

Centre opening times over the Easter Break

Reception and the Centre Office will be CLOSED from 5.30pm Thursday 18th April 2019 and will reopen on Tuesday 23rd April 2019 at 8.30am.

The Evening/Saturday staff will work Thursday evening and Saturday morning and then return Tuesday evening. The Centre can be accessed on Good Friday and Bank Holiday Monday via your access fob (the fob system will treat these 2 days as normal working days). Saturday and Sunday require weekend access on your fob.



Foyer Seating Looks Brand New

We have recently had the foyer seating reupholstered. Gone are the scruffy lime green and purple seats. We commissioned a local Maidstone company to reupholster the seats. They took half of the seating away at a time and reupholstered it in the dark grey fabric. We now have contemporary seats which look brand new.





Think Action is the lead provider for talking therapies in West Kent and is running the following groups across the area-

Maidstone

Mon - managing emotions 1000-1200

Tues - CBT skills 1230-1430 / Low Mood 1730-1830

Weds -Stress and Anxiety 1500-1600

Thurs - CBT Skills 1400-1600

All Maidstone groups are held at Maidstone Community Support Centre, Marsham Street, Maidstone, ME14 1HH.

Tonbridge

Mon - CBT Skills 1100-1300

Thurs - Life Events 1400-1600

Both groups are held at St Stephen's church, Waterloo Road, Tonbridge

Tunbridge Wells

Weds - CBT skills 1400-1600 -Camden Centre, Market Square, Royal Tunbridge Wells, TN1 2SW

Fri - Feel Well, Live Well - 1330-1430 - The Ark Children's Centre, Broadwater Lane, Tunbridge Wells, TN2 5RP

Sevenoaks

Fri - Life Events 1400-1600 - Sevenoaks Community Centre, Otford Road, Sevenoaks, TN14 5DN

If you feel that would benefit from any of the groups mentioned please make a referral using the details below -

Referrals can be made by a GP or y filling out an online referral using the link below -

<https://www.thinkaction.org.uk/online-self-referral/>

Welcome & Goodbye



Four new Member Groups
have joined us at the Centre.

We would like to welcome

Funding For All

Simon Hardy

KB Counselling Services

MBM Counselling

Sessional Room Hire Price Increase

As of the 1st April 2019 there will
be small increase to the hourly
rate for hiring the sessional rooms
in the Centre. Please
see our latest flyer
or check online for
up to date prices.



Singing For Memory

No previous singing experience is necessary!



Come and join us here at

**Maidstone Community Support Centre
39-48 Marsham Street
Maidstone
Kent
ME14 1HH**

**on the 3rd May 2019 at 10:30am until 1pm with refreshments
supplied. This is a taster session for people living with Dementia
and Alzheimer's and their carers. It gives everyone an opportunity
to meet people in similar situations and enjoy expressing your
feelings through the sound of song.**

For more information on our taster session please contact us via:

courses@mcsc.org.uk OR

01622 690369



Therapy Partners, Rewrite Your Story are pleased to announce that one of our ambassadors, Rubie Cousins, has begun working with her first clients. Rubie was inspired to become a qualified counsellor after being supported by Rewrite Your Story to overcome her own struggles with an eating disorder. Through therapy and support, Rubie entered recovery, became an ambassador for our charity and has begun her journey to helping others going through a similar situation. Well done Rubie!

Therapy Partners, Rewrite Your Story will be holding a Networking Event for therapists on the afternoon of Friday 17th May in Maidstone Community Support Centre! Come along to meet like-minded professionals, network, and hear about our newly developed Eating Disorder Therapy Training, along with how to branch out into coaching as a therapist. For more information please email us (vanessavaroujian@therapypartners.co.uk) or drop in to room 220.



THE GARDEN OF ENGLAND HOMECARE

The future of homecare



Compassionate Care in & around Maidstone

Homecare

- Personal care
- Meal preparation
- Companionship
- Overnight visits
- Outings

Working in partnership with



Day Centre

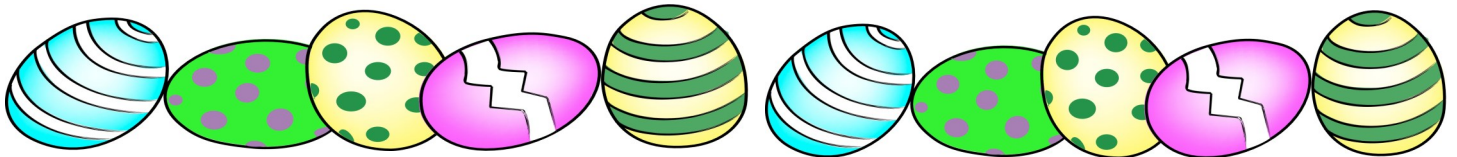
- Entertainment
- Carers support
- One to one support
- Memory engaging sessions
- Hobby & Social groups



To discuss your care needs further: Tel: 01622 674733
email: allyson@goedaycare.co.uk or visit www.goedaycare.co.uk

Decoration of The 1st Floor Corridors

The corridor's on the 1st floor have recently been decorated. This was quite a large project and took a number of weeks to complete. It now looks fresh and bright and it is good to see the same colours on all corridors. We did have a mixture of colours before hand. As the painters were leaving they said that they were hoping not to have to paint another door for a couple of weeks !!! In total there were 53 doors. We are now planning to repaint the 2nd floor later in the year.



Decorating The Annex

As this newsletter goes to print we have a group of volunteers redecorating the Annex.

MCSC have provided all the necessary paint and equipment needed.

The volunteers gain valuable experience in painting and decorating.

Once all the painting has been finished we shall be replacing all the carpets in the corridors and on the stairs.





AFFORDABLE OFFICE SPACE

01622 690369

Terms and Conditions apply for new applicants

Offices £2,150each pa c10m²

Office £4,900 pa c23m²

Utilities included

For further information

www.mcsc.org.uk/services/office-space-to-rent

or email

jackie@mcsc.org.uk

New LED Lighting



The beginning of March saw the start of the Centre's lighting being replaced with LED lighting.

Most of the work was done during the evening to eliminate disruption to the offices and the sessional hire rooms.

A few facts about LED Lighting

Led lighting is 80% more efficient than traditional lighting. 95% of energy is converted into light with only 5% wasted as heat. They are extremely energy efficient and consume up to 90% less power.

Although initially the cost of the LED lighting is more expensive they do not need to be replaced as often.



Polite Notice from the Caretaker

After you have used the shredder please check to make sure the bag does not need emptying. It is unfair to leave it full for the next person to empty before they can start using it. Replacement bags should be at the bottom of the shredder box. If there is not one there please ask at reception



Opportunity to run a Community Cafe



An exciting opportunity has arisen to run a community café within our busy Community Support Centre close to the centre of Maidstone.

A footfall of 45,000 people utilise the services offered by the organisations within our offices and range of 8 meeting rooms.

Are you interested in running this unique café and able to provide a community benefit by supporting volunteers?

For full details, contact Tad Taberer, CEO, Maidstone Community Support Centre

T: 01622 690369 | E: tad@mcsc.org.uk

Reception Services

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



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 at reception, as they might be with us.



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 in the building or a visitor to the Centre.