Kent and Medway Mental Health Charity Winter Appeal
Give a little faith – Gifting and donation guide

Share a little kindness. Bring a little hope.

Help us make a difference
This winter, we're asking communities across Kent and Medway to come together to support people receiving mental health care.

The Kent and Medway Mental Health Charity works alongside Kent and Medway Mental Health NHS Trust to fund additional resources, activities and experiences that go beyond what NHS funding can provide.

For someone experiencing mental ill health, a thoughtful gift, a familiar faith resource or a simple act of kindness can offer comfort, encouragement and a reminder that someone cares.

Your donations can help people feel valued, respected, connected and supported during their mental health care.

There are 2 ways to support our appeal: donate a new gift for a young person or give a faith-related item that can support adults and children receiving mental health care.

1. **Gift donations**
   Help bring comfort, encouragement and moments of joy. We're welcoming donations of new gifts for children and young people aged 12–17 receiving mental health care.

   We want to provide thoughtful gifts that offer enjoyment, encourage creativity, support relaxation and give young people something positive to focus on.

   Suggested gift ideas
   Creativity and expression
   - Sketchbooks and notebooks
   - Colouring books
   - Colouring pencils and felt-tip pens
   - Art and craft activity books
   - Creative activity sets approved by the trust

   Books and activities
   - Age-appropriate fiction and reading books
   - Journals and diaries
   - Puzzle and activity books
   - Jigsaws
   - Suitable card and board games

   Wellbeing and relaxation
   - Suitable sensory or fidget items

- New, comfortable socks
- Relaxation and creative activity resources

Gift donation guidelines
To ensure gifts are appropriate for young people receiving mental health care, please follow these guidelines:

- **New gifts only:** All donations must be brand new, unused and in their original packaging.
- **Age appropriate:** Gifts must be suitable for young people aged 12–17.
- **Safe and suitable:** Items must be appropriate for use in a mental health care environment and will be subject to trust approval.
- **Complete and undamaged:** Please ensure all items are in good condition, with no missing parts or damage.
- **No personal messages**: Please do not include personal notes, contact details or messages inside gifts.
- **Unwrapped gifts preferred**: Please leave gifts unwrapped so they can be checked by trust colleagues before being distributed.
- **Check before donating:** If you are unsure whether an item is suitable, please contact the charity before purchasing or donating it.

Items we cannot accept
Please do not donate:

- Second-hand or previously used items.
- Opened toiletries, cosmetics or personal care products.
- Homemade food, sweets or perishable items.
- Items containing alcohol or other age-restricted substances.
- Items that could present a safety risk in a mental health care setting.

Some everyday items may not be suitable for particular patients or care environments. All donations will be reviewed by the trust before being shared.

2. Faith-related donations
Help adults and children stay connected to what matters to them. Faith, spirituality and familiar traditions can offer comfort, reassurance, hope and a sense of belonging to people of all ages.

We're welcoming donations of new faith-related items and resources for adults, children and young people receiving mental health care.

These resources can help people maintain a connection with their individual beliefs, faith and traditions while receiving care.

Suggested faith-related donations

- Religious texts
- Children's Bible study materials
- Age-appropriate faith-based books and reading materials
- Prayer and reflection books
- Faith-based colouring and activity books for adults and children

- Reading materials about different faiths and spiritual traditions
- Resources supporting personal reflection and spiritual wellbeing

We want to celebrate the diversity of faiths, beliefs and traditions across Kent and Medway.

Faith-related donation guidelines

- Please donate new, unused items wherever possible.
- Items should be suitable for the intended age group.
- Pre-used items need to be in good condition and suitable for use in a care environment.
- Please leave donations unwrapped so they can be checked.
- Check with the charity before donating specialist or larger items.
- All items will be subject to trust approval before being shared with patients.

3. How to donate

Drop off your gifts and faith-related items:

Monday to Friday, 9am–5pm
Kent and Medway Mental Health Charity,
Priority House, Hermitage Lane, Maidstone, Kent ME16 9PH

Prefer to make a financial donation?

Every contribution helps fund additional resources and activities to improve the experiences of people receiving mental health care.

3. Donate online

- Scan the campaign QR code to visit our JustGiving page.

- DONATE BY TEXT: Text FAITH to 70470, followed by your chosen amount (for example, FAITH 5).

4. Help spread the word

You can make a difference by sharing the appeal with your community.

Encourage your church, mosque, temple, faith group, school, workplace or community organisation to support Give a Little Faith. You can download a Give a little faith poster here.

You don’t need to share someone’s beliefs to show you care.

Thank you for helping us bring comfort, connection and hope to people receiving mental health care across Kent and Medway.

Kent and Medway Mental Health Charity
Working alongside Kent and Medway Mental Health NHS Trust.

Registered Charity Number: 1202262