



Kent
Mental
Wellbeing
Awards

2023

Best Practice Booklet

kentmentalwellbeingawards.org.uk



Don't suffer
in silence

Text **KENT** to **85258** for free, confidential support on any issue 24/7. For more information visit releasethepressure.uk

Support is free and confidential, provided by an independent charity and funded by Kent and Medway health and social care partners.



Proud to present tonight's Awards

- Advocacy
- Awareness Workshops
- Barbershop Project
- Crisis Cafe
- Education and Training
- Employment Support
- Mental Health First Aid
- Recovery College
- Suicide Prevention
- Talking Therapies

For information about our services, please visit our websites
at: mindinbexley.org.uk or eastkentmind.org.uk



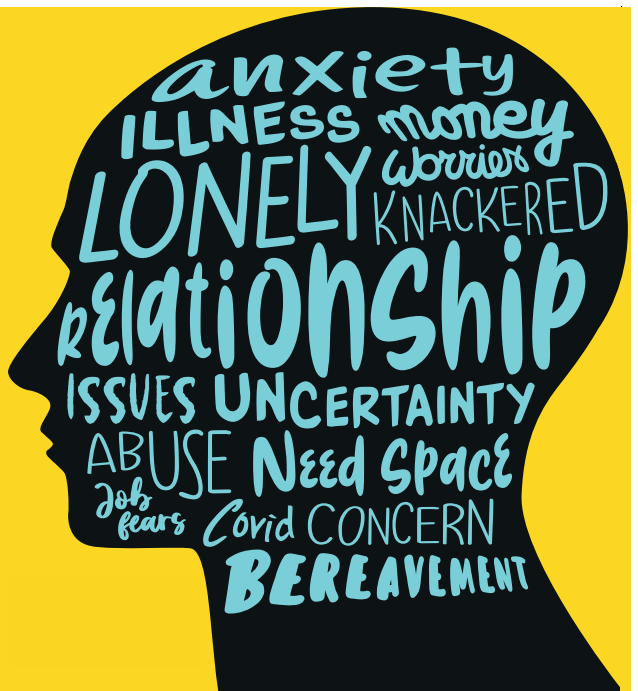
Kent Mental Wellbeing Awards 2023



Release the
pressure -
don't suffer
in silence

Text **KENT** to **85258** for
free, confidential support
on any issue 24/7. For
more information visit
releasethepressure.uk

Support is free and confidential,
provided by an independent charity
and funded by Kent and Medway
health and social care partners.



Kent Mental Wellbeing Awards 2023

Welcome to tonight's ceremony

Your hosts for the evening are Simon Dolby, Development Lead at Mind in Bexley and East Kent, and Nicola Everett, Head of Multimedia News at KentOnline and the KM Group.

The awards ceremony keynote speaker is Dr Anjan Ghosh, the Director of Public Health at Kent County Council.

Our special guest speaker is Sir Terry Waite.

Local area awards winners announced

Reflection by Andrew Kennedy, Deputy Cabinet Member for Adult Social Care and Public Health at Kent County Council

Overall winners revealed

Please publish photos on Facebook and Twitter of tonight's awards adding in @KentMWAwards or the hashtag #KentMWAwards into your message.

Hosted by Mind in Bexley and East Kent, registered charity 1110130

The Kent Mental Wellbeing Awards is supported by:



mha

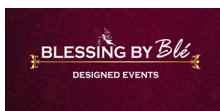
An independent member of

bakertilly

INTERNATIONAL



Security Systems



KMWA Winners - 2023

Ashford

Kindness in the Community Award: **Stephanie Clark (Creative Steph)**
Innovation Award: **Save DAVE Service**

Bexley and Bromley

Partnership Award: **Bexley Menopause Awareness Event**
Community Ambassador Award: **William McCormack (2nd Welling Scout Group)**
Counselling Service Award: **Counselling Matters Bexley**

Canterbury

Leadership Award: **Deborah Haylett (Revival Food and Mood)**
Wellbeing Innovation Award: **Wellbeing Team (Hannah Doble and Rachel Roberts)**
Volunteer Fundraiser Award: **Paul Nolan (Canterbury Umbrella)**
Kindness in the Community Award: **Helen Fisher (SNAAP)**
Wellbeing Staff Award: **Boys Mentoring at Rising Sun Domestic Violence and Abuse Service**

Dartford

Counselling Service Award: **Abigail's Footsteps**

Dover

Volunteer Fundraiser Award: **Rob Brady (Fight Train)**
Wellbeing Space Award: **Emmaus Dover**
Pastoral Care Award: **Lynda Sutton, Clare Watson and Paula Kerr (St Edmunds Catholic School Dover)**

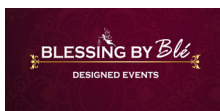
The Kent Mental Wellbeing Awards is supported by:



An independent member of



Security Systems



KMWA Winners - 2023

Folkestone

Communications Award: **Ricky Yates, Tyson Green, Sam Lester and Archie Cocker (4 Star Productions)**

Ambassador Award: **Sarah Drage (WarriorKind CIC)**

Gravesend

Activity Co-ordinator Award: **Youth Ngage**

Wellbeing Award (Business Sector): **GD Teen Recruitment CIC**

Leadership Award: **Yetunde Adeola (Youth Ngage)**

Maidstone

Communications Award: **Stephanie Clark (Cruse Bereavement Support)**

Wellbeing Award (Business Sector): **Dadspace CIC**

Wellbeing Award (Public Sector): **Natalie Elliott and the wellbeing team at Kent Fire and Rescue**

Pastoral Care Award: **21 Together**

Medway

Service Delivery Award: **The Octopus Foundation**

Wellbeing Award (Charity Sector): **Nucleus Arts**

Service Delivery Award: **wHoo Cares**

Sevenoaks

Service Delivery Award: **The Community Cupboard**

Swale

Wellbeing Staff Award: **The Autism Apprentice CIC**

Thanet

Activity Co-ordinator Award: **NHS Staff Meditation Sessions (East Kent Hospitals University NHS Foundation Trust)**

Partnership Award: **Hope Community Arts Fund**

Ambassador Award: **Michael Stocker (Royal Harbour Academy)**

Wellbeing Award (Charity Sector): **Pavilion Youth & Community Café**

Tonbridge & Malling

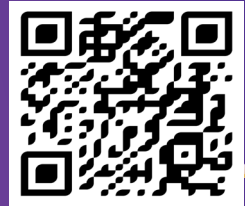
Wellbeing Space Award: **Communigrow**

Photos and video from tonight's ceremony, will be available to download from:

kentmentalwellbeingawards.org.uk Winners and attendees are asked to share this content on their website and social media, using the hashtag **#KentMWAwards**

TAKE YOUR
BUSINESS
TO THE NEXT LEVEL

SCAN ME



IT SUPPORT

CYBER SECURITY

IT CONSULTANCY

CLOUD COMPUTING



Kent Mental Wellbeing Awards 2023



£1.5M AWARDED

to voluntary organisations supporting
mental wellbeing in communities
across Kent and Medway

in the financial year 2022-23



www.kentcf.org.uk



Kent Community Foundation (KCF) - UK



@KentCommunity



@KentCommunity

Kent Community Foundation
has been finding, funding and
supporting charitable organisations
in Kent and Medway since 2001

KMWA Winners - 2023

ASHFORD

Kindness in the Community: **Stephanie Clark (Creative Step)**

Steph has faced an incredibly challenging journey, marked by being diagnosed with Borderline Personality Disorder (BPD) and panic disorder. Her struggles began with the devastating loss of her first daughter and both her parents within a short span of time. Despite these obstacles, she founded the COPE campaign in 2021, a platform that offers simple, fun strategies for coping with both physical and mental health difficulties. Steph has been recognised today for her dedication supporting those in need in her community.

In 2019, she faced further adversity when degenerative changes in her spine and sacral arthritis left her reliant on a wheelchair. In 2022, Steph was also diagnosed with Long Covid.

Steph is a Creative Volunteer and Mental Health Advocate supporting other charities, contributes a mental health column and artwork for their newsletters. Additionally, she writes articles and creates artwork for online exhibitions and blogs for Disability Arts Online, sharing her experiences as an artist navigating the challenges of mental illness and disability.

Innovation Award: **Save DAVE Service**

The Save DAVE (Domestic Abuse Victim Empowerment) Service is the first stand-alone service to support male victims of domestic abuse in Kent and Medway. It is a ground-breaking (and now award-winning) initiative that provides confidential and impartial support to all male victims of domestic abuse, regardless of sexual orientation, age, disability, ethnicity, or religion.

Nearly half of male victims fail to tell anyone they are a victim of domestic abuse and social stigma prevents men from reaching out for support. In the first year, the Save DAVE service supported 154 men across Kent and Medway.

The service's work is key in helping male victims of domestic abuse to break the silence and get the support they need. The organisation is committed to raising awareness of male domestic abuse and challenging the social stigma.



An independent member of



Security Systems



KMWA Winners - 2023

Bexley and Bromley

Partnership Award: Bexley Menopause Awareness Event

Dr Emma Agyekum, from The Albion Surgery in Bexleyheath, spearheaded a collaborative event involving local organisations to address the challenges faced by local women going through menopause. The focal point was a free awareness event held at the Marriott Hotel. This conference-style event featured prominent speakers who dispelled myths surrounding menopause and showcased the range of solutions and support available. Dr Emma's initiative has made strides in addressing these gaps and promoting women's wellbeing during this stage of their lives.

The event proved immensely popular, with all 250 seats tickets quickly taken, and subsequently enabled countless women to discover much-needed support for their menopausal journey. Video, leaflets and educational resources were also made available for partner organisations to share after the event.

One of the topics explored during the event was the necessity of raising awareness among healthcare professionals and the wider public. The conference highlighted the unfortunate reality that many GPs lack a comprehensive understanding of menopause, hindering their ability to effectively assist their patients.

Ambassador of the Year: William McCormack

William is a 15-year-old Explorer Scout and a member of the Young Leader programme. He has displayed exceptional leadership and commitment within the Scouting community - serving as a mentor to younger members. William has consistently exceeded all expectations when supporting youth and adult volunteers during Scouting activities. His growth as a compassionate and caring individual, shaped by his Scouting journey from a young age, has been remarkable. This award recognises his contributions and the person he has become within the community.

Notably, during a summer camp, he exhibited exemplary leadership by providing help to a young individual with additional needs, ensuring their safe participation in all activities and offering encouragement in moments of struggle.

Over the course of a year and a half in the Young Leader programme, William has actively contributed by suggesting engaging activities for participants and serving as a wellbeing officer. Despite the challenges of balancing school, family commitments, and responsibilities as the eldest sibling, William remains resilient and steadfast in his role as a supportive big brother. His unwavering dedication to helping others and embodying Scouting values make him a shining example of integrity and commitment.



KMWA Winners - 2023

Bexley and Bromley

Counselling Service Award: **Counselling Matters Bexley**

Counselling Matters Bexley is passionate about improving mental wellbeing by making free and low-cost counselling and other therapeutic activities available in Bexley. The charity recognised that many people can't afford private counselling and that waiting times for NHS services can be long. They have made their services as accessible as possible and never turn away people in need of support.

In recent years, the number of referrals into the services have increased and at the same time costs have risen, which has put the charity under pressure. They adapted to these difficulties by recruiting volunteers, being careful in managing expenditure, carrying out fundraising activities and liaising with potential funders.

Staff at Counselling Matters Bexley are mainly from the local area so recognise the needs of local people and take an active role in the community, attending many events and meetings. The counsellors have also been chosen to reflect the diversity of the local community in gender, age, ethnicity and social background.

Canterbury

Leadership Award: **Deborah Haylett**

Deborah Haylett, the Executive Director at Revival: Food and Mood in Whitstable, has played a pivotal role in transforming the café into a thriving mental health and wellbeing hub for the local community. Every business and charity in Kent has had an incredibly tough time in recent years, particularly during the Covid lockdown. But try to think how you would have coped if during lockdown - just when demand for your mental health services was spiking - your organisation was evicted from its premises. Many of us developed innovative digital services, Deborah also had to create outreach activities and had to find and fund new premises.

Deborah showed remarkable resilience and determination to ensure Revival survived. Through relentless campaigning, fundraising, and initiatives like the 'Revival Proud Member' campaign where the public committed to regular donations. She has led the project to rebuild and expand Revival on Whitstable High Street creating a café and an Airbnb, generating income for mental health initiatives. Her commitment to creating a welcoming, safe and supportive space is evident in Revival's peer-to-peer support groups and community-driven programmes. Deborah is a source of knowledge and expertise to the sector and the driving force behind Revival remaining a beacon of mental health and wellbeing in Whitstable.



KMWA Winners - 2023

Canterbury

Wellbeing Innovation: Wellbeing Team at Kent and Canterbury Hospital (Hannah Doble and Rachel Roberts)

In just 18 months, Hannah and Rachel have transformed the landscape around health and wellbeing at East Kent Hospitals University NHS Foundation Trust. Amid the prevailing challenges of staff burnout and the Covid-19 pandemic, they helped reduce staff sickness related to anxiety, stress, and depression by 67%. This accomplishment helped the whole community, as staff wellbeing is closely intertwined with patient outcomes, satisfaction, and care quality.

Hannah and Rachel have fostered partnerships, introduced initiatives, and championed compassion, connection, and community throughout their journey. They have established peer support networks, trained a significant portion of the workforce, and shifted the perception of wellbeing among hospital leaders. Notably, they have collaborated with external organisations, such as Talking Wellness and Project Wingman, to bring support directly to staff via a unique 'wellbeing bus'.

The team has also addressed domestic abuse, achieved menopause accreditation, provided health checks, and developed an array of support networks. Their dedication has transcended numerous challenges, including financial constraints and the loss of essential services. Hannah and Rachel have not only improved the lives of countless individuals but have set a standard which will inspire others.

Volunteer Fundraiser Award: Paul Nolan (Canterbury Umbrella)

Paul started at the Umbrella Centre as a volunteer, but devoted so much time and energy to his role that he soon became the chairman of trustees. He works tirelessly to organise events to raise money and helps bid for additional funding. He alone has managed to raise £42,000 this year. Without his input, the drop-in centre for people with mental health issues would be in serious difficulties.

Working with the Centre manager, Paul recognised the need to involve volunteers (who had initially joined for mental health reasons) in the whole Umbrella journey and fundraising. Paul encourages as many volunteers as possible to participate and have fun at fundraising events.

Umbrella operates a daily kitchen cafe for its walk-in members and visitors which was desperately in need of refurbishment. Paul helped secure the funding to enable work to be done and the installation of new kitchen equipment. Paul is good humoured and dedicated to the work the Umbrella Centre does for those in need, whether it be helping those people who want company, a cup of coffee or a nourishing warm meal or those requiring more in-depth help.



KMWA Winners - 2023

Canterbury

Kindness in the Community Award: **Helen Fisher (SNAAP)**

Helen is a dedicated volunteer at SNAAP, the Special Needs Advisory and Activities Project, serving disabled children and their families in the Canterbury, Whitstable, and Herne Bay area - since its establishment in 2003.

Helen's kindness and compassion have made her a standout figure to both the project's staff and its clients. Despite facing her own health challenges, Helen consistently goes the extra mile, generously volunteering her time at many of the groups organised by SNAAP. In addition to her volunteer work, she cares for her son, who has additional needs.

Recognising her extraordinary dedication and selflessness, colleagues from SNAAP nominated Helen for the Kindness in the Community award. This nomination came after they witnessed Helen providing support to a family in need, offering food parcels and purchasing clothing for their children from her own pocket. Helen is not just a volunteer - she is a true inspiration.

Wellbeing Staff Award: **Boys Mentoring at Rising Sun Domestic Violence and Abuse Service**

Rising Sun Domestic Violence and Abuse Service was established in 1984 as a women's refuge, in Canterbury, but has evolved into a comprehensive provider of domestic abuse support services. Their Adolescent Boys Mentoring project is designed to assist approx 300 males aged 11-24 who are dealing with the trauma of domestic abuse and are at risk of involvement with the Criminal Justice System.

The programme focuses on promoting wellbeing by helping adolescent boys recognise abuse, develop coping strategies, express their emotions, and understand healthy and safe relationships. It also aims to boost their confidence and self-esteem, enabling them to contribute positively to society while raising awareness about the impact of abuse. The outcomes of the programme have been hugely positive, with significant improvements noted in health and wellbeing, safety, and educational attainment among the young clients.

Rising Sun Domestic Violence and Abuse Service is committed to continually enhancing its monitoring and evaluation methods to further improve its services in the future. This programme exemplifies a dedicated team's commitment to the wellbeing of young male survivors of domestic abuse and their potential to transform lives and reduce the risk of future abusive behaviours.



KMWA Winners - 2023

Dartford

Counselling Service Award: **Abigail's Footsteps**

Abigail's Footsteps has recognised a critical need for support among bereavement midwives in the UK, who face significant challenges in caring for families who have suffered pregnancy loss, stillbirth or neonatal death. These professionals provide compassionate care during an emotionally challenging time for parents.

With the assistance of the National Lottery Community Fund, Abigail's Footsteps introduced Professional Reflective Occupational Practice (PROP) sessions. These help staff navigate their feelings and reactions while maintaining the quality of care they provide. One notable achievement is the significant increase in staff accessing the sessions, with a 59% rise from year one. Sessions are confidential and offered outside of working hours, removing barriers to staff seeking support.

Feedback from professionals who have participated in PROP sessions underscores the impact and necessity of this support, with individuals expressing gratitude for regaining self-belief and confidence, managing overwhelming anxiety, and gaining clarity in both their professional and personal lives. Abigail's Footsteps' initiative has made a substantial positive difference in the lives of bereavement midwives, enhancing their ability to support families while tending to their own wellbeing.

Dover

Volunteer Fundraiser of the Year: **Rob Brady (Fight Train)**

Rob Brady set up Fight Train, a mental health clothing charity, in memory of his late friend who died in 2016. Through Fight Train, Rob has raised £20k, which was donated to the Mental Health Foundation. His mission extends beyond fundraising, as he endeavors to promote mental health awareness and encourage open conversations, especially among men, about their mental wellbeing.

Rob has completed eight marathons, splitting the proceeds between South Kent Mind and the Mental Health Foundation. He is now in the process of establishing a charity called Project Purpose, which aims to provide financial assistance to individuals in need of mental health treatment but lacking the means to afford it.

Rob has become a sought-after speaker on mental health, addressing FTSE 100 companies, sports clubs, and schools. Despite facing personal challenges, including the demands of raising twins and dealing with his mother's stroke, Rob remains steadfast in pursuing his goals. He has demonstrated huge dedication, empathy and resilience in his mission to support mental health and inspire positive change in others.



KMWA Winners - 2023

Dover

Wellbeing Space Award: **Emmaus Dover**

The goal of Emmaus Dover is to provide housing and support to people who have previously experienced homelessness and social exclusion. The ground-breaking charity offers a stable home environment, to currently 27 companions, for as long as is needed, combined with meaningful work in their social enterprises, which involves selling second-hand furniture and goods. Companions work 40-hours a week and, in return, they receive food, clothing, a small allowance, and various forms of support. The income generated from their social enterprise sustains the Emmaus community.

The extensive gardens play a huge role at Emmaus, both for quiet reflection and to produce food for the community. To help the mental health of the companions, the charity has a counsellor onsite one day a week. The counselling over the last three years has made a world of difference to the companions who have often experienced extreme hardship in their lives.

Emmaus Dover also provides podiatry services, and dental care to improve the wellbeing of their companions. Volunteers play a significant role in supporting their operations, and the community emphasises outdoor activities for both physical and mental health benefits. The dedication of Emmaus Dover in helping individuals overcome hardship and rebuild their lives shine through.

Pastoral Care Award: **Lynda Sutton, Clare Watson and Paula Kerr (St Edmunds Catholic School Dover)**

The work of St Edmund's Catholic School in Dover, and in particular three of the staff, has been celebrated for the quality of their pastoral care. The parents of pupil Chloe, who is being assessed for Autism Spectrum Disorder were full of praise of Lynda Sutton, Clare Watson and Paula Kerr for the pivotal roles they have played in her journey. Their unwavering assistance and guidance over the past years have been instrumental in Chloe's positive trajectory. The parents believe without their dedicated help, Chloe's circumstances could have been vastly different.

Thanks to the measures implemented and the support provided by these outstanding individuals, Chloe now attends school regularly and maintains her academic performance. Chloe's gratitude for this cannot be overstated.

What has set these staff apart has been their commitment to addressing Chloe's needs. They have consistently gone above and beyond. Chloe's mum was delighted to nominate them for an award in recognition of their outstanding support and dedication to Chloe's education and wellbeing.



KMWA Winners - 2023

Folkestone

Communications Award: Ricky Yates, Tyson Green, Sam Lester and Archie Cocker (4 Star Productions)

Ricky, Tyson, Sam and Archie (from 4 Star Productions) have won the award for their film, 'TRIGGER-ED,' a powerful work that sheds light on anxiety and depression. The film portrays the daily struggles of the central character who is called Terrence, a man with severe anxiety. He is terrorised by a voice in his head - a character called Trigger. The interplay between Terrence and Trigger is very clever as daily life is made unbearable by the tension between the two.

What is remarkable is how this film - the team's first - resonates with its audiences. At the film premiere the event organiser said seeing the emotion on the faces of those watching it was remarkable. Those suffering with poor mental health felt it brought to life this issue - they were represented on screen. Those lucky enough never to have had poor mental health started to appreciate and understand what it must be like.

The team had to beg and borrow equipment and locations. Their shared commitment to the project allowed them to deliver a compelling message through the film and the film's success gained recognition at various international film festivals. Moreover, it is serving as a valuable educational tool for mental health awareness. This journey exemplifies how four dedicated individuals, who themselves have faced mental health challenges, managed to inspire and educate through their artistic creation.

Ambassador Award: Sarah Drage (WarriorKind CIC)

After losing her father to alcohol-use disorder, Sarah Drage decided to channel her experiences. She founded WarriorKind CIC, a non-profit organisation committed to removing the stigma surrounding mental health and addiction, through campaigns and open conversations. Sarah's authenticity and honesty have made her a respected authority on mental health issues. Her TEDx talk and numerous radio interviews have amplified her message. She is actively engaged in advocacy at local and national levels, campaigning for children and hosting support groups.

Beyond this, Sarah's social media presence, with nearly 11k Instagram followers, has provided a platform for thousands to share their experiences and find support. Her popular podcast, "Sarah & Amy, The Children of Alcoholics Podcast," creates a strong sense of community for those who've faced similar struggles.

Sarah is a qualified Mental Health First Aid England Trainer and despite her own challenges, including an ADHD diagnosis, she remains resolute in her mission to reduce stigma and create positive change. Sarah's impact extends far beyond her local community, and her dedication to breaking down barriers in mental health and addiction is truly commendable.



KMWA Winners - 2023

Gravesend

Activity Co-ordinator Award: **Youth Ngage**

Youth Ngage was established with the purpose of providing positive engagement opportunities for young people aged between 11 and 21 in north Kent. The organisation offers a range of services, including Wellbeing Programs, Skills Development Training, Employability Services and sporting activities. Additionally, they host monthly youth empowerment sessions, crime prevention workshops, and community engagement events.

The core mission of Youth Ngage is to bridge the gap between young people and those in positions of authority. They actively discourage anti-social behaviour, nurture the potential of young individuals, and foster youth champions. Their unwavering commitment to youth and community development transcends cultural and religious boundaries, as they welcome young people from all races, cultures, and religions across North Kent. This inclusive approach has promoted mutual understanding within the community, encouraging young people to freely exchange ideas and perspectives with one another.

During the cost-of-living crisis, they have been praised for their work with families and their hub has been a place of solace to those in need. The resilience and perseverance of Youth Ngage has encouraged so many young people in the community to further themselves.

Wellbeing Award (Business Sector): **GD Teen Recruitment CIC**

George Duffort is the driving force behind GD Teen Recruitment CIC. At just 17-years old, George is dedicated to championing innovative ways to support young people during their transition from school to the workforce. Mainstream secondary education can sometimes fall short in preparing young individuals for this significant shift, but George works tirelessly to change that for everyone, with a strong emphasis on inclusivity and community impact.

George is also a passionate advocate for LGBTQ+ inclusivity, neurodiversity, and male mental health. He is also a dedicated young volunteer, working with various community organisations and local councils to make a difference.

George's unique approach to supporting wellbeing focuses on the individual. Instead of a one-size-fits-all approach, he tailors his work to each person, resulting in positive outcomes for both young people and employers. He completed Mental Health First Aid training to better assist individuals navigating the challenges of entering the workforce. His own experiences with bullying and mental health as a young person have fuelled his determination to help others overcome similar obstacles.



KMWA Winners - 2023

Gravesend

Leadership Award: **Yetunde Adeola (Youth Ngage)**

Youth Ngage has been a beacon of support for BAME youths and young people in North Kent, thanks to the leadership of Yetunde Adeola. Due to the pandemic, Yetunde had to reorganise the organisation and adopted a holistic approach to assist both youths and their families, recognising the profound impact of stress, unemployment and hardships.

Youth Ngage began offering projects tailored to meet the needs of parents, creating opportunities for them to acquire skills, receive employment support and attend parenting classes. The introduction of a Wellbeing Hub provided a friendly space for families, offering support and referrals, in which Volunteers now play a crucial role. Youth Ngage has reached out to hundreds of families, providing donations, hardship grants, job assistance, and wellbeing sessions. The Youth Club and Parents Wellbeing Hub have become vital resources, promoting engagement and fostering better relationships among parents and young people.

Yetunde's tireless efforts have positively impacted the lives of countless families. Her selfless dedication to the community have led to improved wellbeing, positive youth engagement, and a more empowering environment in Gravesham.

Maidstone

Communications: **Stephanie Clark (Cruse Bereavement Support)**

Steph has been a dedicated contributor to the Cruse Support newsletter for the past five years, showcasing her talent and thoughtfulness. Her articles, always accompanied by her beautiful drawings, provide accessible content that resonates with the bereaved and support counsellors alike. Her selflessness and care shine through, as she consistently thinks of how to support and help others.

Through her articles, Steph has demystified and destigmatised various disorders, such as Tourette Syndrome. She addresses a range of topics, from personality disorders to anxiety and depression, offering practical and personal support to readers. Her willingness to contribute despite her own struggles underscores her commitment to the wellbeing of others.

Steph's personal battles, including two years of being confined indoors due to health issues, have not deterred her from advocating for mental health solutions. Her recent diagnoses and the resulting physical and verbal ticks, social anxiety, and mental health challenges have only increased her determination to help others. Steph's dedication to writing for Cruse is a testament to her resilience and empathy for those experiencing the same difficulties.



KMWA Winners - 2023

Maidstone

Wellbeing Award (Business Sector): **Dadspace CIC**

Dadspace CIC (Community Interest Company) is committed to improving the mental health of dads by enabling them to provide mutual support to each other in a friendly setting. Their vision is to provide a safe space for dads to talk, listen and share their experiences of fatherhood across the country.

It is often said that many men keep their problems bottled up, but Dadspace excels at providing them with a relaxed setting so that men feel comfortable being able to open up, allowing them to be able to talk freely about what is worrying or upsetting them.

The driving force behind Dadspace is Denver King, the director and founder, who believes that by offering support to Dads, it has a positive impact on the whole family. All Dadspace sessions are free and they are committed to maintaining a friendly and inclusive culture, ensuring that all fathers feel welcome and supported.

Wellbeing Award (Public Sector): **Natalie Elliott and the wellbeing team at Kent Fire and Rescue**

Natalie Elliott plays a crucial role at Kent Fire and Rescue as the Staff Health and Wellbeing Manager. Her leadership and expertise have been instrumental in the development of a comprehensive staff health and wellbeing programme. This extends its support not only to frontline firefighters but to all their staff across the county. Her proactive approach has seen her team actively seek feedback from staff to refine their wellbeing initiatives, covering areas like domestic abuse, dementia awareness and financial wellbeing.

They maintain a team of Welfare Support Officers, collaborate with the Fire Fighters Charity, and have a robust mental wellbeing program. Flexible shift patterns, a zero-tolerance policy for bullying, and an inclusive culture further enhance staff welfare. These efforts have transformed the culture, encouraging open discussions about mental health and helping staff seek support.

Staff enjoy access to fitness facilities, gym discounts, and nutritional support. The organisation's commitment to environmental sustainability further enhances staff wellbeing. Natalie Elliott's proactive leadership and the collective efforts of the team make Kent Fire and Rescue Service stand out in supporting their staff.



KMWA Winners - 2023

Maidstone

Pastoral Care Award: **21 Together**

21 Together is a charity that provides support for family members, carers, friends, and professionals supporting children and young people with Down's syndrome. During the pandemic, they had to move their sessions online and developed pre-recorded resources to help parents. Communication with the community revealed that families with pre-school children were struggling with structured learning, leading to the creation of 'Teach Me Too.' This online video learning library gained support nationally, prompting its expansion to a wider audience.

Their commitment to growth and development has remained unwavering. They launched 'Learning for Life' which covers personal health, emotions, relationships, and appropriate behaviour. As the children they initially supported approached their teenage years, the organisation adapted its services to meet the changing needs. These adaptations included digital and financial support, and teaching young people with Down's syndrome to use apps for independent living and job readiness.

Their success led to the creation of a second charity, Learn and Thrive, focusing on digital resources for young people. 21 Together is committed to advocating for Down's syndrome as a specific learning need and ensuring that youngsters can reach their full potential and contribute positively to their communities.

Medway

Service Delivery Award: **The Octopus Foundation**

The Octopus Foundation has been recognised for its outstanding contributions to supporting mental health. Based on Medway City Estate, Rochester, it delivers a number of independent projects whilst also working in partnership with local authority services, national charities, local organisations who share a similar ethos; to support those who are often on the periphery of mainstream service provision.

Their Older Men's Shed Project provides retired men with a sense of purpose, fosters intergenerational communication through carpentry, and evokes memories of their working lives. The Cre8 Shed Project expands this support to men of all ages, especially those facing challenges. It provides skills, employability, and a safe space for discussions, reducing stigma around mental health.

The organisation's 'Crafteanoons' craft group helps combat loneliness and stress in older ladies, while also creating items for others. The ability to innovate and adapt has seen the Octopus Foundation being recognised with nominations for various awards, but also from BBC Morning Live – who filmed their Cre8 project.



KMWA Winners - 2023

Medway

Wellbeing Award (Charity Sector): **Nucleus Arts**

Nucleus Arts was founded in 2002 and aims to prove that beautiful, original and unique works of art can be both attainable and affordable, while at the same time providing low-cost studio space to artists in order to enable them to be able to practice their art.

The organisation runs a number of groups, exhibitions and workshops within the Medway community, in Chatham and Rochester. Groups teach a range of arts and crafts, but also work to support people with social anxiety, loneliness and mental health concerns.

One of Nucleus Arts groups is called Teen Art, aimed at 13–17-year-olds looking to develop their artistic skills. Some of those attending are home schooled, and others have diagnoses of anxiety and depression. The groups are friendly and informal and provide the opportunity for young people to enjoy art while relieving the stress and pressure of their otherwise hectic lives.

Service Delivery Award: **wHoo Cares**

wHoo Cares is a lifeline for some of the most isolated members of the community on the Hoo Peninsula. With limited transport, few amenities, and a lack of support for vulnerable individuals, many residents face social isolation, leading to worsening mental health. Established in 2015 by a group of dedicated volunteers, wHoo Cares has evolved into a vital support network for elderly residents.

While social interaction became impossible during the Covid-19 pandemic, the organisation introduced doorstep visits and distributed survival packs to promote mental wellbeing during lockdown. Their dedication reached a global scale when a supporter from Singapore, inspired by GrainLNG's prior involvement, donated items to the cause.

Post-pandemic, wHoo Cares expanded its reach and introduced additional office locations to serve a broader part of the community. They play a crucial role in bridging gaps in healthcare services and addressing social issues within these communities, providing essential support to individuals who might otherwise fall through the cracks in society. Everyone deserves mental health support, and wHoo Cares is committed to ensuring that no one is left behind.



An independent member of



Security Systems



KMWA Winners - 2023

Sevenoaks

Service Delivery Award: **The Community Cupboard**

The Community Cupboard, a charity founded in 2019, emerged from humble beginnings, initially operating from car boots. Their mission was to address the growing food and grocery needs of local residents facing financial hardships. Their approach focuses on treating each individual with dignity, aiming to reduce the stigma around seeking assistance for their families during difficult times.

Mental health support is a crucial part of their work, as they often meet individuals in distress. The charity has expanded its reach to support over 20 different agencies, providing emergency food assistance and referrals to address underlying issues. Through their volunteers and community-led projects, they've not only addressed food insecurity but also improved social isolation and mental wellbeing. The charity collaborates with local schools, community groups, and businesses to educate and raise awareness about the need for foodbanks and community support.

The Community Cupboard continues to grow and adapt to meet the evolving needs of its community, supported by a dedicated team of volunteers. They are providing a safe and welcoming space for those in need, fostering a spirit of solidarity without judgement or shame.

Swale

Wellbeing Staff Award: **The Autism Apprentice CIC**

The Autism Apprentice CIC was established in 2019 with a mission to support families caring for young individuals with autism. Their unique approach is rooted in the fact that every staff member has lived experience with autism, enabling them to understand the challenges and successes of those they serve. They offer advice and guidance clinics for families, including parents, caregivers, grandparents, and friends of autistic individuals, whether diagnosed or not.

Recognising the lack of support for parent care-givers, they sought to bridge this gap. They feel passionately about supporting others and empowering carers with the skills, knowledge and understanding to be available for the autistic person both physically and mentally. The staff pride themselves in listening to concerns without any judgement.

The organisation's advice clinics provide essential guidance to parents navigating the complexities of autism, offering support emotionally and practically to families, recognising the challenges that come with caring for a child with autism.



KMWA Winners - 2023

Thanet

Activity Co-ordinator Award: NHS Staff Meditation Sessions (East Kent Hospitals University NHS Foundation Trust)

NHS Staff Meditation Sessions is an innovative approach to wellbeing in a hospital setting. East Kent Hospitals University Foundation Trust has implemented the programme which is led by Kay Zhang and the Wellbeing Team. Initially piloted for six months, it has been a resounding success, garnering an enthusiastic following.

Participants have reported reduced anxiety and increased happiness, leading to unanimous recommendations to colleagues. The popularity of these sessions has fostered a community of NHS staff advocating for Kay's mindfulness expertise. Her dedication to staff Wellbeing earned her recognition and awards within the Trust. The sessions use the 'Five Ways to Wellbeing': fostering connections, physical activity, learning new skills, giving back, and embracing the present moment. This holistic approach, provided by NHS staff for NHS staff, has proved invaluable, surpassing traditional support methods.

Collaborative efforts to find the ideal session venue underscore their success, offering a cost-effective solution in a financially strained healthcare landscape. Kay and the team's dedication to their colleagues is testament to her commitment to their wellbeing, both within and beyond her clinical responsibilities.

Partnership Award: Hope Community Arts Fund

The Hope Community Arts Fund initiative, spearheaded by Hollie Brennan from the Kent and Medway Suicide Prevention Team, has spread the powerful message of hope to countless individuals in Kent and Medway during the summer. The initiative was born out of the recognition of the positive impact that artistic projects have had on participants' mental health. Hope Community Arts Fund aimed to harness its therapeutic potential.

Over the course of the initiative, 11 community projects brought together diverse groups of people to create artwork that symbolised hope. The artworks were exhibited at various venues, including the renowned Turner Gallery, Fremlin Walk in Maidstone, Chatham Library, and the Trinity Theatre in Tunbridge Wells. These exhibitions not only showcased the creativity of the participants but also inspired visitors to reflect on the concept of hope.

Their success can be attributed to effective collaboration between various parties, meticulous planning, and attention to detail. The project not only benefited those directly involved but also enriched the lives of those who visited the exhibitions.



KMWA Winners - 2023

Thanet

Ambassador Award: **Michael Stocker (Royal Harbour Academy)**

Michael Stocker, of the Royal Harbour Academy, is an exceptional educator known for his unwavering kindness and dedication to his students. He goes above and beyond to improve the opportunities for young people, especially those from underprivileged backgrounds, often facing complex issues like addiction, homelessness, and more.

Michael's commitment extends beyond the classroom, as he ensures that his students are provided with basic necessities such as food, clothing, and a safe environment. Michael remains resolute in his mission to support these students. His passion and dedication are truly remarkable, and he has made an indelible impact on the lives of the young people that he serves.

Michael's remarkable contributions have earned him a position as a volunteer director on the board of Youth Resilience UK - a mental health charity working with the school, reflecting the high regard in which he is held by his colleagues. His commitment to his students sets him apart and makes him a truly phenomenal educator.

Wellbeing (Charity Sector): **Pavilion Youth and Community Café**

The Pavilion Youth and Community Café is a provider of safe and inclusive spaces for young people in Broadstairs. Under the leadership of manager Victoria Suchak, the organisation has demonstrated remarkable adaptability, responding to the evolving needs of the local children and families.

The transformation from the Zone Youth Club to a new pavilion building and new name allowed the organisation to grow into a multifunctional community café, serving individuals of all ages, including the elderly, young families, at-risk youth, and those struggling with school attendance and mental health.

Recognising the increasing unaffordability of after-school facilities and social clubs, The Pavilion responded by offering 12 hours of free activities and support, further expanding as a commissioned KCC youth service. They involve stakeholders and volunteers, resulting in a diverse range of programmes, from community cafés to youth clubs and sports clubs, all provided at low or no cost. This organisation goes beyond service delivery, collaborating with local artists, distributing food, offering safe spaces during extreme weather, and supporting youth facing digital poverty.



KMWA Winners - 2023

Tonbridge and Malling

Wellbeing Space Award: **Communigrow**

Communigrow is a food education charity dedicated to fostering a supportive and inclusive community by connecting people with nature. Their sustainable projects operate off-grid, relying on solar energy and eco-friendly practices, such as composting toilets and chemical-free farming. This initiative is open to a wide range of people, including those with special educational needs, and adults with varying abilities and health conditions.

Their Field School provides educational sessions spanning wide age groups, from wellbeing programmes for individuals aged over-55 to youngsters and adults with long-term health conditions. Communigrow's outreach extends to schools and community centres serving the disadvantaged. Their commitment to community welfare is demonstrated by the creation of a pond and wildlife area that enhances biodiversity and serves as a space for mindfulness and reflection. They have established a cabin and tea garden powered by solar energy, offering shelter, conversation and relaxation.

Through participation in the Growing Green pilot, Communigrow has embraced sustainable practices and the organisation has extended its outreach activities by collaborating with local schools, food banks, and offering free family gardening sessions during school holidays. Their staff and volunteers have created a unique environment for the local community.



Proud to present tonight's Awards

- **Advocacy**
- **Awareness Workshops**
- **Barbershop Project**
- **Crisis Cafe**
- **Education and Training**
- **Employment Support**
- **Mental Health First Aid**
- **Recovery College**
- **Suicide Prevention**
- **Talking Therapies**

For information about our services, please visit our websites
at: mindinbexley.org.uk or eastkentmind.org.uk

INTERVIEW

Sir Terry Waite

Our guest speaker is the distinguished humanitarian and he kindly granted us the opportunity to find out more about him.

Who were your role models when you were younger and why?

I honestly do not believe I ever had a role model. If I did, I wasn't conscious of one. My early years were spent in a small village in Cheshire before the days of TV. I was an avid radio listener and have remained so to this day. I suppose my role models were those whom I read about in the books by WE Johns, RM Ballantyne, Arthur Ransom and so on.

You are the UK President of Emmaus – can you explain why that charity is close to your heart?

I have always had sympathy for those on the margins of life - the homeless, the prisoner, the outcast. When I was captured, that sympathy was developed into empathy. Sympathy is to feel sorry for. Empathy is to know what it is like to have nothing. To be kicked around and to be considered worthless. That naturally led me to Emmaus for the homeless and I've been with them since they began in the UK some 30 years ago.



Picture courtesy of James Gifford-Mead

Was there any particular piece of advice that someone has given you that has stuck with you?

This question has really stumped me! I can't think of any particular piece of advice that I was given, but I well remember those who had a vital role in the formation of my character. My father, my headmaster, the Grenadier Guards. They taught me to have self-respect and to respect others even if one disagreed with them.


in Bexley
and East Kent



@mindinbexley



@eastkentmind



**Follow us on
social media**

Sir Terry Waite interview (continued)

You became a household name almost overnight, how did you cope with the press intrusion and being a well-recognised figure? I have few illusions about myself. I don't regard myself as being of great importance. There are many more people far more deserving of recognition than myself. I try to relate to all people, regardless of their position in life, as fellow human beings.

Away from your writing and charity work – how do you like to spend your free time? I don't have a lot of so called, 'free time'. I enjoy music and am an avid reader. Work and leisure are pretty much the same for me. I am very fortunate to have been able to enjoy my work even though it has had its difficult moments. **We would like to thank Sir Terry Waite for taking the time to speak to us and being our special guest speaker at tonight's ceremony.**



We can make you feel better in 2023

Find out about our programmes:
ABetterMedway.co.uk

**A BETTER
MEDWAY**
Easier ways to be healthy

Medway
COUNCIL
Serving You



HEMPSTEAD HOUSE
COUNTRY HOUSE HOTEL & SPA

WELCOME TO HEMPSTEAD HOUSE HOTEL & SPA

We look forward to being your perfect venue for leisure, wedding, corporate or family occasion



Kent Mental Wellbeing Awards 2023



AUDIT • TAX • ADVISORY



**MHA proud to
be part of the Kent
Mental Wellbeing
Awards.**

Now, for tomorrow



An independent member of
bakertilly
INTERNATIONAL

Grain LNG – Proudly Supporting the Kent Mental Wellbeing Awards



Grain LNG is Europe's largest LNG importation terminal and is committed to the wellbeing of its community



GrainLNG



Kent Mental Wellbeing Awards 2023



DESIGN

PRINT

SIGNS

MERCH

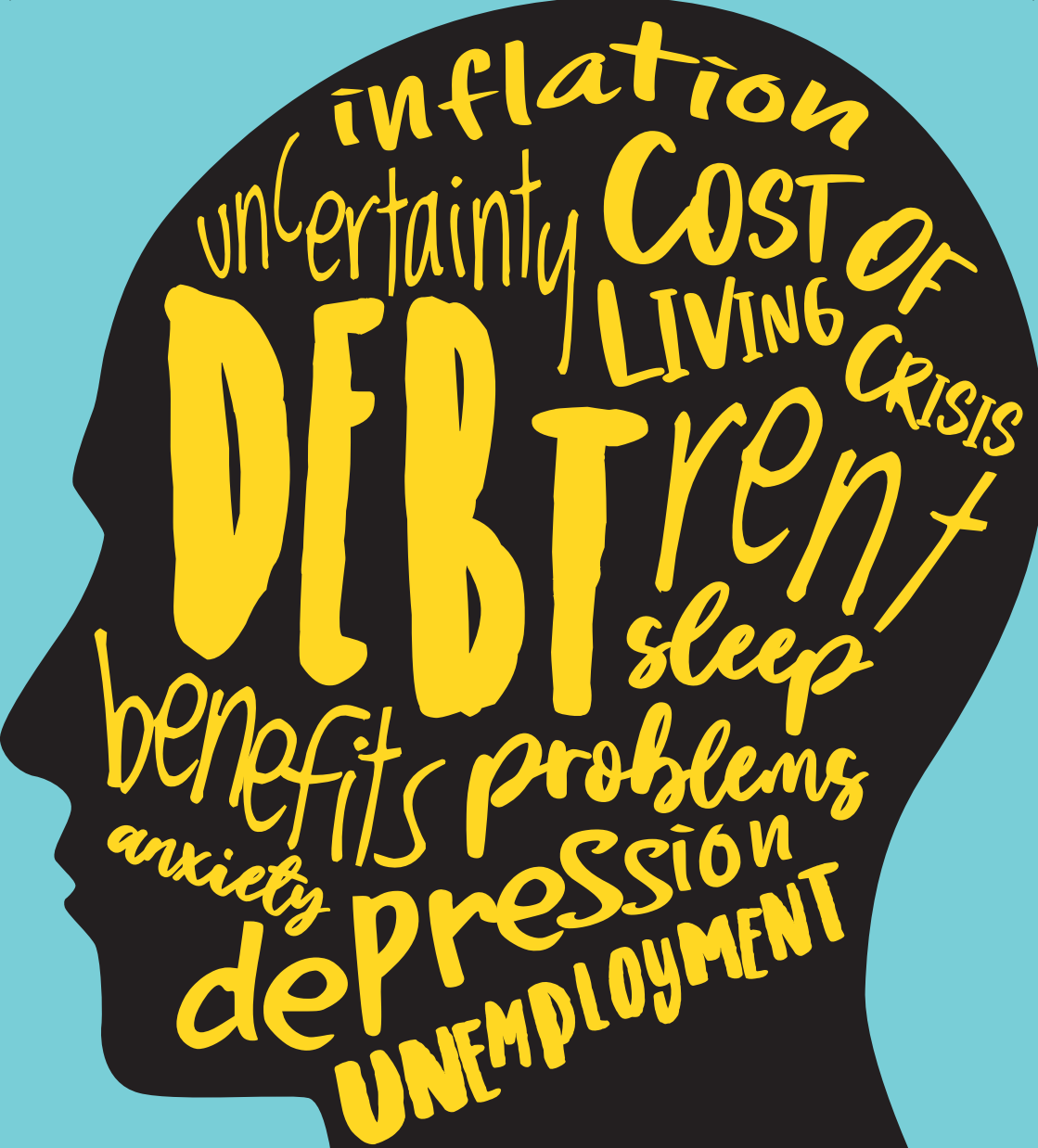


hello@cactusgraphics.co.uk

www.cactusgraphics.co.uk

Find us on





Release the
pressure -
don't suffer
in silence

Text **KENT** to 85258 for free, or phone
0800 107 0160 for confidential support
on any issue 24/7.

For more information visit
releasethepressure.uk

Support is free and confidential, provided by an independent charity
and funded by Kent and Medway health and social care partners.

Medway
Coventry
Serving You

