



CMK

Community Wellbeing

Programme Brochure

We empower and support communities to live happy, healthy and fulfilling lives through the delivery of holistic wellbeing projects and programmes.



www.cmk-cic.org

info@cmk-cic.org



WHO ARE CMK?



CMK is a not-for-profit organisation, providing preventative wellbeing services to communities and workplaces in Kent and across the UK.

Our Vision

Where everyone has access to education and services to support individual and community wellbeing, no matter their background or barriers faced.

Our Mission

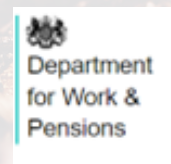
To empower individuals and communities to lead a healthier and more fulfilling lifestyle no matter their background or circumstance, through the delivery of holistic wellbeing solutions.

Our Values



Community
Expertise
Creativity
Impact
Partnerships
Integrity

Our partners include...



we can Relate



LEARN MORE

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WHY OUR WORK MATTERS

Wellbeing is a sustainable condition allowing individuals and communities to thrive[1] and involves the experience of positive emotions, positive relationships, a sense of purpose and autonomy in one's life as well as the development of one's own potential[2]. It is linked to both professional and personal success – individuals with higher wellbeing levels demonstrate greater productivity, more effective learning and increased creativity, prosocial behaviours and positive relationships.[3][4][5] High wellbeing levels mean better physical health outcomes and longevity of life,[6] and are linked to increased economic performance at a national level.[7] Importantly, childhood wellbeing has been evidenced to link with future wellbeing in adulthood.[8]

Unfortunately, in a similar way to the experience of health inequality in general, wellbeing inequality impacts the UK in a way linked to social, economic and environmental factors, with a variety of groups experiencing the lowest wellbeing levels.[9] These groups include:



- Those experiencing bad or very bad health (such as inclusion health groups or individuals with long term illness)

- Those experiencing disability

- Unpaid family workers/carers

- The economically inactive



- Single/separated/divorced/widowed

- Renters

- Those with basic education levels or below

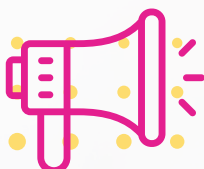
- Those residing in postcodes of high deprivation



- Marginalised groups



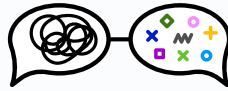
CMK looks to engage with these groups, delivering a range of holistic and preventative services enhancing individual and community wellbeing whilst tackling health and wellbeing inequalities.



We incorporate community voice within the design, delivery and evaluation of our programmes



OUR PROGRAMMES



Community-based youth programmes

4

Community programmes 18 +

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Parent education & wellbeing



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Social inclusion activities

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Peer support groups

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Community events



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Training & support for community-facing organisations

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See our CMK Corporate Services brochure for information on our workplace wellbeing programmes



We incorporate community voice within the design, delivery and evaluation of our programmes



COMMUNITY-BASED YOUTH PROGRAMMES

CMK CONNECT – 13–17 yrs



The CMK Connect Programme is an opportunity for young people in the Thanet community to get active, take time for self care, build new connections, learn new skills, develop positive habits, build confidence and improve overall wellbeing.

Delivered in partnership with organisations across Thanet, the programme offers young people aged 13–17 years the opportunity to take part in various FREE or low cost activities linked to different interests or to try something new, and collect points as they go by using their CMK Connect Loyalty Card (available at the activities or from CMK via email). These points can then be exchanged for rewards.



If you work with young people in Thanet and would like to find out more, scan the QR code, follow us on Instagram @cmkcommunity or contact the team at info@cmk-cic.org



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COMMUNITY-BASED YOUTH PROGRAMMES

YOUTH MENTAL HEALTH FIRST AID COURSE



Are your service users 16-18 and would they benefit from the development of peer-to-peer support skills in youth mental health first aid, or do your staff support youths in the local community? We offer MHFA England endorsed Youth Mental Health First Aid training which covers the following:

- Understanding of young people's health & factors affecting wellbeing
- Practical skills to spot signs and triggers
- Confidence to reassure and support the young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Signposting to relevant and up-to-date support
- Tools to look after your own wellbeing
- Ongoing access to MHFAiders support app.



MHFA England

- ✓ MHFA England endorsed
- ✓ Licensed practitioners
- ✓ Flexible learning
- ✓ in-house/online
- ✓ Ongoing access to MHFAiders support app
- ✓ Certificate of attendance

**HALF-DAY
YMHFA TRAINING**
become youth
mental health
aware

**1-DAY YMHFA
TRAINING**
become a YMHFA
Champion

**2-DAY YMHFA
TRAINING**
become a youth
mental health
first aider

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COMMUNITY-BASED YOUTH PROGRAMMES

WELLBEING WORKSHOPS, WEBINARS, TALKS & EVENTS



Does your organisation support younger members of the local community who would benefit from a range of workshops, webinars or talks covering key themes pertinent to young people's health and wellbeing? CMK have developed a variety of 'off-the-shelf' and bespoke interactive sessions suitable for younger members of the community, covering topics such as positive body image and self-affirmations, healthy habit formation, and stress and anxiety in neurodivergent teens and managing exam stress. Speak to us about the specific wellbeing needs of your user group and we'll work with you to develop a suitable and engaging session/programme for your young people.



- ✓ Expert practitioners
- ✓ In-house/online
- ✓ Engaging and interactive
- ✓ Bespoke development
- ✓ Evidence-based

CMK can 'pop-up' at community youth events with our CMK Wellbeing Pod. See pg. 15 for further info.

DID YOU KNOW?

Our PHASE transformational coaching programme can also be adapted for younger audiences. See p.7 for further information

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COMMUNITY PROGRAMMES

18+

PHASE PROGRAMME

PHYSICAL ACTIVITY
HEALTHY MINDS
ASPIRATIONS
SELF CARE
EDUCATION

Introducing the PHASE wellbeing coaching programme - an innovative 12-week wellbeing coaching programme equipping participants with the necessary skills, tools & confidence to cultivate a healthier and thriving version of themselves. The programme is suitable for individuals from all backgrounds and can be adapted to suit all ages and learning requirements. Our team of experienced coaches will empower participants to build self-efficacy and make transformational changes to improve their lives.

HOW IS PHASE DELIVERED?



- ✓ Delivered across 12 weeks (3 hours per module)
- ✓ Facilitated by Health and Wellbeing experts
- ✓ Our aim is to provide a safe and secure environment that encourages growth and learning, without requiring any specific exams.
- ✓ Our learning environment is both enjoyable and fun
- ✓ Ongoing mentoring support & guidance

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PHASE PROGRAMME

8

WEEK
1

Programme Expectations
Introduction to Wellbeing
PERMA Survey 1

WEEK
2

Activity
Creating Your Vision
Game of Life

WEEK
3

Activity
Understanding Stress
Stress Management

WEEK
4

Activity
Mental Health Aware
Importance of Self Care

WEEK
5

Activity
Building Connections
Identifying Priorities

WEEK
6

PERMA Survey 2
Goals & Purpose
Guest Speaker

WEEK
7

Activity
Strengths & Values
Moving Forward

WEEK
8

Activity
Emotional Health
Healthy Habits

WEEK
9

Activity
Communication Skills
Happy Hormones

WEEK
10

Activity
6 Ways to Wellbeing
Self Care Plan

WEEK
11

Activity
Challenging Self Doubt
Importance of Mindset

WEEK
12

Activity
Action Planning
PERMA Survey 3


**The modules and length of programme
can be adapted to meet participant need**



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COMMUNITY PROGRAMMES

WORKSHOPS, TALKS & WEBINARS



Workshop

CMK offers a broad range of wellbeing workshops, talks and webinars suitable for delivery to individuals and groups within our local community. These are designed and delivered by our CMK expert practitioners, health coaches and positive psychologists and cover a broad range of topics. Sessions can be tailored to suit the wellbeing needs of your community user groups. We continually update our offer to meet participant need, but see topics below and overleaf for a rough overview of our offering.

Building Resilience

Using Strengths & Values

Suicide Awareness

Managing Stress

Building Psychological Capital

Overcoming Grief

Fostering deeper connections

Menopause Awareness

Let's Talk Wellbeing

Food & Mood

Addiction Awareness & Recovery

Healthy Habits

PARENT EDUCATION & WELLBEING

PARENT WORKSHOPS/WEBINARS

CMK offers a broad range of parent wellbeing workshops, talks and webinars, designed and delivered by our CMK expert practitioners, health coaches and positive psychologists. We work closely with organisations to tailor sessions in ways that meet parent participant need and cover a broad range of topics empowering parents to look after their own wellbeing and, in turn, their children's and family's. See topics below for a rough overview of our offering, which is constantly updated in line with need.

Building positive parent/child relationships

Parent/child co-regulation

Parenting and Neurodivergence

Family wellbeing

Financial wellbeing

Supporting your child's wellbeing

Family Food & Mood

Parent self-care

Creative wellbeing for parents

Our MHFA England endorsed Youth Mental Health First Aid courses are also suitable for parents/carers interested in developing skills to support their child's mental health. See p.5 for further information

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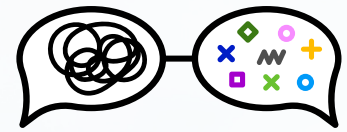
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PARENT EDUCATION & WELLBEING

WORKSHOP FEATURE



STRESS & ANXIETY IN NEURODIVERGENT TEENS



Being a teenager can be an anxious time with social shifts, exam pressure and high expectations and this can often be compounded for Neurodivergent young people. In this 90-minute session we will explore some of the neuroscience that explains how the teenage brain works, understand more about the mental, emotional and physiological experience of being Neurodivergent and why that can lead to greater stress and anxiety. Our practitioner will share practical ways to support our young people and parents will leave with lots of takeaway techniques, feeling empowered to use them collaboratively with their family. There will also be space to ask questions particular to parents' own experience.

Holly Sutcliffe delivers this session on behalf of CMK.



Holly Sutcliffe is a Neurodivergent advocate who works with families using yoga, spirituality, embodiment and somatic therapy for liberation. Holly draws on a wide range of personal and professional experience to campaign for and promote Neurodivergent acceptance and joy.



PARENT EDUCATION & WELLBEING



PARENTS OF CHILDREN WITH CANCER SUPPORT PROGRAMME

COMING SOON

CMK understand the direct correlation between parent and child wellbeing in paediatric cancer and are currently working with our local hospital trusts to develop a wellbeing programme to support parents/carers of children with a cancer diagnosis in East Kent. Whilst parents and families affected by childhood cancer may benefit from nationally-based charities offering support when children are in active treatment, there is a gap in locally-based provision when parents and families return home from specialist hospitals located outside of Kent. This programme will seek to address this gap in providing a package of parent/carer wellbeing support in partnership with other locally-based community partners. Our programme will include the following:

- Engagement with and incorporation of parent/carer voice to inform programme development
- Wellbeing bags to be given to parents at the time of their child's diagnosis
- Parent/carer peer support group/s
- A programme of wellbeing events to enhance wellbeing and build resilience (e.g. free holistic, complimentary therapies)



THANK YOU TO SPACEMASKS
FOR DONATING TO OUR
PARENT WELLBEING BAGS



If you work with families affected by childhood cancer or would like to support our programme in any way, please get in contact for further information

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SOCIAL INCLUSION ACTIVITIES

CMK WALK & TALK



CMK organise a 'walk and talk' for members of the community to come together, connect and stroll or roll (for those with wheelchairs or pushchairs) along our beautiful coastline and the surrounding areas. Our walking group includes a themed informative talk once-a-month given participants the opportunity to learn more about the local area. Open to all walking abilities and members of the community.



Mondays (except bank holidays)
9:30–10:30am



St Mildred's Bay, Westgate-on-sea
(start and end between the two cafés)

Improve
physical
health

Build social
connections

Connect
with nature

Learn
something
new

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PEER SUPPORT GROUPS



MANSPLACE



CMK provide funding for Manspace - a peer-to-peer men's wellbeing support group. Manspace is a space for men of any age and background to come together, support and be supported in an informal, comfortable setting.

Manspace "provides a listening ear with no judgement. It's a way for men to feel that they're not the only one feeling a certain way."

(Manspace group participant)



Men's Peer Support Group



Feel connected & find common ground



Positive, inclusive support space



Open to men of any age & background



Facilitated by skilled practitioners with lived experience, trained in recovery coaching & addiction



**EVERY MONDAY, 7PM
MARGATE CAVES
COMMUNITY ROOM
1 NORTHDOWN RD
MARGATE
CT9 1FG**



COMMUNITY EVENTS

CMK WELLBEING POD

Our 'pop-up' CMK wellbeing pod experience is a fun and interactive session, great for raising wellbeing awareness at events in the community. Our pod includes access to a range of resources and information on increasing mental and physical wellbeing. The pod sessions are facilitated by a team of health and wellbeing coaches who bring a wealth of knowledge and expertise to help empower communities in building a healthier and more fulfilling lifestyle. Our pod sessions can be tailored to meet the interests and needs of specific community groups.

- Body analysis checks
- Physical activity tasters
- Blood pressure checks
- Wellbeing wheel
- Nutrition advice
- Self-care tips
- Wellbeing quiz



WE CAN ALSO DELIVER WORKSHOPS/TALKS
AT YOUR COMMUNITY EVENT - SEE P.9 -
10 FOR FURTHER INFO



TRAINING & SUPPORT FOR COMMUNITY-FACING ORGANISATIONS

MENTAL HEALTH FIRST AID TRAINING

CMK support the training and development of staff in community-facing organisations and roles with our MHFA England endorsed Adult and Youth Mental Health First Aid programmes. Our licensed practitioners will equip your staff with the skills and knowledge required to recognise the signs and symptoms of mental illness and offer initial stages of support to those in need. Our programmes cover the below content:



MHFA England

- Signs of poor mental health and ways to offer first-level support and intervention
- Mental health signposting and resources
- Non-judgemental active listening and empathy
- The development of mental health literacy around language and stigma
- The role of the MHFAider® role in depth, including boundaries and confidentiality
- The practice of self-care
- MHFAider Support App®

**2-DAY MHFA
TRAINING**
become a mental
health first aider

**1-DAY MHFA
TRAINING**
become a MHFA
Champion

**HALF-DAY MHFA
TRAINING**
become mental
health aware

MHFA
Refresher
Training
also available

- ✓ **MHFA England endorsed**
- ✓ **Licensed practitioners**
- ✓ **Flexible learning**
- ✓ **Online or face-to-face**
- ✓ **Ongoing access to MHFAiders support app**

**See our CMK Corporate Services brochure
for further information on our workplace
wellbeing programmes**

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TRAINING & SUPPORT FOR COMMUNITY-FACING ORGANISATIONS

FUNDING SUPPORT AND COLLABORATION



Do your organisational objectives align with ours? Are you interested in improving health and wellbeing outcomes for under-represented communities in local areas of deprivation? CMK understand the greatest impact is achieved through joined-up working with organisations equally invested within the communities we serve. We work collaboratively with other local, community-facing organisations in the following ways:



STRATEGIC & DELIVERY PARTNERSHIPS



COLLABORATIVE BIDS



SUPPORT WITH BID-WRITING/GRANT-FINDING



SOME DISCRETIONARY SUPPORT FOR TRAINING AND OVERHEADS



Working together for the greater good



Contact the CMK team for further information



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