

Oct 2020

Issue 58



welcome back



So far 2020 has proven to be a very strange year. Everything was going well as Easter was approaching, but then COVID struck and the Centre had to go into lockdown (along with the rest of the country) for a few months.

We kept a skeleton staff going to ensure that the building was maintained and safe, as well as using the time to decorate and give the Centre a general clean up.

We have increased the number of hand sanitisers and signs throughout the sessional rooms, upstairs communal areas and corridors. Our halls and meeting rooms have been reduced in capacity to ensure the 2m social distance can be maintained wherever possible.

We have even introduced a one-way system at reception so that we can try to keep people at a safe distance. This has also given us the opportunity to utilise the fire exits in a couple of the sessional rooms to keep the 2m distancing in place. You may notice our reception staff now walking around in full cleaning gear as they provide a much needed service keeping the touch points and communal areas clean and safe for everyone.

These are difficult times (not helped when the goal-posts are always moving) for you, for MCSC staff and Trustees and for the Centre in general. We have ramped up our service to ensure that our Member Groups and visitors feel safe whilst they are here, and we hope that there is light at the end of the tunnel. However, this new way of working for everyone will be the 'new normal' for a while.

From all of us here at MCSC, Thank you
for your cooperation and
understanding in these uncertain
times!

Matt Wright. Senior Centre Support
Manager





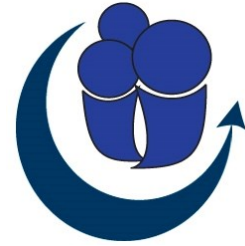
Welcome to our newest Member Groups.
One in Four, Dungeons & Dragons, BSL Community and
Hear Say.



We now say goodbye and good luck to Sing 4 Life, Choices,
KATFM, MBM Counselling, St. Giles Trust and Look Ahead.



A message from Tad



Dear Colleagues,

These have been very difficult times for all of us here at MCSC, but I would like to take this opportunity to really thank you all for your patience and continued support for the building especially during the lockdown period where we had to operate with reduced services.

I know we are not out of the woods yet but we are working hard to bring some normality back into the building by opening our doors for sessional hire.

The sad news that the YMCA could no longer deliver the Café services here at MCSC has been a big blow, but we completely understand the reasons why they have had to make this decision at this time. Thank you to Michelle, Debbie and all the volunteers that helped make the café a success during their time here at MCSC and who knows when this is all over they may be back.

With the winter months coming we will continue to do our best to ensure the safety of you, your staff teams and visitors to the building, but we will need your help and support in ensuring the procedures we have put in place are continued to be followed.

Once again thank you to each and every one of you.

Tad

MCSC CEO



Golden Friends

A weekly Social group for local residents

Offering the opportunity to take part in quizzes, board games and more –as well as the chance to have a chat and gain support from a group setting. A mind wellbeing worker will be on hand to provide signposting and individual support if needed – supporting better mental health and wellbeing.

Every Wednesday morning from 10:30 till 12:30

at

**Fusion Maidstone, 2 Cobb Way, Park Wood,
Maidstone, ME15 9XF.**

If you are interested, pop in to Fusion or call Sue on 01622 691177.

Free entry, biscuits and a drink every week



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND





**OFFICE SPACE
NOW AVAILABLE**

We currently have affordable office space available at MCSC.

- ⇒ **Prices start from £220pm to £550pm (10m² to 32m² rooms)**
- ⇒ **All rooms will include a minimum of 1 phone and Broadband line**
- ⇒ **Heating, Water and Electric all inclusive**
- ⇒ **Car Parking may be available**
- ⇒ **3 months notice period**

**For more information and to check your eligibility please see
<http://www.mcsc.org.uk/services/office-space-to-rent>**

**Register your interest with Jackie our
Centre Lettings and Finance Manager
Jackie@mcsc.org.uk
01622 690369**





REGISTERED CHARITY 1144081

A LOCAL CHARITY FOR LOCAL PEOPLE
Since 2006 providing free trauma counselling to
anyone affected by crime.

In 2019 we supported 1033 people.

**Are you looking to support vulnerable young people
and adults in your community?**

You can help by:

DONATING FUNDS
SPONSERED FUNDRAISING EVENTS

**You can donate as little as £2 per month. £250 can
pay for one person's counselling. Any support is
greatly received. Our website has a Donate Now
button.**

Please contact us for further information:

TEL: 01622 230736

EMAIL: contact@rubiconcares.org

www.rubiconcares.org



Maidstone's community radio station, Maidstone Radio, have recently opened our studio (adhering to COVID19 procedures) and we are keen to work with MCSC businesses and charities to get your voice and story on the air.

We hope to be able to ease the restrictions in the coming weeks and allow more than one person in the studio (with a mouth covering). Therefore, if you have a story to tell or would like to talk about the work you are doing in the community, please email studio@wearemaidstone.com.

We are also offering the chance of a FREE ADVERT to businesses who follow us on twitter and tweet out to their own followers: "You can listen to Maidstone Radio at www.wearemaidstone.com, via the Tunein app on Apple and Android devices or on Amazon Alexa devices by downloading and enabling the Maidstone Radio skill." Don't forget to @wearemaidstone so we see it!

Just to say....



A reminder to those that use the phones here in the centre. If you wish to contact the police via our phones please call 01622 690690.



101 & 999 **DO NOT** work on this system



Men2 mental health group meet again

Kent-based men's mental health support group, Men2 met face-to-face again for the first time since lockdown on Thursday 24 September at the Maidstone Community Support Centre.

According to Government guidelines, victim and mental health support groups can meet in Covid-19 secure community facilities in numbers of up to 15 and will continue to practice social distancing such as the two-metre rule.

Alan Heyes who runs the group said, 'I'd like to thank centre manager, Tad and the team for setting up the centre to help facilitate our weekly meetings and keep everyone safe.'

During lockdown, the weekly meetings were held online with up to 40 members joining to exchange stories and experiences. The group also ran several socially distanced events including a summer barbeque and a walk in Whatman Park. Previous events included the 2019 Christmas party and an evening with special guest Paul Carter at the Maidstone Community Centre at the beginning of the year.



Men2 is celebrating its first anniversary and has grown from strength to strength over the last 12 months. Men ranging from 19 to 73 years of age attend the meetings and members can also join an active WhatsApp group and a private Facebook community group.

Alan Hayes and Marcus Walters, qualified therapists from Therapy Partners came up with the idea of a support group run by men for men to provide them with a safe environment to talk openly about their challenges and mental health issues. The sessions provide a safe place to open up as well as expert advice and talks on subjects including relationships, addiction, mental health, domestic violence, and self-esteem.

In October, Men2 will launch a new podcast series, featuring members of the group talking about their personal stories. In episode one, Alan and Marcus interview group member, Gavin who shares his mental health journey. Look out for the first episode on iTunes and Spotify.

Also starting in October, a new peer support training programme will provide members with a mental health first aid qualification so they can give personalised peer support to other men in the community and spread the Men2 message across the county.

Men2 - with special guest Paul Carter. Maidstone Community Support Centre
Thursday 17 January 2020



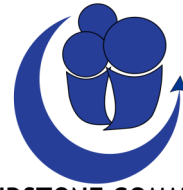


Employee of the Year 2020

3 members of MCSC have gone above and beyond their normal roles to bring an enhanced level of COVID cleanliness to the Centre when everyone started to return after the Corona Virus lockdown.

In recognition of services to the MCSC cleaning industry.

Thank you Gil, Janet and Sinead.



MAIDSTONE COMMUNITY
SUPPORT CENTRE



LET'S KEEP OUR SOCIAL DISTANCE

Remember to keep 2m (6'6) apart



2m





Maidstone Community Support Centre



Discount for
Charities, Not for
Profit or
Community
Interest Groups

Affordable Meeting Rooms in Maidstone



Counselling rooms for 1:1 sessions



Medium sized rooms for general meetings up to 15 people and conference hall up to 45 people



Easy access for disabled visitors and wheelchair users to all meeting rooms & facilities



Rooms available with Interactive Whiteboard or Audio Visual equipment



Large hall spaces for bigger meetings and cinema presentations



On-site café serving hot meals and snacks. They can also supply catering for your meeting



Wi-Fi in all our rooms

www.mcsc.org.uk

39-48 Marsham Street, Maidstone Kent. ME14 1HH

01622 690369

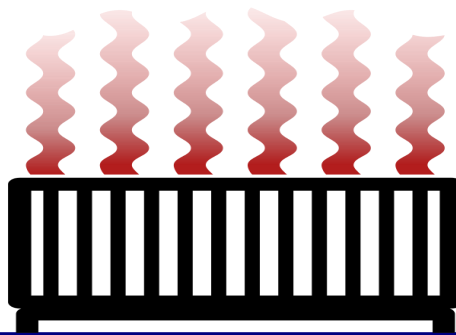
Notice from Andrew: the Caretaker

The Bin Room

Please only use the recycling bin for recyclable empty items! We had a recent issue of milk and other food items being put in the recycling still full. The general waste is to the left of the bin room and recycling is to the right.



It's that time of the year again, when we will be putting the heating back on. Please remember if you have ANY issues with the heating please contact Andrew or write it in the blue folder below the TV screen in reception.



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.



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.

