

PDF-Personal Development Fund

Things that the fund has funded include: Mind conferences; travel and accommodation for conferences and training courses; art materials and tools for night classes; correspondence courses; travel to summer schools; towards the cost of degree courses; Courses to understand the Recovery approach; training for Reiki at various levels; photography and poetry. Laptops printers; book publishing;

People say: Thankyou; you have helped my confidence; I have completed level I and hope to go onto level II in the autumn. You have given me the Confidence to complete this; Having this grant has kept me well. I now know I will be able to work again. This has helped me to turn my life Around! The conference was really worth attending.



- **It's a fund available for service users and carers living in East or West Kent**
- **You can apply for amounts up to £500 to help your personal development**
- **A panel of service users, carers and voluntary organizations meets every 3 months to choose**
- **It is a simple process: you apply and if the panel agree, you get a cheque!**

Write to:
Sevenoaks Area Mind
34 St John's Road
Sevenoaks, Kent
TN13 3LW

or ring or email:
Tel: 01732 744950
Email: admin@sevenoaksareamind.org.uk
to obtain an application form.

Sevenoaks Area



For better
mental health