

# Mind South Kent

## Peer Produced Newsletter!

Edition: August – September 2024

Welcome to the first edition of the South Kent Mind Peer Produced Newsletter!

### Arts & Crafts!

At South Kent Mind we have been getting arty this month in the “Arts and Crafts” and “Art with Françoise” groups. Here is a beautiful selection of art made recently!



### Creative Writing on the theme of Hope

Partner getting a new job to help with money issues. Enabling us to go on more holidays and adventures together. Maybe getting a new home.

Attending mind has given me hope and helped me:

To think more positively

Become more confident

Being less afraid to do more things to help me gain confidence.

Stopped me thinking so much that people are judging me, because of the way I speak or what I wear.

By S. J

### Summer in Mind

Heatwave, rain and wind  
Music in a quiet room  
Heads bent over work

Pencils, paints, felt tips  
Colours appear on the page  
Deep maroon, blue, green

Geometric shapes  
Flowers bloom on black and white  
Creative focus

Newcomers arrive  
Quiet whispering, kettle boils  
Cups of tea are brought

by C.D

### Heart-stirring Haikus!

In Dover and Deal we have been writing haikus. A ‘haiku’ is a Japanese poetic form that consists of three lines. Usually the first line has 5 syllables, the second line has 7 syllables and the last line has 5 syllables again. Look at this great example of a poem made of haikus by C.D, “Summer in Mind” to the left.

## What's cooking?

We have been cooking up lots of summery dishes this month!



## Down the allotment!

We've been getting green fingered down the allotment at Park Farm this month! Currently growing in the allotment: kale, strawberries, sage, onions, rosemary, thyme and a pumpkin!



## South Kent Mind's Big Picnic!

On Wednesday 28<sup>th</sup> August we had a big picnic at Kearsney Abbey. Social gatherings are really important to reduce isolation and loneliness. Here's some pictures of Molly the dog and the scenery!

## Coming up this month...

The 10<sup>th</sup> September is World Suicide Prevention Day. This year the focus is on 'starting the conversation!'



Got an idea for next month's newsletter?  
Want to see your art, poetry or writing featured?  
Got wellbeing tips you'd like to share?

**Get involved!**  
[contact@southkentmind.org.uk](mailto:contact@southkentmind.org.uk)