



South Kent Mind Coastal Sunrise Walk for
Suicide Prevention Awareness Month

 Mind
South Kent
Annual Report
2024-2025

A message from our CEO and Chair of Trustees

Message from the Chair, Charles and our CEO, Sheridan:

It has been a very productive and meaningful year for South Kent Mind, despite the continued challenges presented by the wider economic climate. Across South Kent, we have witnessed a growing need for our services as more individuals and families experience the impact of mental health difficulties, often compounded by financial uncertainty, social isolation, and the ongoing pressures of modern life. The demand for our support has never been greater, and our dedicated team has worked tirelessly to respond with compassion, professionalism, and creativity.

At the same time, the environment for charitable funding remains increasingly competitive. Grants are harder to secure, with many worthy causes applying to the same limited sources of funding. We have therefore had to be more resourceful and strategic in how we raise funds, ensuring that every pound we receive is used effectively to make the biggest possible difference. We are deeply grateful to all those who have supported us this year our donors, funders, volunteers, and partners. Without your generosity and belief in our mission, South Kent Mind simply could not continue to provide the level of mental health support our community needs and deserves.

It is important to remember that South Kent Mind is an independent local charity, affiliated with national Mind but entirely responsible for raising our own funds. This independence allows us to tailor our services to meet the specific needs of our local community, while also benefiting from the guidance, values, and quality standards of the national network. We are proud of the trust placed in us by local people and of the role we play in building a stronger, healthier South Kent.

Over the past year, our staff and volunteers have delivered a wide range of services designed to promote wellbeing, prevent crisis, and provide support for those living with mental health conditions. From counselling and peer support groups to community outreach and wellbeing workshops, our programmes have reached many people across the area. Many have shared how our support has helped them rebuild confidence, reconnect with others, and take positive steps toward recovery.

In this Annual Report, you will find stories, data, and highlights that illustrate the tangible impact of our work made possible only through the commitment of our supporters and the hard work of our team. We are especially proud of how our volunteers continue to embody the spirit of South Kent Mind: compassionate, inclusive, and dedicated to making a difference.

As we look to the year ahead, we remain ambitious about what we can achieve together. Our focus will continue to be on meeting growing local needs, strengthening partnerships, and ensuring that our services are sustainable for the long term.

Thank you for standing with us. Whether you give your time, your voice, or your financial support, you are part of the South Kent Mind family and together, we are ensuring that no one in South Kent faces a mental health problem alone.

Together, we are South Kent Mind



We are South Kent Mind, the local independent mental health charity for people across South Kent - from Sandwich to Dungeness, and inland to Hawkinge, Wingham, Folkestone, Hythe, Dover, Deal, and everywhere in between. Since 1988, we have stood alongside our community, guiding individuals toward better mental health by offering support, understanding, and hope. We have three shops, located in Folkestone, Hythe, and Dover, and our main office on 24-26 Dover Road in Folkestone.

Together, through compassion, connection, and action, we aim to build confidence, resilience, and wellbeing - for individuals today, and for stronger, kinder communities for tomorrow.

Our mission is simple yet powerful: to improve the lives of people with mental health challenges in South Kent. Our vision is one of a community where everyone with a mental health problem has somewhere to turn for advice and support that is person-centred.

At the heart of all we do are our objectives: promoting the preservation and safeguarding of mental health, and relieving the distress of those suffering from mental health disorders. To achieve this, we strive to be guided by our core values:

- Person-centred – we put each person at the heart of what we do.
- Empowering – we help people reclaim control over their own lives.
- Partnership-focused – we believe in collaboration—with individuals, with families, with schools, with professionals—to build stronger support networks.
- Reflective – we constantly learn, grow, and adapt to better meet needs.
- Sustainable – we plan and act for long-term impact and stability.
- Championing a positive work culture – caring for our team, volunteering sense, and ensuring kindness, respect, and morale are woven into everything we do.

South Kent Mind Area Map



Why our work matters

In England, it's estimated about 1 in 4 of us will experience a mental health problem at some point each year.

Life expectancy of people with a severe mental illness is about 15-20 years shorter than those without.

Research shows that adults and young people alike feel their wellbeing is getting worse, with adults also reportedly feeling lonelier. 7.8% of adults in the UK felt lonely 'always or often' in 2024.

Mental health challenges affect millions across the UK, and the growing demand for support highlights just how vital our services are for individuals, families, and communities.

Here in South Kent, we see the impact every day - from increasing pressure on local services to the rising number of people reaching out for help. These challenges underline the importance of our work and the need to provide trusted, accessible support close to home.

1 in 4 working-age adults in South Kent rely on DWP benefits – far higher than the South East average.

Deprivation and mental health go hand in hand, making our local support more vital than ever

Findings from 'The Big Mental Health Report' by National Mind published November 2024.

Results from a Local Insight Report by the OCSI conducted on 4th December 2024

2024/25 in numbers

Behind every number is a story of support, resilience, and positive change. This year, South Kent Mind has reached more people than ever before through our services, events, and community partnerships. These figures highlight the impact we've made together.



**Over 3000
attendances to
our
group activities.**



**We supported 6
schools and
supported 144
children and young
people.**



**15 events
attended
throughout the
year.**



**Over 5000 people
following us on
social media.**



**More than 70
volunteers gave their
time to support us.**



**Over 300 wellbeing
check-ups delivered
throughout the year.**



**We supported over 30
organisations and
groups.**



**Over 150 fundraisers
supported us and
attended our events.**

Real lives, real impact



Our impact is best understood not through numbers alone, but through the people whose lives are touched by South Kent Mind. These testimonies from service users and volunteers highlight the hope, strength, and connection that come from being part of a supportive community. Their words show the real difference your support helps us make every day.

South Kent Mind, the organisation, workers, volunteers, and members all played a vital a part in my life. They helped a depressed, isolated person become a confident, positive person.

Paul, Group Activities User

Today, I have a great job and have been able to come off benefits - something I never imagined back then. None of this would have been possible without South Kent Mind. They've been patient, supportive, and always there when needed.

Chris, Group Activities User

I am really enjoying my experience as a volunteer at South Kent Mind meeting members from all walks of life, professions and careers. I find it interesting listening, with empathy and understanding, to their stories and experiences some of which I have encountered.

Christine, South Kent Mind Volunteer

Our Wellbeing Groups and Activities

At South Kent Mind, our wellbeing groups continue to provide safe, welcoming spaces where people can connect, build confidence, and support their mental health through shared interests and activities. From our ever-popular cooking sessions and creative art groups to gentle yoga, reading, gardening, and “walk and talk” meet-ups, each activity offers a chance to learn new skills, make friends, and feel part of a community.

Our groups remain some of our most valued and well-attended services, with many participants describing them as a vital part of their week.

To find out more about our groups, please visit: southkentmind.org.uk/weekly-activities

Healthy Cooking on a Budget



Our cooking group produce healthy and cost effective recipes each week!

Walk & Talk



Getting out for a walk in the fresh air can be great for your mental wellbeing, especially if you're connecting with new people.

Reading for Wellbeing



A welcoming space to relax, connect and share the joy of reading together.

Monthly trips to Goodnestone Park



Once a month, we help with the gardening at Goodnestone Park!

Gardening at Park Farm Allotments



Connect with nature by helping maintain our allotment.

Art Groups



Bringing people together through art, creativity and conversation.

Mindfulness



Join in person or online to explore simple mindfulness practices that support mental wellbeing.

Gentle Yoga



Gentle, accessible yoga designed to help you unwind and find balance

Low Cost Counselling



Accessible counselling offering a safe space to talk and support your mental wellbeing

Money Guidance



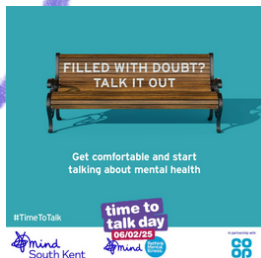
Practical support to help you manage money worries and improve financial wellbeing.

New this year!

The past year has been an incredibly busy and rewarding one for South Kent Mind, filled with new activities, groups, awareness days, and community events. From launching new wellbeing groups such as photography group, 'Chatty Monday' and our popular Line Dancing group, to creative workshops with Strange Cargo and Creative Folkestone along with hosting new awareness campaigns, our calendar has been bursting with opportunities for people to connect, learn, and support one another. Each new activity reflects our ongoing commitment to making mental health support accessible, inclusive, and engaging for everyone in our community. Here are just a few highlights and photos capturing what we've been up to this year - a true celebration of growth, creativity, and togetherness at South Kent Mind.



In November, the sculptures we created in collaboration with Strange Cargo were put on permanent display at Folkestone West train station!



Attending awareness days within our local community!



Find out more about our groups and how to join by visiting:
southkentmind.org.uk/weekly-activities

How we supported school children and young people across South Kent

Over the past year, we've been proud to work with numerous primary and secondary schools across South Kent, supporting pupils through workshops and wellbeing activities.

These partnerships help us promote positive mental health and resilience in young people - and the feedback has been fantastic!



The Harvey Grammar School
Est. 1674



**Guston Church
of England
Primary School,
Dover**

“
We always enjoy the sessions run by your team and the friendliness and professionalism they bring. We hope to work with you again soon and are always keen to hear what workshops/activities are on offer!
”

“
All the children were very positive about their experience and those that had done it before were very disappointed not to be with you again - so that shows how positively it was received.
”

South Kent Mind has been delivering courses to both primary and secondary schools within our local community. These courses, running over 4 weeks, focus on the issues that young people may be facing. Sessions last between 60 and 90 minutes and are delivered by our wellbeing coordinators.

The course covers: Understanding Self-Esteem and Confidence, Understanding Feelings, Understanding Relationships, Understanding Worries. For primary schools, SKM use an age appropriate version of this structure which has proved to be effective with younger children.

For more information visit: southkentmind.org.uk/school-workshops

Fundraising Highlights

2024-2025

A Busy Year of Fundraising and Community Spirit!

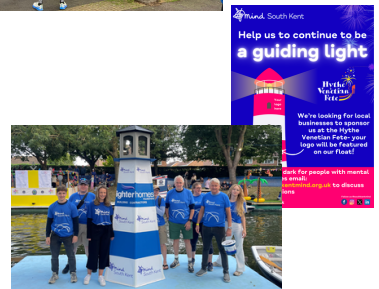
It's been a busy and inspiring year of fundraising at South Kent Mind. We would like to extend a heartfelt thank you to all the generous individuals, businesses, and community groups who supported us this year. We fundraise so we can continue supporting the mental health of our community. As grant funding becomes increasingly difficult to secure, we're relying more than ever on the strength and generosity of our local community. Every pound raised helps us be there for those who need us most.



In September 2024, Colin Paine embarked on his coast to coast road cycling challenge across southern Scotland and raised £1,286 for South Kent Mind! Thank you, Colin!



Our first Mental Elf Fun Run on Sunday 1st December 2024 had over 100 participants and raised over £1,500 for South Kent Mind!



For more information about South Kent Mind's fundraising visit:
southkentmind.org.uk/fundraise-for-us

If you would like to fundraise for your local, independent mental health charity, please contact:
joe.tolhurst@southkentmind.org.uk

Our Shops

Our shops are key to our fundraising efforts and it is thanks to the generosity of our community that makes them thrive.

Folkestone Shop

Our Folkestone shop has been open since December 2023 and is managed by Zane. The shop is going from strength to strength and has quickly become a popular destination for shoppers in Folkestone.

Visit our Folkestone shop at 46
Sandgate Road
01303 205769



Hythe Shop

Our well established Hythe Shop celebrated its 10th anniversary on 26th May 2024! The shop has been managed by Kerry for all 10 years.

Visit our Hythe shop at 105 High Street
01303 487900



Dover Shop

Our Dover Shop opened in August 2023 and is managed by Claire. Visit our Dover shop on 44 Biggin Street
01304 201134



Donate your pre-loved items, volunteer your time, or shop with us - every purchase helps fund mental health support in our local community.

Statement of Financial Activities

South Kent Mind Ltd

*Profit and loss account
for the year ended 31 March 2025*

				2025	2024
		<i>Restricted</i>	<i>Unrestricted</i>		
	<i>Note</i>	<i>Funds</i>	<i>Funds</i>	<i>Total</i>	<i>Total</i>
		<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
<i>Income</i>	2	134,156	366,448	500,604	448,555
<i>Expenditure</i>					
Charitable expenditure	3	(39,773)	(11,883)	(51,656)	(63,466)
Fund raising expenditure	3	-	(201,972)	(201,972)	(161,508)
Management & administration & charitable operations	3	(119,553)	(170,546)	(290,099)	(354,492)
<i>Surplus / (deficit) on Operating income</i>					
		(25,170)	(17,953)	(43,123)	(130,911)
Other interest receivable and profit on investments	2	-	4,348	4,348	1,853
<i>Surplus / (deficit) for the year after tax</i>		(25,170)	(13,605)	(38,775)	(129,058)
<i>Transfers between funds</i>	12	-	-	-	-
<i>Retained surplus / (deficit) for the year</i>		(25,170)	(13,605)	(38,775)	(129,058)
Retained surplus brought forward		25,170	268,105	293,275	422,333
<i>Total funds carried forward</i>		-	254,500	254,500	293,275



Thank you!

At South Kent Mind, we know that we couldn't do what we do without the incredible people who stand alongside us.

To our dedicated staff and volunteers, to the individuals who use our services and inspire us every day, and to everyone who has given their time, donated money or clothing to our shops, or fundraised on our behalf – thank you.

Your support makes a real and lasting difference. It enables us to continue delivering vital services, reach more people in need, and offer hope and reassurance across our community. At a time when demand for mental health support is greater than ever, your kindness and commitment mean the world to us.

Together, we are building a stronger, more resilient South Kent – and we are deeply grateful for every contribution that helps make this possible.

Our funders and supporters

We would like to extend our heartfelt thanks to all the funders, partners, and supporters who have stood with South Kent Mind this year. Your generosity - whether through grants, donations, sponsorship, fundraising, or gifts in kind - has played a key role in enabling us to deliver support across our community.



& The Mrs Smith
Mount Trust



How to continue your support

Want to keep up to date with the latest from South Kent Mind?



/southkentmind



@southkentmind



/company/southkentmind



southkentmind.org.uk



Volunteer with South Kent Mind!

Would you like to make a difference in your community?

From helping in our charity shops to supporting local events and wellbeing activities, our volunteers play a vital role in everything we do.

Whether you can give a few hours a week or help out occasionally, your time and energy can change lives.

Find out more and get involved: southkentmind.org.uk/volunteering

Make a difference today

Your donation helps us deliver life-changing mental health support right here in our community.

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Scan the QR code to donate - every pound counts.

Thank you for your generosity!





South Kent Mind's Mental Elf Fun Run 2024

mind South Kent

South Kent Mind Centre: 24-26 Dover Road, Folkestone, Kent, CT20 1JQ
Tel: 01303 250090

Email: contact@southkentmind.org.uk
Website: southkentmind.org.uk

Folkestone Shop: 46 Sandgate Road, CT20 1DW
01303 205769

Hythe Shop: 105 High Street, CT21 5JH
01303 487900

Dover Shop: 44 Biggin Street, CT16 1DB
01304 201134

Registered Charity: 1089472
Registered Company: 4276323

