



Annual Report 2023 -2024



Welcome!

A message from the Chair and CEO



Charles Traylen
Chair

The political landscape this year has been particularly challenging, with the cost-of-living crisis and numerous pressures on public finances impacting our statutory funding. However, despite these challenges, we have continued to improve the lives of individuals with mental health issues in the South Kent Area.

This year has been busy and productive in our efforts to support the local community with their mental health needs.

We have actively sought the needs of our local community and hopefully have delivered activities that better reflect those needs in Hythe, Folkestone, Dover, and Deal. This report outlines how we have achieved this.

We are pleased to announce the opening of two new shops in Dover and Folkestone. All the profits from our 3 shops (Hythe, Dover and Folkestone) fund our charity. Establishing these shops within a short span of four months was demanding, but with the remarkable support from our volunteers and staff, we succeeded. We encourage everyone to visit these shops, with their addresses provided at the end of this report.

Our ongoing work in schools has been highly welcomed by teaching staff and students, who can clearly see the benefits our sessions have had. We are optimistic about obtaining additional grants to continue this essential work.

The Trustees have diligently governed the charity throughout the year. We extend our special thanks to our Treasurer, Stewart Martin, whose contribution has been invaluable.



Sheridan Hammond
CEO

We remain hopeful and committed to growing from strength to strength in the coming year.

Who are South Kent Mind?

We support anyone with mental health concerns 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.

Thank you!



To the South Kent Mind team

To our staff members, it takes a truly caring and passionate person to work at South Kent Mind. Your dedication and teamwork means that more and more people can get the support they need. A huge thank you to you all.

To all our volunteers

We are incredibly grateful to our wonderful team of volunteers. Whether you support our office staff, volunteer in our shops or help service users in our wellbeing groups- you are amazing! Thank you for giving up your time to support our small charity, we couldn't do it without you.

To our service users

To our service users, you should be proud of yourself, taking that first step towards better mental health can be scary but you have done it! Thank you for allowing us to listen and learn from you as we guide you on your mental health journey.

To everyone supporting South Kent Mind

Whether you have given up your time, donated money or clothes to our shops, fundraised or simply given us a follow-on social media- every bit of support is important to us. A big thank you to everyone who has supported us over the years.

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 36 years, we have been supporting the mental health and wellbeing of people in South Kent. Our local communities are very important to us, and we want to see that everyone experiencing challenges with their mental health can access and obtain the right support for them.

Our funders and supporters

We would like to say a massive thank you to everyone who has supported us this year. With your support and funding, we can continue our mission to improve the lives and mental health of people living in the South Kent area.



**COLYER
FERGUSSON**
CHARITABLE TRUST



**Army
Benevolent
Fund**

**Folkestone
& Hythe**



District Council



**Social
Enterprise**
Kent



**COMMUNITY
FUND**



The
BIG BIKE
Revival



**& The Mrs Smith
& Mount Trust**

Live well

Kent and Medway



PORT OF DOVER
community fund

DCT

The **Percy Bilton** Charity

The D'Oyly Carte Charitable Tri

Our year in numbers

We are dedicated to providing relief and building people's resilience on their road to better mental health.

Here's how we supported in 2023-24...



Over **2,500** attendances to our group activities.



We supported **9** schools reaching over **250** children and young people.



13 events attended throughout the year.



Over **350** wellbeing check-ups delivered throughout the year.



Over **4,800** people following us on social media.



More than **60** volunteers gave their time and supported our many services.



We worked with over **30** organisations to provide additional support.



10 fundraisers supported us



Mental health in the South Kent area

What does the mental health landscape look
like in South Kent for 2024?

Population of South Kent: approx. 230,000

More than 1 in 7 adults in the UK say their mental health is currently bad or the worst it's ever been.

More women than **men** have reported struggling with poor mental health (18.5% of women, 12.5% of men)

Young people, aged 16-24 are reportedly the **most affected** by mental health struggles, with nearly a **quarter (23.5%)** describing their mental health as bad or the worst it's ever been.

Total NHS spend on medications used to treat anxiety and depression was at the **highest at the start of the pandemic**, with a total spend of **£346.4 million** in 2020.

In the UK, the term **'How to reduce stress'** is searched on Google **once every 10 minutes**, on average.

Source: Mental Health Statistics UK



World Mental Health Day 2023 survey results

What does mental health mean to the people of South Kent?



For **World Mental Health Day 2023**, we conducted a survey to find out what concerns the people of South Kent the most when it comes to their mental health. The survey has been useful in helping us adapt our services to be more accessible and useful.

37%

of respondents have been directly impacted by mental health issues

Our survey shows that **almost all of us have been impacted by mental health** in some way.

36%

said that they have been impacted through a friend or family member

This is why mental health services are so important to the health of our community.

The top three things most likely to negatively impact our mental health are:

1 Significant life changes



2 Loneliness and/or isolation



3 Relationships with family and/or friends



The top three things most likely to positively impact our mental health are:

1 Socialising and making connections with people



2 Creative activities (e.g. painting, writing, making music)



3 Travelling and visiting new/different places



These results show us that our wellbeing groups are helpful to those with mental health concerns. We have a range of activities such as art and cooking, as well as social-based groups like our walk and talk sessions.



How we have supported people in the South Kent community



Cooking and Baking

“I have no family here and I do experience loneliness, cooking and eating together gives me a real sense of belonging.”

Our healthy cooking on a budget group has proved to be immensely popular. It is well attended, and service users report that they have gained the skills and confidence to cook from scratch. Participants prepare, cook and eat together and the social element is a hugely important part of these groups.

Walking Groups in Folkestone

A group of people meet each week for a gentle stroll through the country park. The sea, plants, fresh air and conversation has proved to be very popular and helpful in improving wellbeing.



In recent times the walking group has been a lifeline, the support from the team, as well as the members has got me through and I will always be grateful to them all.

It's fair to say that my time with **South Kent Mind** has transformed my life so very much for the better and in ways I could not have possibly imagined. The world is such a challenging place and the work that SKM does is more vital than ever. 

Group Activities User

Find out more about our groups at:
southkentmind.org.uk/weekly-activities

Mindfulness

Our Deal 5-week Mindfulness course in the spring proved to be a huge success with increasing numbers wishing to join. There is now a strong core group regularly attending the weekly sessions in Deal where we are delivering Mindfulness Meditation and teaching coping strategies. Each week we cover different topics, including food & mood, and managing anxiety.

Online Mindfulness

“Mindfulness has helped me to accept and befriend my anxiety. I know it will always be part of who I am but I’m learning to live alongside it.”

People are really feeling the benefit of joining online, particularly those who find it difficult to leave their homes. Participants have increased their confidence, with one individual who rarely leaves their house offering to join us for a walk. People are using the relaxation techniques to manage their anxiety and emotions.



Goodnestone Park Gardening

“When I am at Goodnestone Park all my worries just disappear.”

Once a month a large group of service users volunteer at Goodnestone Park. As well as promoting physical activity and connecting to nature, it gives people a real sense of achievement and purpose when they step back to look at what they can achieve when working together.

Dover Groups

Our Dover groups are going from strength to strength. Here we facilitate a weekly walk and a creativity and mindfulness session. Creative writing and journaling for wellbeing is a very popular element of these groups. Each person has their own writing book, and the participants have built the confidence to read their work out loud to the group.

Find out more about our groups at:
southkentmind.org.uk/weekly-activities





How we have supported children and young people across South Kent



“

We feel that pupils get the best out their education when they have strategies that support good mental health & wellbeing, and we have been really grateful to work with **South Kent Mind** to help promote positive mental health for our pupils”

The Folkestone School for Girls

South Kent Mind has been delivering courses to both primary and secondary school in the area. 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 two of the wellbeing coordinators on the South Kent Mind team.

The course is structured over 4 sessions, covering: 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.



Delivery is centered on completing work sheets and then engaging in a group discussion about outcomes. A “contract of conduct” is established in the first week of delivery to ensure that anything shared in the session is handled with respect.

Young people are reminded that if they feel unable to contribute, they don’t have to. By establishing these boundaries, staff have found that young people feel much more confident to speak out.

The team have thoroughly enjoyed delivering these sessions with feedback from schools and pupils reinforcing the need for and success of such courses.

Find out more:

southkentmind.org.uk/school-workshops

southkentmind.org.uk/youth-services



“

The mental health and wellbeing of our pupils is so incredibly important, and we have really enjoyed working with **South Kent Mind** to build our pupils resilience and create positive strategies to support our children’s mental wellbeing”

Guston Primary

 mind South Kent

Volunteer for us!

We can't do it without you!



40 volunteers currently give their time and support to our services

This support has enabled us to provide 27 groups, 29 activities, provide counselling, run 2 shops and support our office team!



You can join our team! Please take a look at the table below

In our shops

Your support enables us to raise vital funds that go directly back into providing services for those who need it.

With our activities

To keep our activities going which help provide sanctuary, social environments, help with wellbeing, building confidence and developing skills.

Driving

Enables us to collect the many donations we receive that keep our shops going, as well as supporting our gardening trips

Front of House

Help our team by being that friendly face meeting and greeting and taking calls on our reception

Events / Fundraising

Your presence at events and around town raises awareness of the charity for those who need us and those who would like to support us.

Get started today!



Scan the QR code to download our volunteer application.

Find out more about our volunteer vacancies at: southkentmind.org.uk/volunteering

 01303 250090

 contact@southkentmind.org.uk



Follow us @southkentmind



How we have been supported by our volunteers



Volunteers

We are incredibly grateful that more than 60 volunteers have supported us over the past year. Thanks to them we are able to keep our shops running efficiently, make sure all our service users are supported at groups and attend events across South Kent.

A big thank you to all our hard-working volunteers, you are the glue of our local community, and we couldn't do it without you!

Find out more about volunteering for South Kent Mind at:

southkentmind.org.uk/volunteering

“

Being able to volunteer at **South Kent Mind** I consider a privilege. Every time I leave the building, at the end of the session, I have a smile on my face and happy thoughts. Knowing that our vulnerable members of society are so well supported with their wellbeing and mental health is uplifting. The range of activities available to the clients is amazing.

I personally have been able to support a range of activities; relaxation, cooking, wellbeing and reading. Each session brings out different qualities in the clients. The staff are extremely professional, caring and supportive. **I would highly recommend volunteering at South Kent Mind.**”

Nicky, South Kent Mind Volunteer

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

Support through Fundraising

On 16th July 2023 **Debbie** embarked upon a 14-day cycle ride from Lands End to John O'Groats raising a total of **£3,264.50 for South Kent Mind**

66
I'm doing it for South Kent Mind, because I want to give something back.

In 2019 I was involved in a cycling accident that resulted in a serious shoulder injury and significantly impacted my confidence and mental health. It was a three-year recovery period and over that time I realised that my passion for sports in general was a major part of my mental wellbeing, and being unable to cycle brought mental health challenges I had not encountered until then.

Because of my circumstances, I was fortunate to fund private therapy sessions which have rebuilt my confidence and set me back on the path to recovery. Upon reflection I realised that there are other people in our communities, for whom private therapy is beyond their means and so I did some research and found a local mental health charity, South Kent Mind who provide subsidised counselling to the area. 



Fundraisers

As South Kent Mind is an independent non-profit, we often rely on the support of local community to help us raise funds for those struggling with their mental wellbeing. This year we have been lucky to have had the support of **10 fundraisers!**

Some of the challenges that people have set themselves to raise money for us have been incredible from bike rides and coastal walks to the Tough Mudder event. If you have fundraised for us this year, we'd like to say a huge thank you for choosing our charity, your amazing efforts mean that we can continue our vital services.

Start your fundraiser at:

southkentmind.org.uk/fundraise-for-us

A look back at all the things we have been up to in 2023 – 2024!



South Kent Mind Charity Shops

As a local charity, our shops play an important part in raising funds so that we can continue to support people in need.



Dover Shop

Our Dover Shop opened in August 2023 and is managed by Kath Ellis. Thank you to all the staff and volunteers who make a massive difference in the Dover community. **You can find our Dover shop at 44 Biggin Street.**

Folkestone Shop

Our Folkestone Shop opened its doors in December 2023 and is managed by Zane Talberga. A big thank you to all our volunteers and staff at the Folkestone shop who made opening and running this location possible. **Visit our Folkestone shop at 46 Sandgate Road.**



Hythe Shop

Our Hythe shop is managed by Kerry Duncan

Our Hythe shop at 105 High Street officially turned nine this year! Thank you to all the shop staff and volunteers who have dedicated their time and efforts over the years in Hythe. We're looking forward to celebrating the shop's 10th anniversary in 2025.

If you'd like to donate your unneeded items please pop into one of our shops or place them in our donation bins, list of donation bins can be found at: southkentmind.org/our-shops



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 4,800 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.

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 website by going to:

www.southkentmind.org.uk

South Kent Mind Website

In the 2023-2024 period **approx. 8,000 active users on our website.**

Whether you are looking for information for yourself or on behalf of someone you know, our website has everything you need! You can explore all of our wellbeing activities and check out what we've been up and to/ what we have coming up in the **Latest News** section.

Statement of Financial Activities

Income and expenditure for the 2023 - 2024 financial year
(ending 31 March 2024).

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	2024 Total £	2023 Total £
Income	196,022	252,533	448,555	506,695
Expenditure				
Charitable expenditure	(39,949)	(23,517)	(63,466)	(82,618)
Fundraising expenditure	-	(161,508)	(161,508)	(39,529)
Management & administration & charitable operations	(203,793)	(150,699)	(354,492)	(314,253)
Surplus / (deficit) on operating income	(47,720)	(83,191)	(130,911)	70,295
Other interest receivable and profit on investments	-	1,853	1,853	150
Surplus / (deficit) for the year after tax	(47,720)	(81,338)	(129,058)	70,445
Transfers between funds	-	-	-	-
Retained surplus / (deficit) for the year	(47,720)	(81,338)	(129,058)	70,445
Retained surplus brought forward	72,890	349,443	422,333	351,888
Total funds carried forward	25,170	268,105	293,275	422,333

**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

Managing Money for Your Wellbeing



WORRIED about the cost of living?

Does thinking about money and budgeting
STRESS YOU OUT



Book a Money Guidance session with us

We'll guide you so that you can feel more confident & relaxed when it comes to your finances

Get in touch with us today to book a Money Guidance session:

 **01303 250090**

 **contact@southkentmind.org.uk**



Follow us @southkentmind



southkentmind.org.uk/money-guidance



mind South Kent

South Kent Mind Centre: 24-26 Dover Road, Folkestone, Kent.
CT20 1JQ

Tel: 01303 250090

Email: contact@southkentmind.org.uk

Folkestone Shop: 46 Sandgate Road, CT20 1DW

Hythe Shop: 105 High Street, CT21 5JH

Dover Shop: 44 Biggin Street, CT16 1DB

www.southkentmind.org.uk



Registered Charity: 1089472

Registered Company: 4276323