

NEWS RELEASE



7 July 2026

A BLOSSOMING DISPLAY OF HOPE

A carpet bed on The Leas in Folkestone has been created highlighting the ways in which anyone needing mental health help and support can access it.

In September 2025, Folkestone played its part in carrying the Baton of Hope as part of an initiative aimed at shining a light on suicide prevention.

The nation-wide project works to raise awareness of organisations and charities that support people in times of need, including those experiencing loneliness.

Folkestone & Hythe District Council, along with the local charity [The Sports Trust](#), came together to walk and skate the Olympic torch-style symbol of hope around the town and harbour.

[Folkestone's Safe Haven](#), which supports those experiencing a mental health crisis or in need of help, also hosted a drop-in event focusing on wellbeing and how to seek professional support.

These initiatives [formed part of a warm-up event](#) ahead of the Kent leg of the Baton's national tour across the UK.

The conversation around suicide prevention did not stop there. The new carpet bed has been created by the council's ground maintenance team to further recognise this important work.

For many, a walk along The Leas promenade offers an escape from the everyday, with stunning views of the coastline and the abundance of nature on display.

Visitors can benefit from taking a walk, sitting and relaxing, or taking time to view this stunning flower bed. In addition, the benefits of physical exercise in improving mental health cannot be underestimated.

Cllr Mike Blakemore, Cabinet Member for Community and Collaboration, said:

“At the heart of the Baton of Hope initiative is a reminder of the support available to people who feel they have no one else to turn to.”

If you would like to learn more about The Baton of Hope, please visit thebatonofhope.org.

Further information on how to find support locally can be found at folkestone-hythe.gov.uk/health-wellbeing.

ENDS

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Photograph of the Baton of Hope flower bed on the Leas.

