



Annual Report 2022 - 2023

 **Mind**
South Kent



Charles Traylen

Chair

We are now in our 35th year, having started as a very small charity in May 1988! A great deal of progress has been made in the 35 years of improving the lives of people with mental health issues in the South Kent area, all of which have been reported in our Annual Reports over the years. However, we are keen to focus on the future and what we've been doing over this current year.

It has been another great year for the charity and the number of clients continues to grow. We have seen an increase in our reach and are regularly delivering sessions in Deal, Dover, Folkestone, Hythe, and New Romney. We know we want to do more outreach work and we are planning to make that happen next year. Our clients now have the choice of 22 activities each week which is remarkable and a testament to the very

dedicated team of volunteers, trustees, and staff that we are very lucky to have.

Without this team, we could not do what we do; helping our clients navigate through, what is sometimes a confusing and difficult life. The kindness shown by the team to our clients is outstanding and it's important to thank all of them on behalf of SKM.

We have relaunched our low-cost counselling service and are able to offer many more appointments to those that need them. Similarly, we have relaunched our training arm and are able to offer individual and corporate bodies specialist Mental Health First Aid Training – which is so important in the current climate.

The work that the team have delivered in the local schools giving children and young persons' the skills to help them understand their mental health has been extremely well received. The team have also delivered sessions on suicide prevention which sadly we know only too well how important this work is. We are planning to do more of this work next year – grant funding support willing!

We are planning to open an additional two new shops in Dover and Folkestone and are very grateful for the goodwill and generosity of the local community in donating items.

The charity grows from strength to strength, and we have sound footings for it to thrive and grow and remain a local, one stop shop for all things mental health in South Kent. We could always do with extra pairs of hands and if you are able to volunteer yourself for a few hours each week then do please get in touch.



Sheridan Hammond

CEO



Thank you!

We would like to say a heartfelt thank you to everyone that has supported South Kent Mind throughout the last year.

To the South Kent Mind team

To our staff members, past and present, you truly are the embodiment of empathy, respect, and support. Your dedication and passion are the reason we can do so much to support so many. Thank you all.

To all our volunteers

A huge thank you to all our extraordinary volunteers dedicating your time, expertise, and energy every single week. Your support is invaluable, and we are so grateful for everything you do. Thank you all.

To everyone supporting South Kent Mind

Whether you have donated your time, money, fundraised for us, followed us on social media, donated to our charity shops, or help spread the message of what South Kent Mind does, it all makes the world of difference, and we are so very grateful to each and every one of you. Thank you all.

To our clients

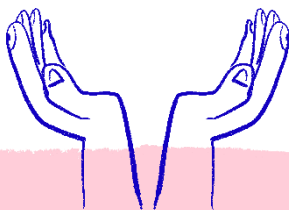
To our clients, whether you have been with us a long time or only recently, thank you for sharing your mental health journey with us. Reaching out for support is one of the hardest things you can do, and we are so glad that you have found us.

Our Mission, Vision, Values, and Objectives



Mission

We are dedicated to improving the lives of people with mental health challenges in South Kent.



Vision

We want to see that everyone with a mental health problem in South Kent has somewhere to turn for advice and support.



Values

- Person-centered
- Empowering
- Partnership-focused
- Reflective
- Sustainable
- Championing a positive work culture.

Objectives



Provide relief.

We listen, support, and provide relief through a wide range of services.



Build resilience.

We empower people by raising awareness and educating to build resilience and create preventions.



Aid rehabilitation.

We guide people on their road to recovery, aiding their rehabilitation to get back to the things they love.

For the last 35 years, we have been supporting the mental health and wellbeing of people in South Kent. Our local community is so very important to us, and we want to see that everyone experiencing challenges with their mental health has the right support and advice to live life to its fullest.

Thank you!

We would like to say a heartfelt thank you to all the funders that have supported us this year - we couldn't do this work without you.

Active Kent & Medway

Arnold Clark

Awards For All

Blueberry Wellbeing Ltd

Colyer Fergusson Charitable Trust

The Co-operative Foundation

Deal Boatmen's Charity

Edward Gostling Foundation

Folkestone & Hythe District Council

Folkestone Town Council

Garfield Weston Foundation

Kent Community Foundation

Kent County Council

Live Well Kent & Medway

Lloyds Bank Foundation

Matrix

Mind

National Lottery Community Fund

PC Phillips Foundation

Roger De Haan Trust

Social Enterprise Kent

Our year in numbers

Improving the lives of people living in South Kent with mental health challenges is at the heart of what we do.

Here's how we supported in 2022-23...



Over **2,200**
attendances to
our **group activities**.



We supported **14**
schools reaching
over **1,300 children**
and young people.



9 events delivered
throughout the year.



We introduced **16**
new activities
for people to take
part in.



Over **250 wellbeing**
check-ins delivered
throughout the year.



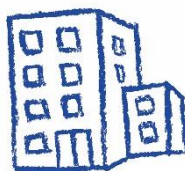
More than **40**
volunteers gave
their time and supported
our many services.



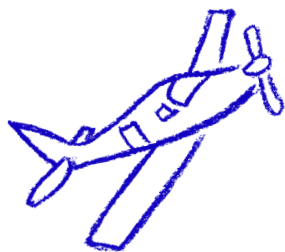
Over 4,300
people following us
on social media.



6 fundraisers
supported us through
challenges and events.



We worked with more than
50 organisations to
provide additional support.



Mental health in the South Kent area

What does the mental health landscape look like in South Kent?

Population of South Kent: approx. **226,200**.

1 in 4 people experience mental health issues each year (approx. **56,550 people in South Kent**).

1 in 6 people experience moderate to severe depressive symptoms each year (approx. **36,192 people in South Kent**).

In 2022, an average of **15 people per day** took their own lives.

1 in 5 people have suicidal thoughts over their lifetime (approx. **45,240 people in South Kent**).

We support anyone living in the South Kent area. This includes Sandwich, Deal, Walmer, Kingsdown, Dover, Folkestone, Hawkinge, Sandgate, Hythe, Greatstone, Littlestone, Dymchurch, New Romney, Lydd, and Dungeness.





How we have supported people in the South Kent community



Group Activities

Our weekly group activities provide people with a safe and fun space to take part in different activities that support their mental health and wider wellbeing. We offer creative activities such as arts and crafts, music exploration, and cookery, along with physical activities such as walks, cycling, and yoga. Our group activities are very popular and great way for people to try something new, meet new people, and support their mental health.

Low-Cost Counselling

Our affordable counselling service offers a safe and confidential space for people wanting to build effective ways of coping through talking therapy. Counselling can be supportive to the challenges we all face in everyday life and for maintaining our mental health and wellbeing. Some of the challenges people have built ways of coping through counselling with us include depression, stress, bereavement, anxiety, low self-esteem, and difficult changes in life.

66 Taking part in **South Kent Mind's** wellbeing activities has helped me a lot to better manage my mental health. I now feel more connected to others. I do feel a lot more confident spending time with new people, and I have gained new skills as part of a group. Support from **South Kent Mind** has been very beneficial to me and my mental health... I very much appreciate the support provided by **South Kent Mind.** 99

Group Activities Client

‘Teach Me’ Art Workshops

In partnership with Teach Me Studios, we delivered **12 workshops** where people could learn and create artworks through different mediums, including clay, resin, watercolours, and more. These were also a great opportunity for people to explore New Romney and take some time each month to change their regular routine. Working with Teach Me Studios has been hugely rewarding and we are very happy to continue working with the group into the next year.

Wellbeing Check-Ins

Our wellbeing check-ins provide people with a calm and confidential space to discuss how they are currently coping with their mental health and what type of support would be most beneficial moving forwards. Over the last year we sat down with **over 250 people** both over the phone and in-person and guided them onto the path towards better support for their mental health.

100% of attendees to our **cookery sessions** said their mental health had improved.



Abercrombie’s Café

With our Abercrombie’s Café we have over the last year opened this out as a warm space for people to come and have a hot drink, access free Wi-Fi, and meet and socialise with people. We have also added in several board games that people can play. This is in addition to our weekly cookery sessions where people can prepare, cook, and eat a hot meal as part of a group. We have planned to continue opening Abercrombie’s Café as a warm space into the next year ahead.

Our group activities are a great way to support your mental health whilst taking part in something fun and engaging!





How we have supported children and young people across South Kent



‘Moving for Mind’ Project

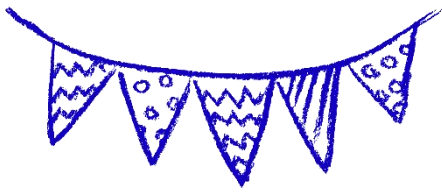
Over the last year we worked with schools to provide the opportunity for young people to get involved in physical activities that were aimed at supporting and developing their mental health. These activities included rock climbing, skating and skateboarding, BMXing, swimming, and water sports. Young people were given an environment where they could build their confidence and self-belief, whilst also addressing their anxieties by taking on new challenges.

Reconnect Project

We worked with Kent County Council (KCC) to support young people to ‘reconnect’ after the ending of coronavirus restrictions. For this, we worked closely with schools across South Kent and Ashford to deliver mental health awareness workshops and take part in activities, along with an artwork project where a mural was created from all the artworks produced.

“We have absolutely loved working with **South Kent Mind**. They organized workshops and weekly trips for our students to help build their resilience & wellbeing. Thank you, **South Kent Mind**. The work that you are doing is having such a positive impact.”

The Harvey Grammar School



School Workshops

Over the last year we have worked with **14 schools** to deliver mental health awareness workshops and bespoke mental health activities for students of primary and secondary school ages. We supported more than **1,300 children and young people** through these activities and are looking to expand on this into the next year. The mental health of children and young people has been significantly impacted through the coronavirus pandemic and other social impacts – as we look ahead, it is important that we continue to make the mental health of children and young people a priority.

School Projects

In addition to our ‘Moving for Mind’, Reconnect and school workshops, we have also delivered several school projects this year including a self-harm and self-care project focused on building resilience around difficult topics, and a youth wellbeing project focused on light-touch mental health awareness for younger year groups.



“The work the children have done with **South Kent Mind** has been invaluable. Parents tell us that the children have been better able to communicate any worries and feelings at home.”

**Charlton Church of England
Primary School**

“**South Kent Mind** have been fantastic and crucial in educating our students around the topic of mental health. Their wellbeing workshops allowed students to develop their confidence and become more resilient & prepared for their next steps.”

Folkestone College



How we have been supported by our volunteers and fundraisers



Volunteers

We have been supported throughout the last year by an extraordinary bunch of committed and talented volunteers who give their time, expertise, and energy to us every single week. More than **40 volunteers** have supported us over the past year, and it is thanks to them that we are able to do all the things we do!

Fundraisers

As a local, independent charity we are reliant on the support of our local community to help fund our services and ensure mental health support is always available to anyone who needs it. Over the last year, we have been supported by **6 independent fundraisers** who have taken part in various challenges and events all in the spirit of raising money to support **South Kent Mind**. Without this support, we surely would not be able to offer as many services to local people as we do. A huge congratulations and the greatest of thank you's to all those who took part in fundraising activities over the last year!

66 As a volunteer with **South Kent Mind**, I am able to witness firsthand through the fantastic work of our staff and the excellent wellbeing activities that we offer – the positive impact that both elements have on our clients.

I enjoy meeting new people for the first time, getting to know them as individuals and listening to their stories.

As our clients embark on their individual journeys towards better mental health, I am proud to be able to play just a small part in this process. 99

South Kent Mind Volunteer

A look back at all the things we have been up to in 2022 – 2023!





How we have been communicating and engaging in South Kent

Social Media

We regularly use social media to communicate all the activities, events, and interactions taking place every day. With over **4,300 followers** across our platforms, our social media presence is growing, and we hope that you will give us a like and follow (if you don't already) to keep up to date with everything going on at **South Kent Mind**. We also send out a weekly newsletter that anyone looking to take part in our weekly activities can sign up to receive.

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

Like and follow us on the following social media sites:



[/southkentmind](#)



[@southkentmind](#)



[/company/southkentmind](#)



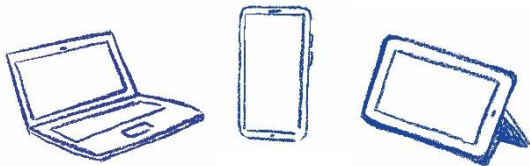
[@southkentmind](#)

You can also check out our brand-new website by going to:

www.southkentmind.org.uk

South Kent Mind Website

In March, we launched our brand-new website that is now engaging and accurate in communicating everything that **South Kent Mind** is doing to support people. It is easy to use and better reflects the South Kent area, our values, and objectives. Whether you are looking for information for yourself or on behalf of someone you know, our new website has everything you need!



Looking ahead

Our 6 objectives for 2023 - 2024

1. Service excellence and expansion.
2. Financial strength.
3. People and culture.
4. Profile and relationships.
5. Retail.
6. Digital and data.



What we will be focusing on for the year ahead

2023-24 will be an opportunity for us to further develop and grow **South Kent Mind** and the many ways we are supporting people across South Kent. We want to work with more communities in South Kent, with a specific focus on the mental health of peri-menopausal women, new parents, and LGBTQIA+ groups. We also want to seek out more grants targeted at offering specific activities for adults and young people, along with longer-term grants to ensure services can be offered for longer periods of time.

We are keen to look at moving into a new service centre facility that better supports the needs of our services and the people coming to access mental health support. In addition to a new facility for our mental health services, we are also actively looking at bringing in new shops to Dover, Folkestone, and Deal.

Finally, we will be looking to improve our IT systems with the addition of a new Customer Relationship Management (CRM) system, and further development to our website and software/hardware.

We hope that you will continue to support us as we aim to deliver even greater mental health support to the people of South Kent.

Accounts

Income for 2022 – 2023

Charitable grants & donations



£296,849

Contracts



£105,000

Shop income



£86,306

Café and Centre income

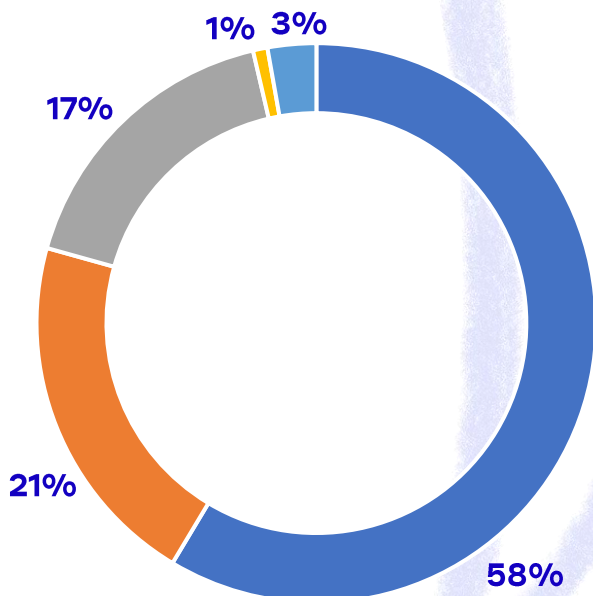


£4,329

Other income



£14,211



Statement from Auditors

In connection with my examination, no matter has come to my attention:

- i. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirement of the Charities (Accounts and Reports) regulations 2008.
- ii. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Statement of Financial Activities

Income and expenditure for the 2022 - 2023 financial year (ending 31 March 2023).

			2023	2022
	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total £	Total £
Income	314,975	191,720	506,695	429,007
Expenditure				
Charitable expenditure	(79,405)	(3,213)	(82,618)	(19,742)
Fundraising expenditure	-	(39,529)	(39,529)	(40,271)
Management & administration & charitable operations	(288,018)	(26,235)	(314,253)	(256,467)
Surplus / (deficit) on operating income	(52,448)	112,743	70,295	112,527
Other interest receivable and profit on investments	-	150	150	2
Surplus / (deficit) for the year after tax	(52,448)	122,893	70,445	112,529
Transfers between funds	-	-	-	-
Retained surplus / (deficit) for the year	(52,448)	122,893	70,445	112,529
Retained surplus brought forward	125,338	226,550	351,888	239,359
Total funds carried forward	72,890	349,443	422,333	351,888

Each year we
throw out **336**
thousand tonnes
of clothes in the
UK



Donating is better
for our planet **AND**
helps us provide
support for local
people



Clearing out your wardrobe? Why not donate your clothes to us!

Bring your donations to our
Dover and Hythe shops or
put them in our donation
bins at:

- Hawkinge Community Centre
- Holiday Extras (Newingreen, Hythe)
- Specsavers (Bouverie Place, Folkestone)
- Bannatynes (Shearway Business Park, Folkestone)
- The Hub, Charlton Centre (Dover)



southkentmind.org.uk/our-shops

mind South Kent



Volunteer for us!

Passionate about mental health and looking to support your local community?

We're looking for friendly & enthusiastic people to:

- Volunteer at our shops
- Support our wellbeing activities
- Help out at our office
- Teach people new skills- are you an artist looking to share your ideas with others?



Start volunteering

1. Fill out a volunteer application at southkentmind.org.uk/volunteering
2. Get in touch with us via email at: contact@southkentmind.org.uk
3. We'll get in contact to discuss which roles may be best for you!



01303 250090



contact@southkentmind.org.uk



Follow us @southkentmind



mind South Kent

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Tel: 01303 250090

Email: contact@southkentmind.org.uk

Registered Charity: 1089472

Registered Company: 4276323



www.southkentmind.org.uk