**



119 people joined one of our **Creative Minds** groups

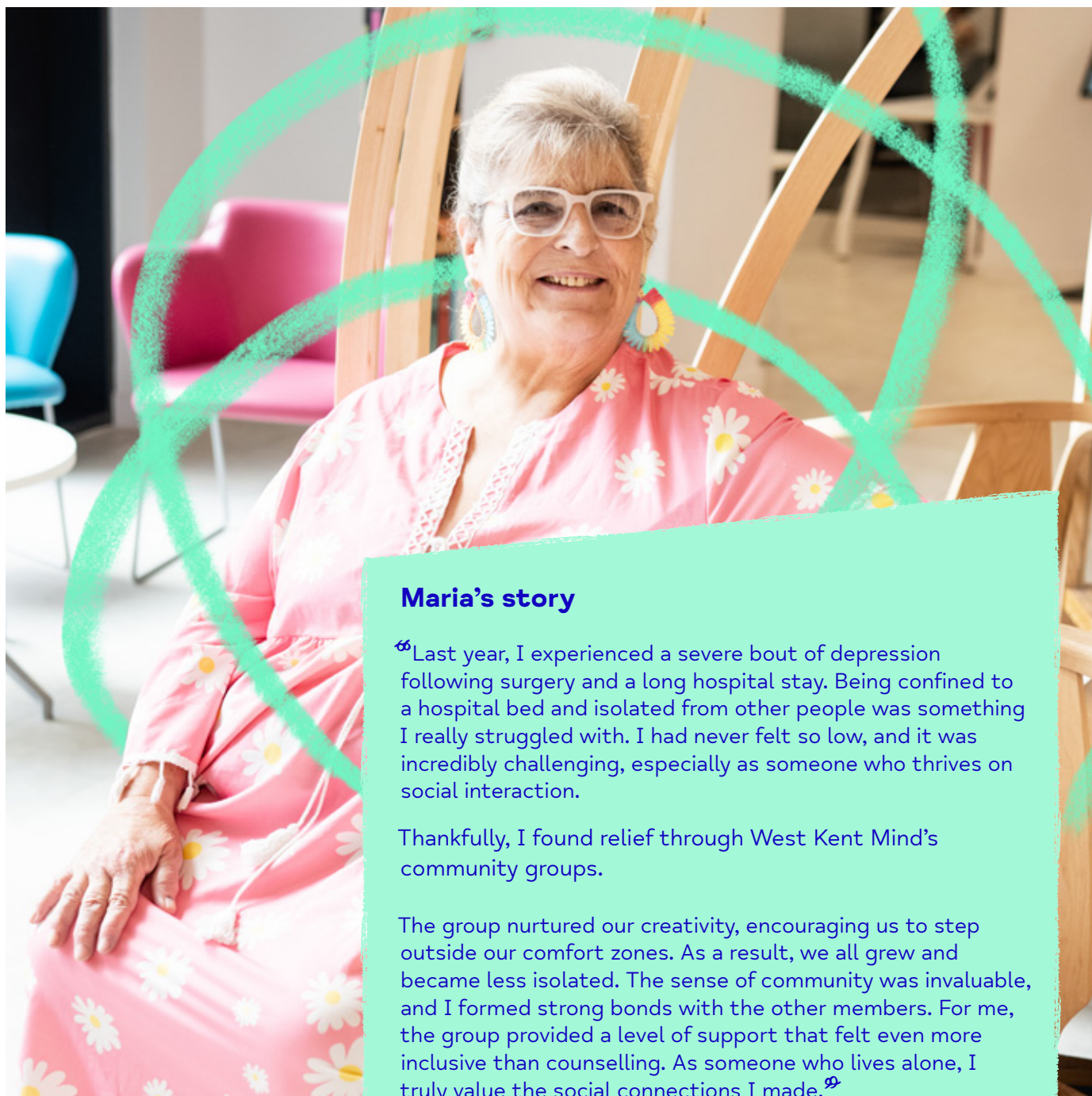


145 bids were placed in our silent auction

97 clients were supported by our **Fast Track Domestic Abuse Programme**



11,000 people visited our **website**



Maria's story

“Last year, I experienced a severe bout of depression following surgery and a long hospital stay. Being confined to a hospital bed and isolated from other people was something I really struggled with. I had never felt so low, and it was incredibly challenging, especially as someone who thrives on social interaction.

Thankfully, I found relief through West Kent Mind's community groups.

The group nurtured our creativity, encouraging us to step outside our comfort zones. As a result, we all grew and became less isolated. The sense of community was invaluable, and I formed strong bonds with the other members. For me, the group provided a level of support that felt even more inclusive than counselling. As someone who lives alone, I truly value the social connections I made.”

Our vision: People's lives are enriched through better mental wellbeing

Support is responsive, adaptive, accessible and targeted...

Having access to the right kind of support, in the right place, at the right time, is vital. Whether people in our community are in an emotional crisis or looking for specialist guidance and advice for themselves or someone they care about, we have continued to offer support to those who need it.



Low-cost counselling

Our counselling service offers talking therapy for those in our community looking to find more effective ways of coping. We are committed to ensuring counselling remains accessible by providing low-cost therapy both online and face to face across West Kent.

Over the last year we have delivered **2,133 counselling sessions**, helping **118 clients** regain control of their lives and better understand difficult thoughts and feelings.

The counselling team began preparations for the redesign and relaunch of the service (on 1 April 2024). This involved an in-depth analysis of the counselling model and saw them collaborate with clients, our team of 40 volunteer therapists, our dedicated staff and our partners, to make it more sustainable and offer more support to more people in our community.

We would like to thank everyone who provided feedback about the service. We extend our heartfelt thanks to our extraordinary volunteer therapists for their unwavering support. Their time, skill and experience make our service exceptional every day.





Fast Track Domestic Abuse Programme, funded by Barnardo's, The Gatwick Foundation Fund, Tonbridge & Malling Borough Council, Tunbridge Wells Borough Council

In the past 12 months we have supported **97 clients** on the Fast Track Domestic Abuse Programme. Each client has rapid access to eight sessions of counselling with a qualified and experienced counsellor. Our impact scores have been consistently positive and demonstrate a significant improvement in their wellbeing.

We have collaborated closely with Domestic Abuse Volunteer Support Services (DAVSS), while attracting referrals from agencies such as Look Ahead and Porchlight. This was facilitated through our participation in the Kent Domestic Abuse Forum meetings, during which we showcased our services for domestic abuse clients.

Counselling for D/deaf people

Throughout 2023/2024, we were fortunate to have a trainee counsellor fluent in British Sign Language offer counselling to the D/deaf community. The service has been well received, and we are incredibly proud to provide a service that is not easily accessed in Kent.

Communities are informed, engaged and connected, with a positive approach to mental health

Engaging in simple activities and connecting with others can significantly enhance our health and happiness. Our social and activity groups offered clients the chance to meet new people and learn new skills in a friendly and supportive environment.



ASD Carers' Support Group,

Led by two volunteers, the ASD Carers' Support Group offered a relaxed, friendly and confidential place for **31 carers and parents** impacted by ASD to share their experiences.

“I’m so glad I found this lovely group. The advice and ideas are so simple and helpful. I use them all the time in supporting my child and have passed them on to other parents and carers.”

Parents Supporting Parents, funded by Sevenoaks Primary Care Network

Supported by peers, this programme explored strategies for navigating challenging discussions with young people. Participants gained increased confidence in how to talk about mental health, how to support young people who may be engaging in behaviours such as self-harm and how to reach out for support at times of crisis.

“The group was very helpful for me. Having a child with a mental illness is very isolating ... it was very comforting for me to spend just a few hours with parents who knew exactly how I felt.”

Parents Supporting Parents groups were **attended 45 times** both online and face to face.





Life after Loss, funded by Live Well Kent

The programme worked with eight participants to address themes associated with loss.

“I was given good advice and good tools to work with. The group allowed me to get things off my chest and it was a really good space to talk in.”

While some sessions were dedicated exclusively to bereavement, others delved into different forms of loss, such as unemployment or housing displacement.

LGBTQIA+ Support Group, funded by the Kent and Medway Better Mental Health and Wellbeing Community Fund

The funding for this pilot project enabled us to research needs within our LGBTQIA+ community. We engaged with volunteers and participants at two local Pride events (Tonbridge and Tunbridge Wells) and received 30 responses to a survey asking the local LGBTQIA+ community what they would like to see

in a support group. Through our initial outreach work, we were also able to recruit two lived experience volunteers to support and deliver the group.

“I would love to be involved if you run it again!”

Although a small group, the learnings from the first cohort have helped shape an adapted second cohort, which is planned for September 2024.

Solace Café, funded by Kent & Medway ICB

The Solace Café continued to provide an invaluable specialist drop-in service for adults in West Kent experiencing, or at risk of developing, an emotional crisis. Our expert team provided tailored one-to-one sessions, psychoeducation, coping techniques and signposting to further support in the local area.

Solace Café expanded to run six days a week in Sevenoaks, Tonbridge and Tunbridge Wells. It also ran online, including over the Christmas period. Solace Café saw **1,226 attendances and supported 108 clients across the 12 months.**





Mindful Men, funded by Tonbridge & Malling Borough Council

Our support programme for men provided a safe space to explore mental wellbeing and share experiences.

“I’ve enjoyed seeing the efforts being made by West Kent Mind to help make people’s lives better. I’ve been encouraged and supported to take difficult steps and find spaces to talk to others about my struggles.”

The sessions were **attended 90 times** and offered men guidance in understanding how best to manage their wellbeing and where to look for support.

Changing Pace, funded by Sport England

This year we launched a new running group Changing Pace. The fun and sociable group used the Couch to 5k approach, with the aim of participants reaching 5k by the end of the programme.

“Following Changing Pace, I feel better able to use outdoor space and I feel supported within my local community. My self-esteem and confidence have improved, and I feel less lonely and isolated. The West Kent Mind team were supportive and inspirational.”

Changing Pace supported the group’s physical and mental wellbeing through exercising in the fresh air. Clients reported an increase in mood and wellbeing and a boost to their self-esteem. The group also encouraged one another to create a habit to get outside and move regularly.

Mindful Gardening

Our dedicated Mindful Gardening group met weekly, whatever the weather! They **volunteered 200 hours of their time** to create and maintain a beautiful pond and organic wildlife garden, which produced flowers, fruit and vegetables throughout the year.

“I enjoy attending the group each week and have found a real sense of peace in the garden.”

Members of the Mindful Gardening group reported an uplift in their mood. They said the group instilled a sense of purpose and working alongside others helped combat feelings of isolation.



Chat Room, funded by Sevenoaks Town Council

The West Kent Mind Chat Room offered people the space to support one another while combatting anxiety, stress and depression.

“As I am housebound, having access to a Zoom group is so important to me. When you live on your own, can’t get out and struggle with mental and physical illness, to be able to chat with other people who understand is so helpful and reassuring.”

The Chat Room was **attended 568 times** both online and face to face.



Arts and Minds, funded by Live Well Kent

These friendly, relaxed and inclusive creative sessions were held in community venues throughout West Kent and online.

“Before I started the group, I felt that nobody cared. I was very depressed and anxious. My confidence has grown so much that I am driving and going out again! I shall be forever grateful to West Kent Mind for being there for me.”

Attendance at our Arts and Minds groups saw a notable increase across all 10 locations, with **80 clients benefitting** from the sessions.

This year, we equipped online Arts and Minds participants with the art supplies for the programme. This initiative garnered positive feedback from both clients and the programme funder, Live Well Kent.





Sarah's story

“I became aware of West Kent Mind after a severe psychotic episode, and I was very lucky to find out it existed. It's a place of healing for a lot of people, and it's a calm place to be.

Having a space, somewhere to be and people to talk to that wasn't scary or intimidating helped me so much. I attended community groups where I could simply be around people, which is such a key part of the healing process. I made some friends, and I wasn't isolated, which was so important because I felt like I wanted to be on my own. I really appreciate that now.

I still need a bit of support, but I feel more positive about the future and like I'm getting on with my life. With the help of West Kent Mind, I'm living proof that life can improve after a mental health crisis, and I'm excited to see what my future holds.”

Your local Mind

Throughout 2023 and 2024, we have creatively engaged with our community to encourage proactive, informed, supportive, and empathetic approaches to mental health.

A key part of our communication strategy has been the development of real-life stories, allowing our community to hear firsthand from individuals who have benefitted from West Kent Mind services. You can find these stories throughout this review.

We reached over 312,000 people across all of our social media platforms.

We have continued to promote our fundraising events, services, and training to ensure our community understands the resources available to support their own mental wellbeing and that of others.

Our digital activity for Local Mind Week, Wear it Blue, and Time to Talk Day sparked vital conversations about mental wellbeing. We have supported larger-scale campaigns like these, as well as important national awareness days, throughout the year via our social media channels, radio interviews, print and press coverage, and e:newsletters.



Creative Minds

In April 2023 we launched Creative Minds with funding from The National Lottery. We engaged local professional artists and arts organisations to lead activities that inspire creativity and improve mental health and wellbeing. The first year of the programme has been a huge success – we have met targets for the programme and session delivery and exceeded the targets for participants registered.

The feedback from Creative Minds clients has been overwhelmingly positive. We anticipate further success as we embark on the second year of the three-year programme (April 2024 – March 2025).

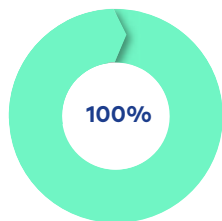


Year one outcomes

- Increased confidence and self-esteem
- More connections with other people
- Increased life skills and independence
- Increased sense of purpose
- Better understanding and management of mental health
- Increased ability to support others

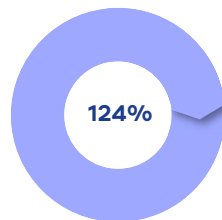


Year one metrics



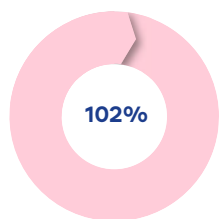
Programmes

Eight programmes
of eight goal



Active participants
(attended at least one session)

119 registrations
of 96 goal



Sessions

195 sessions
of 192 goal

During the 2023/2024 period, we engaged with **229 participants** throughout this programme: **80 participants** joined our Arts and Minds groups, **119 joined** one of our Creative Minds groups, and **30 participants** registered as Creative Agents.

- We delivered eight, 24-week long engagements.
- 29 people accessed Mental Health First Aid training.
- West Kent Mind received an award from Kent Healthwatch for listening to people's views about services.
- 100% of clients would recommend Creative Minds to a family member or friend.
- The engagements demonstrated a significant improvement in participants' mental wellbeing using the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS).

In its first year, Creative Minds engagements included:
Exploring Printmaking, Beginners to Knitters, Singing for Wellbeing, The Forest Project, Creating History, Art for All, Learning to be Creative.



Creative Minds Mental Health First Aid training and mental health awareness workshops

As part of the wider project, **20 participants**, artists and volunteers accessed Mental Health First Aid training, and **nine attended mental health awareness workshops**.

Through Creative Minds we identified 'Creative Agents' - clients that want to support each other better with their mental health but don't always have the confidence or skills to do so. Our training and workshops offered these 'Creative Agents' a comprehensive approach to enable and empower them with the skills they need to support their communities. This allows them to deliver and support sessions within the programme as well as across other West Kent Mind services.



“The course had a positive effect on my own experience. We were all listened to and involved from the start in a very personable yet inclusive way. It left me feeling very positive and more confident, which will allow me to help, listen and guide.”



People in West Kent feel empowered to improve, nurture and sustain their wellbeing



We want everyone in West Kent to thrive with better mental health and wellbeing. Our training and workshop programme continued to encourage our community to make mental health a priority and teach the skills and confidence to look after your own mental health and support others.

Through our training and workshop programme we aim to:

- continue to challenge stigma and improve attitudes towards mental health
- give people the skills and confidence to have supportive conversations about mental health, particularly in the workplace
- provide participants with tools for protecting and promoting their own mental wellbeing
- raise awareness of wellbeing support from West Kent Mind in the local community, online and further afield
- create mentally healthy communities where everyone feels supported and has the potential to thrive.

Mental Health First Aid

Mental Health First Aid (MHFA) training continued to be a popular choice for businesses, community organisations and individuals. It formed a vital part of many employers' journeys towards creating a mentally healthy workplace, where employees are supported to thrive personally and professionally. The skills and knowledge the course provides are useful in customer-facing roles and in the community. Last year, we delivered **nine full courses** (over two days each) to **112 learners**.

Learners completing feedback forms reported an average **63% increase** in their confidence to support someone experiencing poor mental health and a **67% increase** in their knowledge to do so effectively.

“On behalf of the group of business owners who attended the course, we now feel much more confident in our abilities to support the people around us and we have also picked up some invaluable tools to support our own needs much better.”

Digital developments

In this digital era, funders and commissioners expect solid evidence of the impact of services. As an organisation, we need to gather data to make intelligent decisions and allocate resources to the best advantage of our clients. Our investment in the Beacon CRM has allowed us to do this, returning great value over the year.

The Creative Minds programme has been managed entirely within Beacon. We've been able to register participants via our website, monitor attendance and record wellbeing metrics. And we've demonstrated a significant improvement in participants' mental wellbeing using the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS).

We further developed the system to manage our counselling service, and in the coming year we expect to show the impact of the service, again using SWEMWBS.



Mind Quality Mark review

This year, West Kent Mind underwent a Mind Quality Mark review – a quality standard for the Mind federation. Mind Quality Mark is both a quality assurance framework and a tool for organisational development. It provides the impetus for reflection and continuous improvement, innovation and ambition so that everyone with mental health problems gets the respect and the support they need. The review identified some areas for further growth and improvement, yet we are incredibly proud of its overwhelming positive feedback.

“West Kent Mind has achieved a great deal and has many strengths to celebrate. It has built strong relationships with local health and social care providers to establish a high profile locally, is passionate and greatly involved in the work of the Mind federation and has positive links with organisations to ensure effective signposting for people using its services. The organisation consistently puts forward positive messages about mental health and ensures the voice of people with lived experience is enshrined in its communications.”



Bespoke business training

A 2022 report by Deloitte estimated that UK employers can expect an average saving of £5 for every £1 spent on mental health support, including proactive interventions such as mental health awareness training.

Our work with corporate clients continued, and last year we onboarded seven new businesses. We proposed a tiered approach to mental health education which included:

- Providing awareness workshops across the organisation.
- Upskilling managers and leaders to recognise signs of poor mental health in their teams, and signpost effectively.
- Training staff to become Mental Health First Aiders.

“The course leader made everyone feel comfortable in sharing their thoughts and experiences. The course itself was very informative and made me understand mental health issues better and gave me the confidence to help others in dealing with them.”

Suicide Awareness & Prevention

Led by Mid Kent Mind, thanks to funding from Kent County Council and in line with the ‘Transforming health and social care in Kent & Medway’ plan, we were part of a Mind in Kent project to deliver free Suicide Awareness & Prevention training workshops across Kent and Medway. Last year, we reached **150 people through 10 of these vital half-day workshops.**

100% of attendees reported an increase in their confidence to reduce suicide risks and signpost appropriately.

“Very informative, well delivered and comprehensive. A worthwhile course with many benefits.”



West Kent Mind is an efficient, resilient and sustainable organisation

In this challenging economic climate, we are enormously grateful for the incredible support we have received from our donors and funders, which has enabled us to sustain and expand our mental health services. The outpouring of generosity from our remarkable community has been nothing short of inspiring, with people rallying together to raise essential funds for supporting better mental health in West Kent. The **second year of our Wear It Blue** campaign was a huge success, **raising over £5,000**. This year we took part in our first **Big Give Christmas Challenge** and raised an eye-watering **£10,787**.

We were immensely grateful to welcome Spa Communications as our inaugural Change Maker. Our transformative partnership aims to embed positive mental health practices within their workplace and raise valuable funds. Sevenoaks Town Golf Club, who chose West Kent Mind as their Charity of the Year, raised more than £16,000. Wrotham Heath Golf Club also embraced our cause and raised an impressive £11,228.

We extend our heartfelt gratitude to every supporter – we recognise them all as true fundraising heroes.

Throughout the year countless individuals undertook ambitious endeavours, from running marathons to cycling long distances, all while raising hundreds of pounds for West Kent Mind. Among these remarkable challenges, staff from The Finance Hub ran the Brighton Half Marathon for us in February.





Natalie and Gillian's story

“We were delighted to run the Brighton Half Marathon for West Kent Mind as part of The Finance Hub's ongoing commitment to partnering with this fantastic charity. The Finance Hub recognises the importance of positive mental health and the wellbeing of our community, family and friends.

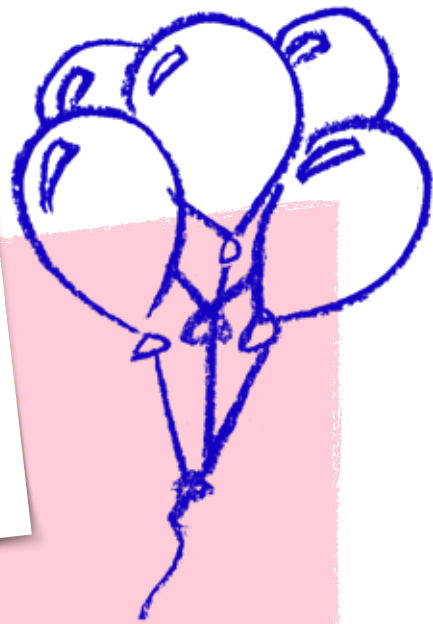
As a financial advice organisation, we are also very aware that some mental health problems stem from financial worries. It is important to use our expertise to enhance the positive mental wellbeing of our staff and community. We take great pride in our collaboration with West Kent Mind.”



Gill's story

“I have been volunteering with West Kent Mind for over a year now, and I really enjoy feeling like I am part of the wider West Kent community.

I was motivated to volunteer because I am very aware of the many individuals who need support with their mental health. Through participating in two six-month art-related courses, I have witnessed firsthand the potential for people to connect and go on to find a place of enjoyment and peace in their lives”



Our volunteers

We rely on the support of over **70 hardworking volunteers**, who are central to the work we do at West Kent Mind. We are truly grateful for their commitment, expertise, lived experience, enthusiasm and passion for connecting with our clients. Without our team of volunteers, who help with everything from running gardening groups, completing administration, and leading community groups to organising fundraising events, we would not be able to provide the level of support we do in West Kent.

We are honoured to have such a dedicated workforce and look forward to achieving even more together.

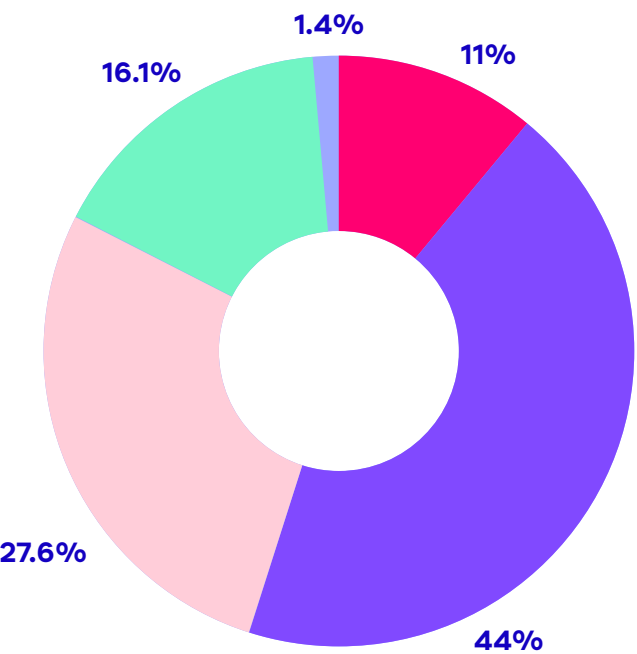


Accounts

How we raised our funds

-  Fundraising **£96,635**
-  Grants **£386,858**
-  Service Contracts **£242,669**
-  Earned Income **£141,773**
-  Investments **£12,273**

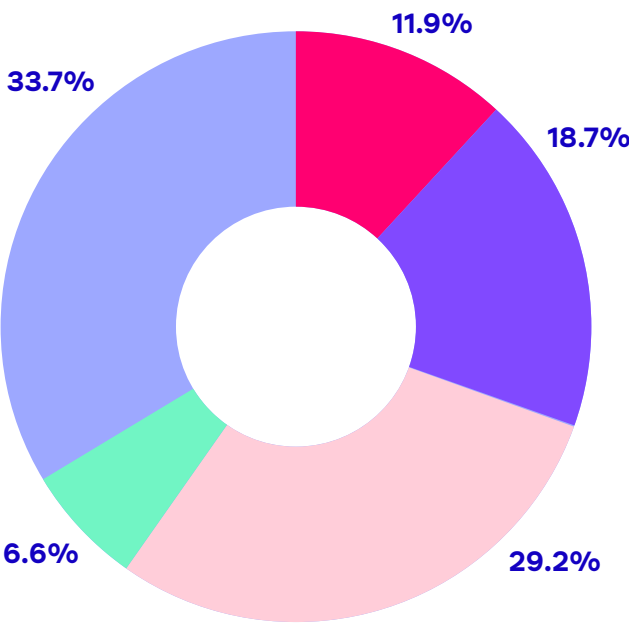
TOTAL £880,208



How we spent our funds

-  Supported Living and Housing **£103,420**
-  Community Mental Health and Wellbeing Services **£162,332**
-  Counselling and Talking Therapies **£254,182**
-  Training and Awareness Raising **£57,228**
-  Community Strategic Support and Development **£293,233**

TOTAL £870,395



Statement of Financial Activities

(including income and expenditure account)

For the Year Ended 31 March 2024

	General Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Income from:				
Donations and legacies	96,635	-	96,635	92,993
Charitable activities	677,181	94,119	771,300	670,589
Investments	12,273	-	12,273	3,252
Total income	786,089	94,119	880,208	766,834
Expenditure on:				
Charitable activities	776,276	94,119	870,395	892,473
Total expenditure	776,276	94,119	870,395	892,473
Net expenditure before net losses on investments	9,813	-	9,813	(125,639)
Net gains/(losses) on investments	3,108	-	3,108	(2,665)
Net movement in funds	12,921	-	12,921	(128,304)
Reconciliation of funds:				
Total funds brought forward	292,901	-	292,901	292,901
Transfers between funds	-	-	-	-
Total funds carried forward	305,822	-	305,822	292,901

Note on the accounts

The abbreviated accounts show the Statement of Financial Activities. A copy of the full Trustees' Report and Financial Statements for the year ended 31 March 2024 is available on request or via the Charity Commission and Companies House. The accounts of the Charity are not

required to be audited under Part 16 of the 2006 Act. An independent examination of the accounts was conducted by:

Kreston Reeves LLP
Chartered Accountants
Chatham Maritime

Thank you for your support

We rely on the support of our community to raise vital funds. You're the reason we can provide mental health services to people in West Kent, helping them to **get well stay well and thrive**.

A heartfelt thank you to all the individuals, businesses, funders, and community groups that have supported West Kent Mind this year.

Arty Farty Retreat

Atelier de Linde

Baldwins Travel

Barnardo's

Be and Flourish Life
Coaching and Wellbeing

Blue Motor Finance

Brachers Charitable Trust

Cabot Credit Management

Chartwell

Chelsea Football Club

Cooper Burnett

Crockenhill Parish Council

Desh, West Malling

Eastwell Manor

Edward Gostling Foundation

EM Forster Theatre

Garfield Weston Foundation

Gatwick Foundation Fund

GFHR Consulting

Great Stone Bridge Trust

Hoopers, Tunbridge Wells

Hotel du Vin,
Tunbridge Wells

Howden

Kent & Medway
Better Mental Health
Community Fund

Kent Community
Foundation

Kent County Council

Knocker & Foskett
Solicitors

Live Well Kent

Luna Domes

Mind

Salomons Estate

Sevenoaks District Council

Sevenoaks Primary
Care Network

Sevenoaks Town Council

Sevenoaks Town Golf Club

Sharp Minds
Communications

Shaw Trust

Skinnars Charity
Foundation

South East Water

Spa Communications

Sport England

St James Place
Foundation

Su Swan Designs

Sweaty Betty,
Sevenoaks

Thackray Williams

The Finance Hub

The National Lottery

The Swan, West Malling

The TN Card

Tonbridge & Malling
Borough Council

Tunbridge Wells
Borough Council

Tunbridge Wells
Puppetry Festival

Walthamstow
Hall School

West Kent Freemasons

West Malling Flowers



Stuart's Story

“I was first diagnosed with depression in 2010. I threw myself into research, which, amongst other things, highlighted the value of creativity. But there was a problem. Over the years, I've bought so many notebooks, journals and sketch pads, but simply been unable to put pen to paper.

The idea of me being creative in any form always seemed frivolous. It was something other people did – creative people – certainly not me. For years, I had a very vocal inner critic, whose words were so potent, so debilitating: Who do you think you are? You're no artist...

So, with that in mind, I'm still not entirely sure why I signed up for the Creative Minds programme Exploring Printmaking!

The first session came as a bit of a shock. But something happened. There was no great epiphany – no thunder and lightning – but I started to create.

For the first time, I felt able to be creative – just for creativity's sake. Just for me.

As the course progressed, I grew to know the people around me. Sometimes the work took a back seat, and we just took the time to chat over a cuppa. But there was always an atmosphere of support. There was never any judgement of anyone's efforts.

My inner critic fell strangely silent.”



mind West Kent

Sevenoaks Wellbeing Centre
34 St John's Road, Sevenoaks
Kent TN13 3LW

Tel: 01732 744950

@WestKentMind

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Registered Charity 1044977

www.westkentmind.org.uk

Off-setting the carbon on the paper for this Annual Review has balanced the equivalent of 30kg of carbon dioxide. This is equivalent to CO2 emissions from 1,981 smart phones being charged.



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