To celebrate
World Mental Health Day

Certified B Corporation

# We walked with
# SUZANNE HOWE
# COMMUNICATIONS

## Saturday 10th October 2026

In aid of mind Mid Kent

We chose **Mind Mid Kent** as our preferred charity
several years ago because we believe that
mental health is a significant issue in today's society.
Additionally, it is a local charity that has a positive impact
on our community. We have participated in a walk
every year for the past seven years, and this year,
we completed our seventh walk on Saturday, October 10th.
Some of us walked together in a group,
while others chose to walk in their local areas.

In aid of mind Mid Kent








In aid of
Mid Kent


Walk with
















Walk with
SUZANNE HOWE
COMMUNICATIONS












BROWNIES







Now you have viewed the images from our walk on Saturday, 10th October, I hope you might consider donating to my JustGiving page in aid of **Mind Mid Kent**.

Please click on the logotype below to donate.

Thank you very much,

**Suzanne**

In aid of mind Mid Kent