



Press release – 27th April 2023

The Rocksalt Group supporting South Kent Mind in raising vital funds and awareness for Mental Health Awareness Week

In support of Mental Health Awareness Week (15th May to 21st May 2023), The Rocksalt Group has partnered with local mental health charity South Kent Mind and will be adding a £1 optional donation to all transactions across its sites throughout this week.

Mental Health Awareness Week takes place every year to raise the profile of different issues that can negatively impact people's mental health and wellbeing. This year's theme is "anxiety" and in response to this, The Rocksalt Group has partnered with local mental health charity South Kent Mind to raise funds for their service and activities aimed at supporting local people struggling with low mood and anxiety.

Throughout Mental Health Awareness Week, all sites across The Rocksalt Group will be adding an optional £1 donation to all transactions that will then go towards funding South Kent Mind's community services such as low cost counselling, free cookery classes in Folkestone and mental health workshops for young people across the Folkestone & Dover districts. As well as funding, The Rocksalt Group will also be highlighting the support offered by South Kent Mind and encouraging both staff and customers to reflect on their own mental health and wellbeing and to reach out for support at the earliest stage.

In a survey for World Mental Health Day in October 2022, South Kent Mind found that around 64% of South Kent respondents described their mental health as average to poor, with the main reasons for low mood and anxiety being finances, bereavement and physical health.

In a study carried out by University of Cambridge and UCL, it was found that mental health problems such as depression are most common in the hospitality sector, with just under one in four people surveyed (23.8%) reporting mental health problems.

Josh De Haan, Business Owner- The Rocksalt Group commented, "We are delighted to be supporting South Kent Mind charity on this initiative throughout Mental Health Awareness Week. They are a local Folkestone based charity who need vital support from local businesses in order to continue their work and we are proud to be involved in helping them raise funds for this event in May. Working within the hospitality industry can at times mean long unsocial hours for our staff so as well as raising awareness, we want to ensure that our own staff feel supported and are aware of these services should they feel like they need extra support at any time. In our busy modern day world, it's important that everyone takes mental health seriously so it's a good reminder to us all to not only check in with ourselves but also our employees too."

Sheridan Hammond, CEO South Kent Mind commented, "We are extremely grateful for the support we are receiving from our partnership with The Rocksalt Group. The money we are hoping to raise will continue to help us provide vital care and support to those people within our community who are struggling with their mental health. If you require any help with your own mental health or if you are an employer and would like to talk to us about our mental health training for your staff , please get in touch with us on 01303 250090 or www.southkentmind.org.uk."

About South Kent Mind

South Kent Mind is a local mental health and wellbeing charity supporting residents across the Folkestone & Hythe District and Dover District areas. Its mission is that everyone across South Kent has someone to turn to for support with their mental health and wellbeing. It offers group wellbeing workshops, social activities to build confidence, money mentorship services, support to pupils in schools and low cost counselling.

Website: www.southkentmind.org.uk

Facebook: <https://www.facebook.com/southkentmind>

Instagram: <https://www.instagram.com/southkentmind/>

About The Rocksalt Group

The Rocksalt Group is a collection of Kent's finest restaurants and pubs operated by the talented teams behind their flagship restaurant Rocksalt, located in Folkestone Harbour. From our beachside venues to our more rural pubs set in the heart of the Kent countryside, you can explore the full group here www.therocksaltgroup.com.

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