

About us

North Kent Mind (formerly Dartford, Gravesham and Swanley Mind) is an independent mental health charity operating in North Kent. and affiliated to the National Mind Charity. Our charity was established in 1967.

When fundraising it is important to always emphasis that you are fundraising for North Kent Mind rather than just Mind.

We provide a wide range of services for people who experience mental health problems.

Our services include supported housing, low cost counselling, wellbeing services, employment support services, peer support services, training services, and talking therapies. We work closely with other local organisations, where this is the best way of achieving our aims, and are supported in our work by paid staff, trained volunteers, and student social workers and trainee mental health nurses on placement.

In North Kent Mind we are committed to continuously improve our services through quality review and services users' feedback. We also work with local business and the community to raise awareness of mental health issues.

Why support us?

Raising Awareness

The chances are that right now someone you know is dealing with a mental health problem, whether it be a family member, neighbour or colleague. Unlike other illnesses, mental health issues are not easy to talk about However with your help we can change this.

All of the fundraising activities are focused not only on collecting money, but on raising awareness of Mental Health Issues.

Continuation of Services

The money you raise will go towards the continuation of the service we provide and also to expand our services to a wider audience. We also need the support of local people to ensure the service we provide continues.... we need your help.

“It wasn't until I came to Mind that I found there was someone to help”

How to help

Thank you for wanting to fundraise for North Kent Mind. We really value your help and want to give you the best possible support to help you in your fundraising activities!

How about taking part in a sponsored event' such as a run, swim or cycle? These take place all over the country and are at all different distances from 5k runs to full Marathons. These are great ways to not only raise money for North Kent Mind, but also to have a fantastic experience and sense of achievement. For ideas on challenges visit; www.doitforcharity.com.

We want to give you the best possible support to help you reach your fundraising targets. If you would like we can arrange a visit to our main centre in Dartford and meet us for a chat about your plan and how the money you raise can help.

Fundraising Guidelines

There are a number of activities for which you will need a license. You should check carefully on the relevant websites when you are planning an event to make sure you have covered the licensing requirements.

Insurance

Our insurance does not cover events organised by our supporters. You must make sure that you have an appropriate level of insurance in place for the activity or event . Check whether the venue or organiser has their own insurance which will cover what you are planning, you may be able to pay a small supplement for your event to be included in their policy. As a minimum, ensure that you have public liability insurance if the public will participate.

Risk

You must ensure that you carry out appropriate risk assessments for your fundraising activity. A risk assessment is intended to help you identify the risks involved in your event or activity, assess the likelihood of the risk arising, find ways in which you might eliminate or reduce the risk. There is a useful summary on the Health and Safety Executive website: hse.gov.uk

Gift Aid

Gift Aid is simple and costs you nothing; if you are a UK taxpayer we can claim an extra 25p for every £1 that you donate. So a £10 donation can be worth £12.50 to us. If people are sponsoring you, you can do the same by entering their full name and address and ticking the Gift Aid box on your sponsor form.

Online

We recommend using **My Donate**:

<https://mydonate.bt.com/donation/v4/donate.html?charity=northkentmind>

Alternatively use **Virgin Money Giving** (they do charge us a percentage):

virginmoneygiving.com/charities/northkentmind

Visit the websites, follow the easy instructions to 'start fundraising' and create your own personalised page. with a unique web address for you to share.

Social media

It's so easy to spread the word about your fundraising; Tweet regularly to keep followers interested. We can tweet for you on our accounts. Use hash-tags # to group your tweets by subject and make them easy to find.

You can also spread the word about your fundraising activities to your friends on Facebook. We can post on our Facebook account for you. Use status updates to keep everyone informed about your progress. Always put a link to your online sponsor page. Create a 'group' or an 'event' and invite your friends. Share your story: tell people why you are fundraising for North Kent Mind

How to send in your money

To send in your money by post Send a cheque payable to **North Kent Mind** to the address below. However please do not send in cash.

Remember to send in any sponsorship forms you have and write a quick note with your name and what fundraising activity you are doing (this way we know what money is from what person!)

You can also donate the money online through the virgin money giving website.

To make a direct BACS payment please contact our finance department.

Our contact details

admin@northkentmind.co.uk.

Registered company No.5093370 Limited by Guarantee.

Charity No.1103790.

www.twitter.com/northkentmind.

www.facebook.com/NorthKentMind.

01322 291380

The Almshouses, 20 West Hill, Dartford, Kent, DA1 2EP.

North Kent Mind's other services

Wellbeing Services:

A range of open and activity sessions, courses and groups.

Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £10.00 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for social work students, mental health nurse trainees and trainee counsellors. Mental health training sessions in various settings.

Training Services

Mental health training.

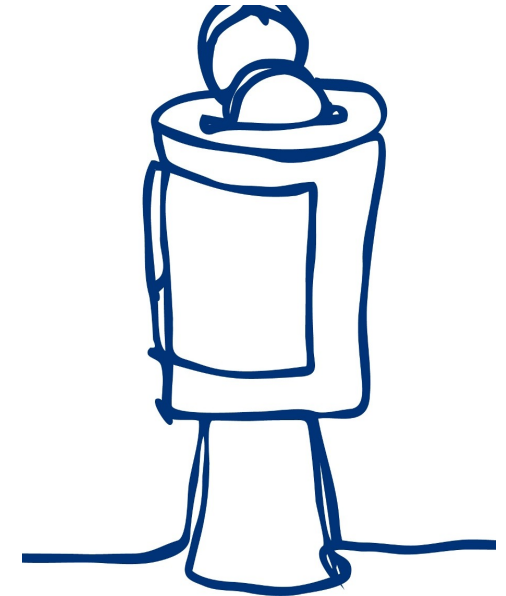
Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

northkentmind.co.uk

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.



Fundraising
for
North Kent Mind