

MCSC News

The Home of Community Work



We were pleased to welcome the Mayor of Maidstone Cllr. Marion Ring to MCSC's 32nd Annual General Meeting on the 15th October.

Madam Mayor highlighted the Centre's importance to the Maidstone Community.

Also present are MCSC Trustees Barry Snashall (Finance) , Peter Cox (Chairman), Don Brand (President) and Tad Taberer (CEO)

Special thanks goes to

ONEMaidstone
Business Improvement District

for the above picture.



On Tuesday 1st October Therapy Partners mindfulness Coach Deborah will run our free mindfulness taster session at Maidstone Community Support Centre. Deborah shared her experiences meditation tips and techniques to help you live mindfully and reduce your anxiety, and nobody has to lie on the floor! The event

was fully booked, and people went away feeling calm and refreshed having learned the basic steps of how to meditate calm busy minds and hopefully lead a happier life.

Mindfulness is the physical act of returning your thoughts to the actual here and now whenever you need to. We all have a lot of thoughts, some estimates are between 12,000 and 60,000 a day. That's an awful lot of activity in one person's head; our thoughts are random, sometimes useful, sometimes not, sometimes pleasurable, sometimes not. It's when we start to believe the not so pleasurable ones that trouble can start.

That trouble can lead to depression, stress, anxiety and many other mental health issues. The problem is so many of us do not realise that our thoughts are generated by ourselves. We make up the scenarios, the stories, the conflicts and we are very good at what we do.

Practicing mindfulness on a daily basis can help control thoughts that can sometimes overwhelm us.

Further free taster events have been scheduled for January 2020 and there are a few spaces left on our eight week course which starts on Tuesday the 29th October.

Contact us at Therapy Partners or Reception at Marsham Street for further details.

Therapy Partners & Meditate to Silence

Give your mind a rest with
Meditate to Silence

8 WEEK MINDFULNESS & MEDITATION COURSE

Discover how to control your thoughts with meditation.

Give your mind space to breath and grow

Be mindful in your daily life

Every moment is a choice to begin again.

therapy partners

Maidstone Community Support Center
Marsham Street,
Maidstone, ME14 1HH

Meditate to Silence



We have 2 new volunteers helping us by assisting our Caretaker with day-to-day maintenance jobs around the Centre & also helping out at reception. Please welcome Ben and Ashtu.

MCSC would like to welcome St Giles Trust back into the Centre. They know the Centre well as they were Members a few years ago. They help people facing severe disadvantage to find jobs, homes and the right support they need.



After 10 years of service to Maidstone Community Support Centre we say farewell to our Trustee Trevor Jones. Shortly after Trevor joined the Board he became Finance Director of MCSC . He later stepped down as Finance Director but stayed on as a Board Member .

We will be sad to see you go Trevor. Thank you for your hard work and dedication to our organisation and we wish you all the best.





Volunteer Receptionist Opportunity

Relate are looking for a meet and greet volunteer receptionist to welcome clients and support our counsellors in Maidstone Community Support Centre. This will predominately be on a Wednesday evening.

Please email jennie.worthley@relate.org.uk to express an interest or for more information.

MCSC is able to offer the following services to all

A4 B&W 6p per side

A4 Colour 15p per side

A3 B&W 10p per side

A3 Colour 25p per side

Laminating A4 40p per laminate

Laminating A3 80p per laminate

Binding £1 per book



These services are available to anyone, not just Member groups of the Centre.



**Low Cost
Counselling**

Simon Paul Hardy



Maidstone Community Support Centre
Marshall Street
Maidstone
ME14 1HH
07578 238565

As a registered and fully accredited member of the British Association for Counselling and Psychotherapy I offer a low cost confidential counselling service for those who may be suffering financial hardship.

I have previous experience working within an NHS setting and I am now able to offer reduced rates for individuals who may not otherwise be in a position to afford private therapy.

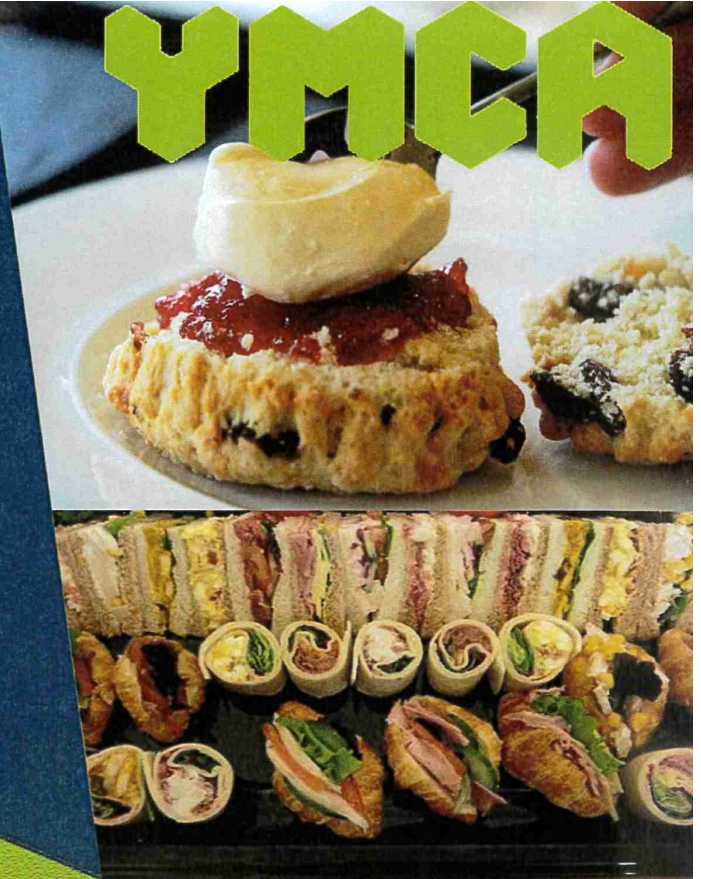
If you are seeking counselling but are worried about the cost of private therapy please feel free to contact me without obligation.

Simon Paul Hardy M.B.A.C.P accred
Simon.hardy02@gmail.com

Buffet

@Marsham st cafe

YMCA



**Looking for catering for an upcoming event
or a meeting?**

We can Help!

Prices Start From:

**Cream Tea - £3.50pp
Buffets Starting from £6.95pp**

**If you have any enquiries please ask the cafe or email
mich.dallas@maidstoneymca.org.uk**

YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

Hall Floors

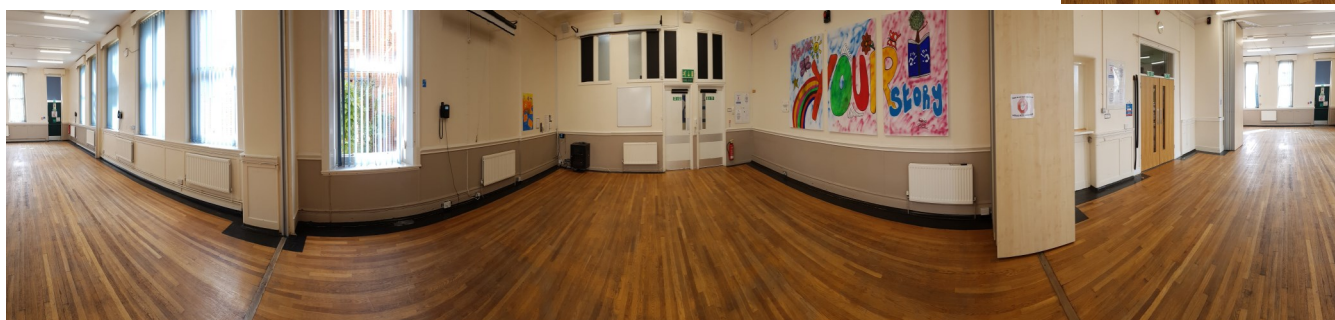
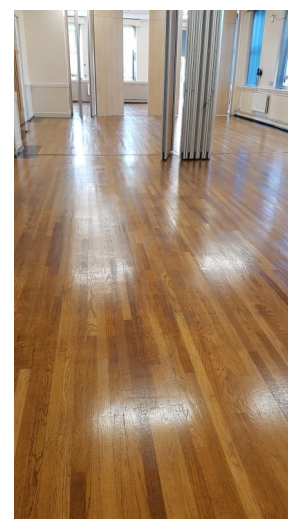
As you may have noticed our Hall Floors have once again been cleaned and varnished and are looking amazing!! (even if we do say so ourselves)



BEFORE



AFTER





Christmas at MCSC



Christmas 2018 Tree
Donated by our
Chairman Peter Cox

Firstly we would like to wish everyone a Merry Christmas 2019 and a Happy New Year 2020!

Our Centre will be open over the Christmas period for use by our Members and Sessional Users. Should you have an appointment during this time you will need to be met by your contact at the front door.

From the afternoon of December 24th until the 2nd January at 8:30am the Centre Administration Offices and Reception will not be open.

If there is an emergency at the Centre over the Christmas period, you can refer to the 'Out Of Hours Emergency Contact sheet on the door in reception. This phone number is to be used in an **Emergency ONLY**. It is NOT an MCSC phone number and as such they will not be able to assist in general day to day matters.

If the alarm is sounding, we have key holders that will attend the Centre and no phone call is required.

If you have hired a sessional room from us, access will be given to you and we will discuss this individually with yourselves.



Snow from 2018



Café Launch 4th September 2019

Special thanks for the pictures to

ONEMaidstone
Business Improvement District





Christmas Dinner @Marsham St



Menu

Starters

**Seasonal Soup
Ardennes Pate**

Mains

**Roast Turkey with all the trimmings
Salmon Encroute, new potatoes and vegetables
Nut Roast, new potatoes and vegetables**

Desserts

**Christmas pudding and brandy butter
Homemade trifle**



3 Courses for only £12.50

At Marsham Street cafe

39-48 Marsham St, Maidstone ME14 1HH

To book - Email mich.dallas@maidstoneymca.org.uk or call 07519483841



Join in the fun at a quiz night on Saturday 16th November in aid of Maidstone Radio.

If you're an expert on entertainment, celebrities or films, or maybe you're in the know with your current affairs and local knowledge then book your table today.

To be held at the halls of Maidstone Community Support Centre on Saturday 16th November, doors open at 7pm, round one getting underway at 7.30pm.

You can book single tickets for £5 each or a table of up to 8 for £40.

Proceeds from the evening will support the launch of Maidstone's new community radio station - we aim to go on air, online, in mid-December.

There's a prize for the winners and a raffle during the evening. Please bring your own snacks and drinks (alcohol is permitted).

Please join our group on facebook - <http://www.facebook.com/groups/wearemaidstone>

Buy tickets here > <https://kentdigitalmediagroupcic.nutickets.com/54960555> or via our facebook group.



maidstone radio
QUIZ NIGHT

Raising funds to launch your community radio station...

Saturday Nov 16th at 7 pm
£40 a table of 8 in a team. Bring your own food and drink.
At Maidstone Community Support Centre. Marsham Street, Maidstone.
Follow us on  for more information.
[Click here to book your table.](#)

SOS Project

What to do

Learn how to challenge – you need to be able to stay calm, ask questions and listen to answers without losing control. Don't be afraid of confrontations, but try and stay away from accusations.

If your child is in trouble with the Police or at school – be ready to challenge obvious signs of unacceptable behaviour – one idea is to make an agreement and have set consequences for misbehaviour.

Listen and be supportive – If a young person is involved, they may not want to talk about it or be scared. Ultimately, you want to be the person your child can confide in and is honest with.

This means you need to be prepared to listen to your worst fears without the situation escalating or becoming abusive. It's important that they know you want to listen, support them and work with them to find solutions.

Don't be afraid to get help – You are not alone and there is always support out there to help you. In addition to the information in this leaflet, your local council or the Citizens' Advice Bureau have specific groups who can assist you.

But you could start by talking to the school, teachers, faith groups and even other parents. On the back page of this leaflet are organisations that can give you more information and access support.

SOS Project

Get help

If you're concerned about the issues raised in this leaflet, these organisations and resources are available to help:

The SOS project

T: 020 7708 8000
W: stgilestrust.org.uk

Childline

T: 0800 1111
W: childline.org.uk

NSPCC

A 24hr helpline providing advice and guidance
T: 0808 800 5000

Family Lives

For advice on all aspects of parenting roles
T: 0808 800 2222

Missing People

If your child goes missing for long periods of time get in touch with the charity that can help find them at
W: missingpeople.org.uk

Victim Support

A national charity which helps people affected by crime
W: victimsupport.org

St Giles

Turning a past into a future

St Gileshead office: 64-68 Camberwell Church Street, London SE5 8JB
T: 020 7708 7000 **W:** www.stgilestrust.org.uk **E:** info@stgilestrust.org.uk

Registered Charity, No. 801355

Combating violent crime

Warning signs and what you can do to help young people caught up in gangs



St Giles
SOS Project

**Practical advice and support
for parents and carers**

Second Floor Decorating

As you can see we are currently in the process of redecorating the second floor.

We appreciate your patience whilst these works are in progress.



Notice from Andrew: the Caretaker

Please keep the kitchenette areas tidy. I am continually checking on fridges to ensure no food has gone off and removing any that have. Please be vigilant with your food and drinks and ensure you are regularly checking. The fridges are communal and are used by various people. Please take this into consideration.

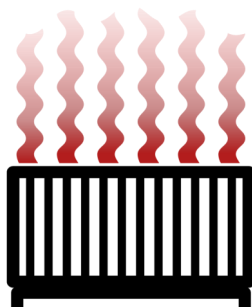
Please also keep the draining boards, sinks and sides clear so the cleaners can do their job in the evening. Please only use cups/saucers etc that belong to your organisation.



As the others opened up with industrial-strength air freshener, Connie tackled the annual cleaning of the office refrigerator.

Heating

The heating is now on throughout the building. Please check your radiators and let us know if they're not working correctly or if they need bleeding. If it is too hot or too cold, please adjust the thermostat in your room only! Do not open the windows or doors whilst your radiator is on please. Thank you.



Lost & Found Items

The Centre has a lost & found service. All items found are kept at reception; if you are missing any items please come and ask.



Members Car Parking



If your parking space is not going to be used for whatever reason, please be kind and let reception know. We can then offer it to someone else either working in the building or a visitor to the Centre.