

MCSC News

The Home of Community Work

YMCA Maidstone is excited to be now running the Café in Maidstone Community Support Centre

The YMCA has been looking for opportunities to reach wider into the community and this opportunity is perfect for us.

We are delighted that the existing Volunteer Team have decided to continue to work in the café and we are enjoying meeting existing and new customers. We are also looking forward to working with the Community Centre to bring some of our existing activities to the town Centre...The first thing to watch out for is a group exercise class starting in September!

The café will be open to everyone; providing tasty home cooked meals as well as salads, paninis and sandwiches.

We hope that everyone will enjoy the warm welcome as well as feeling refreshed by the coffee and feeling full of delicious cake!

Café is now open:

Monday, Tuesday, Thursday, Friday
8:30 - 16:30

Wednesday 8:30 - 19:30

You can pre book your lunch by
texting 07762858552 or email
mich.dallas@maidstoneymca.org.uk

Buffets and catering for events/meetings are also available

Mich, Debbie and the volunteer team look forward to seeing you soon x



YMCA MAIDSTONE
Café @ Marsham Street



ThinkAction is the lead provider for talking therapies in West Kent, and is running the following groups across the area:

Maidstone:

Date	Time	Group	Location
Tuesday	12:00 – 14:00	Cognitive Behavioural Therapy skills group	Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH
	17:30 – 18:30	Managing Low Mood and Anxiety group workshop	Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH
Wednesday	15:00 – 16:00	Stress and Anxiety group workshop	Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH
Thursday	09:30 – 11:30	Cognitive Behavioural Therapy skills group	Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH
	13:30 – 15:30	Managing Emotions group workshop	Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH

Tonbridge:

Date	Time	Group	Location
Monday	11:00 – 13:00	Cognitive Behavioural Therapy skills group	St Stephen's Community Centre, 35 Waterloo Road, Tonbridge, Kent, TN9 2SW

Tunbridge Wells:

Date	Time	Group	Location
Wednesday	14:00 – 16:00	Cognitive Behavioural Therapy skills group	The Camden Centre, Royal Victoria Place, Royal Tunbridge Wells, Tunbridge Wells TN11 2SW

Online:

Date	Time	Group	Location
Tuesday	18:00 – 19:00	Feel Well, Live Well online webinar	Online video conference call

If you feel that you would benefit from any of the groups mentioned, please make a referral by either consulting with your GP, or filling in the online referral form which can be found at <https://www.thinkaction.org.uk/online-registration/>





2 New Member Groups have joined us at the Centre.

We would like to welcome
KATFM (Kent Education Centre)
Look Ahead
&
YMCA Maidstone Café



We say goodbye to

Michelle & family. The Café
(Michelle will still stay as our Evening Centre Support)
Garden of England Homecare
&
Quercus Theatre Group



Goodbye Heather...

Sadly in May we said goodbye to Heather. After 11 years of being with MCSC she has moved on to pastures green in Dorset to be with her family.

We want to thank Heather for all she has done for the Centre and to say she is greatly missed by her friends and colleagues.

Good luck Heather and we hope to see you again soon!

Hello Claire...

We would like to welcome Claire to the team as our Afternoon Administrator/Receptionist. We are looking forward to working with you and watching you grow within our team!

A few words from Claire...

I am the new Afternoon Administrator/Receptionist for MCSC, please do come and say hello as I know there are numerous organisations that work here, so I hope to know you all by first names terms soon !! I am extremely excited to be working here, having had a three year break from working life. However, I do have over 30 years customer experience having worked for two large corporate organisations working in the hustle and bustle of London and Kent.





Rape & Sexual Abuse
Support Services

Family Matters (FM) is a registered Charity that provides free specialist support services for all survivors of rape and sexual abuse in Kent. We are pleased to announce that from 1st April 2019 funding was secured from the Kent Police and Crime Commissioners Office which has enabled us to extend our services across the whole of Kent.

Services offered:

- **Therapy:** We offer up to 12 one to one, face to face sessions. If accepted for therapy, we currently have a waiting list time of approximately 12 weeks.
- **Independent Sexual Violence Advisor (ISVA) Support:** Providing emotional and practical support tailored to the needs of the survivor. Assistance is also offered to help survivors through the criminal justice system.

Helpline: National helpline offering information and support to professionals or anyone affected by rape or sexual abuse which can be reached on 01474 537392.

If you would like to make a referral for any of our services, please go to our website:

www.familymattersuk.org

If you require a poster, leaflets or have any questions please feel free to contact us on 01474 536661 opt 1 or via email at admin@familymattersuk.org



Maidstone Radio has had a really busy 6 months since we moved into MCSC late last year. In early January we finished building our studio and have been busy fundraising and buying and installing the equipment we need to launch a radio service later this year. We are still fundraising to cover our core costs and have been grateful for those organisations that have helped us so far such as Golding Homes, Maidstone Lions, The Cobtree Charity Trust and the lottery Awards for All! We attended our first couple of events over the past month and have a busy diary over the Summer where we will be out promoting the station and get people enthused to the opportunities that having their own radio station will bring.

Maidstone Radio wants to promote the great work that is happening all over our community and is being delivered by charities and non-profit organisations, like those who are based in MCSC and hope to share your work and stories with our listeners and will provide more information about how you can get involved with us over the coming months.



We are still working on an official launch date and are finishing the setting up of our studio to enable this to happen towards the end of the summer early Autumn. If you would like to visit our studio and talk to us about your charity, email us at studio@wearemaidstone.com and we will arrange for you and your team to see what we are building and talk about how we can work together when we go live.

What's been going on at MCSC?

We are in the process of finishing the redecoration of the Annex area. A group of volunteers from Stamford Hill in and painted all the walls, ceilings and woodwork. We decided to match the colours that are on our recently decorated first floor. Weaving Carpets are laying new carpet in the Annex area. This is all part of our mission to keep the Centre looking the best it can and to ensure that it will last for may more years to come!



Shortly we will be looking at doing the 2nd floor and decorating in a style to match the rest of the building. We have yet to set a date for the commencement of works but we will be in touch with all our Member Groups once this has been decided. New carpet will be laid along with the painting.

As you may have noticed our fire doors around the building have now been painted red too!

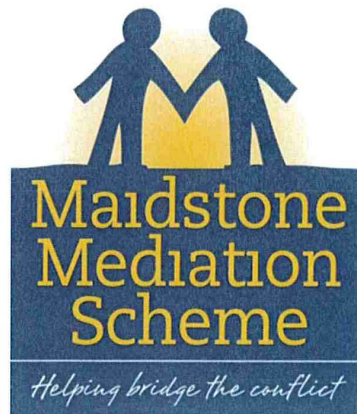


A BIG Thank you to the Russian Speaking Association



We had a lovely surprise when this beautiful painting turned up at our door. One of our sessional users, The Russian Speaking Association Medway, kindly donated this to the Centre. This was created by their 4 year old pupils from their Medway class. The group helps children of all ages to learn Russian as their second language and meets here every Saturday during term time.

We just want to say a massive thank you to the teachers and to their pupils. We will be placing this painting in one of our sessional rooms for everyone to enjoy.



We are recruiting VOLUNTEERS.

Help resolve conflicts in your Community.

Learn new skills.

Be part of a friendly and professional team.

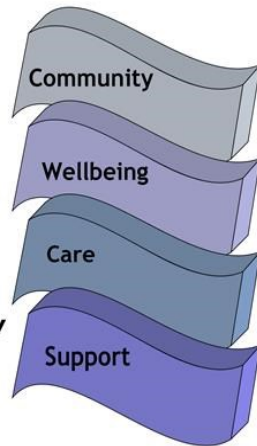
You can make a difference!

**Free training to become a Competent
Mediator**

**Maidstone Community Support Centre,
Marsham Street, ME14 1HH**

**9.30 - 4.30pm 23RD-26TH September
2019**

Maidstone Mediation helps people understand one another's point of view



**AFFORDABLE
OFFICE SPACE
01622 690369**

**Offices between
£2,000 - £4,000 each pa
Utilities included**

**For further information
www.mcsc.org.uk/services/office-space-to-rent**

or email

jackie@mcsc.org.uk



YMCA Maidstone

Café Launch!



Ymca Maidstone is delighted to be working in partnership with Maidstone Community Centre in running their community café



***Please come along and
taste the Menu, meet
the staff and the
volunteer team.***

**Pop in anytime
between 2pm and 7pm
on Wednesday 4th
Sept!**

Address: 39-48 Marsham Street, Maidstone ME14 1HH

RSVP – Alexa.kersting-woods@maidstoneymca.org.uk



YMCA MAIDSTONE
Café @ Marsham Street



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.



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



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.



Re-Write Your Story (Therapy Partners) Updates

SAVE THE DATE

We are currently working alongside Tad (MCSC CEO) to launch our new men's support group Men2 on September 19th at 7pm. It will be a weekly group facilitated by a counsellor. More details to follow.

VACANCIES

We are looking for Volunteers for Rewrite your story.



NEW MEMBER OF OUR TEAM

Dr Chloe Rowland, a Clinical Psychologist has joined the team www.therapypartners.co.uk/about/meet-the-team. Having worked across a number of psychological services in the NHS, she has experience of helping with a wide range of emotional difficulties and mental health conditions. Using an individual approach tailored to each person, she can deliver psychological interventions that draw on a range of therapeutic modalities, including Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT). Chloe has experience of working with Self Harm and Personality Disorders.

WHAT WE'VE BEEN UP TO

We have recently launched a short video to help students with Exam Stress its called "Head Stuff"

"Students have told us that sometimes they feel like their whole future depends on the grades they get. Therapy Partners have been working alongside local schools offering therapeutic support advice and guidance to pupils and teachers in schools. They have told us that generally they don't feel equipped with the skills and knowledge to help with mental health concerns."

The project involved co-producing an interactive play with students from The Robert Napier School in Medway. The video is available at www.therapypartners.co.uk/projects/head-stuff and we would appreciate if you could share this.





Mental Health Awareness Training

Maidstone and Mid-Kent Mind will be delivering Mental Health Awareness at Maidstone Community Support Centre. MHA is a 3-hour interactive session which acts as a perfect introduction to the concept of 'mental health'. Attendees will learn more about common mental health problems, their prevalence, and the signs and symptoms of poor mental health. This course is perfect for people wanting to learn more about mental health, but is also ideal for professionals who are perhaps looking to refresh their knowledge.

Two additional subject areas will then be explored, providing more of an in-depth look at specific mental health problems which individuals may be experiencing.

This programme has been funded thanks to a funding bid from Awards For All.

Sessions running on 14/08/19 & 13/11/19,
1pm - 4pm at Maidstone Community Support Centre,
39-48 Marsham Street, Maidstone, ME14 1HH



Community Allotment at MCSC

Involve have developed the garden space at the back of MCSC into a community allotment, offering volunteering opportunities to those facing barriers into mainstream volunteering due to poor mental health, prior convictions or lack of confidence. At their weekly sessions at the allotment, volunteers have been able to build raised beds, plant fruits and vegetables, pot up plants, tend to the allotment and learn about gardening and looking after an allotment.

In the past year the space has gone from being overgrown and disused into a peaceful space where individuals can grow, learn and develop their skills. Sessions run twice per week: Monday 2-3:30 and Thursday 3:30. Spaces are currently available for each, please contact Zara Hamid for more: zara.hamid@involvekent.org.uk or 03000 810005.

