

mcsc news



April 2022

SPRING Issue 64

Welcome to the 64th issue of our newsletter ready for the Easter season! In this edition you will find information regarding our Centre and some of the organisations within our building including those who use our sessional rooms from time to time.

MCSC Office, Reception and Meet & Greet will be closed for 2 Easter Bank Holidays

Good Friday 15th April
Easter Monday 18th April

MCSC Meet & Greet will be available as normal

Saturday 16th April

MCSC Office, Reception and Meet & Greet will return to normal hours on

Tuesday 19th April



MCSC Office, Reception and Meet & Greet will be closed on the following Bank Holidays

Monday 2nd May
Thursday 2nd June
Friday 3rd June





LCCM is delighted to now be situated in MCSC in addition to our other locations across Maidstone, Coxheath and Aylesford. We have 2 comfortable rooms located on the first floor of the building, accessible via lift if required.



Low Cost
Counselling
Maidstone

At LCCM we aim to keep things simple. We are an open-access counselling service offering low cost counselling sessions to anyone who needs to access them. Our daytime sessions are £28, our evening sessions (5pm onward) are £30.

Whatever your reasons, know that you will be greeted with acceptance and kindness, treated with respect, assured confidentiality and given the space needed to be yourself.

LCCM was founded in March 2015, since then we have supported 100's of clients with a wide range of experiences, difficulties, challenges and changes.

We are proud to offer accessible support to clients with a range of needs including anxiety and Generalised Anxiety Disorder (GAD), depression and low mood, relationship and work related issues, Borderline Personality Disorder (BPD), Emotionally Unstable Personality Disorder (EUPD), Bipolar Spectrum Disorder, emotion management difficulties, self-esteem issues, substance dependency, bereavement and loss, and coping with change.

Take care, Rebecca Attwood (She/Her)

Service Manager & Lead Counsellor - Low Cost Counselling Maidstone.

www.lowcostcounsellingmaidstone.co.uk

www.facebook.com/lowcostcounsellingmaidstone

Text or WhatsApp: 07881786460





Funding for All is a charity which supports Kent and Medway VCSEs with developing fundraising skills and capacity.

There are a lot of ways that we can support your group with fundraising, either through our free mentoring programme, or our free training.

On the first Friday of each month we run a bookable Funding Surgery, where you can discuss any funding issues, plans or concerns.

Please click on the following link for further information:

www.fundingforall.org.uk/events/monthly-funding-surgery-2



I am writing this article to let you know that we will soon be having a new Manager at Maidstone Mediation Scheme; her name is Amanda Bell and she has over 20 years of experience of running a mediation service in West Kent. Amanda will be starting as from the 1st of April 2022 and so you may see a new face in the building.

After 18 years of working for the charity, 6 as the Manager, I have made a difficult decision to leave. I have absolutely loved working for this amazing charity, I have learned so much, worked with fantastic people; staff and volunteers and I know that we as a charity have made a huge difference to the lives of so many people.

Eighteen years have whizzed by, I've moved house 3 times; latterly to Whitstable with my husband, my children have both married, and I now have 4 gorgeous grandchildren and I've realised that I want to spend my time having some new adventures with all of them.

I'm sure that I will see you about, but in the meantime, I know that you will make the new manager very welcome at MCSC.

Best Wishes
Kim Salisbury





HearSay Charitable Trust provide a service to support children, families or individuals through counselling and psychotherapy.

The service aims to help address difficulties that can arise from a range of impairing conditions such as psychological, mental health, behavioural, emotional problems and difficulties that could arise from A.D.H.D and the Autistic Spectrum. HearSay Charitable trust is accepting referrals.

We are pleased to be operating now from Marsham Street.

For more details please see our website

www.hearsay-trust.org.uk

Email: referrals@hearsay-trust.org.uk



Louise Bradshaw - Integrity Counselling & Clinical Supervision
louisebradshaw2@yahoo.com - 07834 223786

I offer 1:1 counselling for both adults and children and offer clinical supervision for qualified or trainee counsellors. I also offer supervision for other professionals working in helping professions.

I have worked in a wide range of settings including the NHS, Charity and Private sector. I work with a variety of issues for more information please contact me.

I have been working as a fully qualified counsellor for the past 15 years and as a qualified supervisor for the past 10 years. I am an accredited member of the National Counselling Society and a registered member of the British Association for Counselling and Psychotherapy.



welcome!

MCSC would like to welcome KCH to our Centre!



Kent Community Health
NHS Foundation Trust



MCSC is able to offer the following services to all

Photocopying

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 sheet
A3 80p per sheet

Binding

£1 per book

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

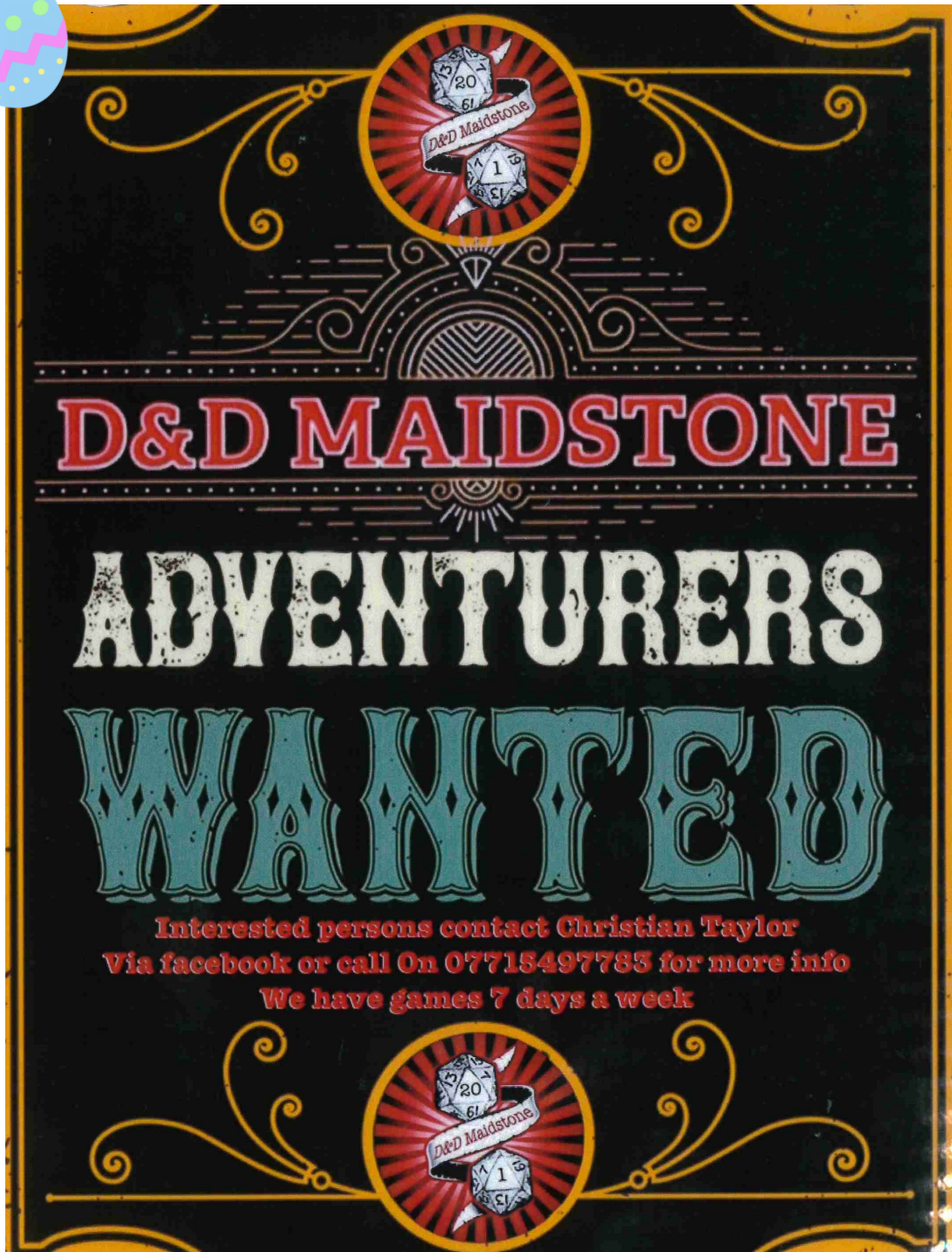
Members Car Parking

If your parking space here at the Centre 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.



Dungeons and Dragons

We are based here at Maidstone Community Support Centre, for those who enjoy gaming and helping those who may suffer with Mental Health to make new friends, have a support system and fun time doing so. If you are interested in joining us please contact me (Christian) on 07715 497783.





Royal British Legion Industries

Let's Get Working – funded by the National Lottery Community Fund and the European Social Fund

Employability Advice – A Social Prescribing service for those looking for employment advice who have a health condition or disability.

RBLI offer support on a one to one basis with cv writing, interview preparation, volunteering and access to full or part time paid employment.

We run group training covering, but not limited to, unhelpful thinking, sleeping, healthy eating, making changes and setting goals.

Eligibility Criteria:

Over 16 years

Economically inactive or unemployed

Have a health condition or disability

Eligible to work in the UK



Please contact

Email: letsgetworking@rbli.co.uk

Phone: 01622 795945

Royal British Legion Industries, RBLI village, Aylesford, Kent ME20 7NL

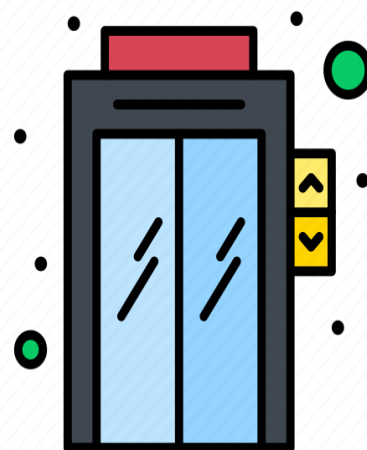


Lift Usage

With effect from Friday 1st April the lift in the Centre will be deactivated in the evenings and over the weekend. This was mentioned at the recent MCSC Networking Meeting to the Member Groups.

The lift will be unavailable:-

Monday 5.25pm until Tuesday 8.30am
Tuesday 5.25pm until Wednesday 8.30am
Wednesday 5.25pm until Thursday 8.30am
Thursday 5.25pm until Friday 8.30am
Friday 5.25pm until Monday 8.30am
Bank holidays



JOIN OUR TEAM

Volunteer in our **NEW** shop

WEEKEND V♥LUNTEERS NEEDED

SHOP OPENING - FRIDAY 1ST APRIL 2022

LOCATION:



The Mall Maidstone

At Upper Level,

The Mall Maidstone, Pads Hill, Maidstone, Kent

Full days or Half days available,

6 Days a week Tuesday - Sunday.

BENEFITS INCLUDE:

- 1. Full training**
- 2. Uniform**
- 3. Lunch allowance***
- 4. Mileage expenses and parking covered**

*FULL DAYS ONLY

To apply please contact the team:

becci@makingmiracles.org.uk 07921 333 003

www.makingmiracles.org.uk



Step forward into Spring 2022 with Therapy Partners!

"Your present circumstances don't determine where you can go. They merely determine where you start." Nido Qubein

New year, new start, more resolutions, get fit, lose weight, do things differently...all destined to start with some gusto...and fizzle out just as quickly by Spring! Often it is the underlying issues that cause us so many problems, otherwise we would be already taking care of ourselves and managing our lives sufficiently.

So, what are these underlying issues?



Well, they could be low self-esteem or confidence; depression or anxiety; traumatic or scary things may have happened to you; issues around eating or relationships; some compulsive behaviour or finding it difficult to feel happy. The list is endless and whilst concentrating on a new start is great, a helping hand might be just what you need.

"In any given moment we have two options: to step forward into growth or step back into safety." Abraham Maslow

Therapy Partners based here in Kent may be that helping hand, providing a safe, supportive, and non-judgmental space to work things through together. We can help to resolve some of the difficulties that sometimes seem impossible to solve on your own, by offering therapeutic approaches that best suit you and your issues.

"You don't have to see the whole staircase, just take the first step." Martin Luther King



Make your first step by contacting us:

Therapy Partners on

Phone: 0845 527 4809 **Email:** enquiries@therapypartners.co.uk

or complete an online form on our website
www.therapypartners.co.uk/contact

We would love to hear from you!





The Princess Project is a Christian charity with a vision to love, support, bless and encourage mothers.

We aim to give a helping hand and a listening ear to mothers who are in need of a little extra support, and provide a holistic package of support to mothers (and their families), addressing their physical, emotional and spiritual needs.



The motivation of the Princess Project is our Christian faith - we know that we have a God who loves and cares deeply about each one of us, and so we in turn want to reach out in love to those around us. All of our projects and initiatives are open to all mums, however, no matter what their beliefs may be.



All of our Hubs are open weekly during term-time for our drop-in mums' groups:

Gillingham

MONDAY 10am -12pm
ST AUGUSTINE'S CHURCH,
ROCK AVENUE, ME7 5PW

Park Wood, Maidstone

WEDNESDAY 10am-12pm
CHRIST CHURCH, WALLIS
AVENUE, ME15 9JW

Maidstone Town Centre

FRIDAY 10am-12pm
URC HALL, FREMLIN WALK
(BETWEEN PANDORA AND
CLINTONS) ME14 1QU

*CHILDREN'S PLAY AREAS, BABY
FEEDING AND CHANGING AREAS
AND HOT AND COLD DRINKS ARE
PROVIDED FREE OF CHARGE AT ALL
OUR HUB SESSIONS.*



Mum2Mum BEFRIENDING

Mum2Mum is a befriending service for mums aged 16-30, matching young mums in need of support with a trained volunteer befriender.

Courses

We run a range of courses to help build the self-esteem of our mums, and to help with parenting and budgeting.



Totcycle is our bank of baby and toddler goods. We provide essentials for 0-5s free of charge, to families who need them.

Items can be collected **by appointment** during one of our Hub sessions. We can arrange delivery of bulky items if needed.

To chat to us about any Totcycle needs and to arrange collection, or find out more about any of our other services please use the information below, or go to our website.

Contact us



www.princessproject.co.uk
hello@princessproject.co.uk
01622 230713



Registered charity no 1155021





MAIDSTONE COMMUNITY
SUPPORT CENTRE



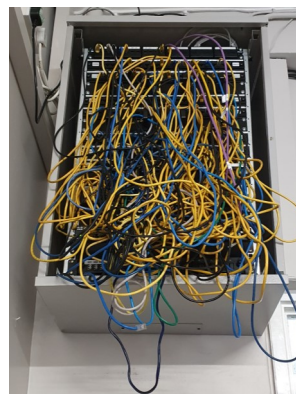
MCSC IT Infrastructure.

Over the last few weeks we have been undertaking a major overhaul of the old IT infrastructure here in the Centre. The current system was installed around 15 years ago, which in IT terms is a very long time ago. It has served its purpose that it was designed for, but the Centre and it's Member groups have evolved and grown, and we now need a system to see us forward. We have installed new fibre optic cabling between our Comms Cabinets but we are waiting to purchase new managed switches. The global shortage of silicon chips had impacted greatly on the availability of these items.

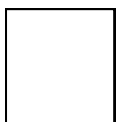
The main difference that our Member groups will notice (once everything is in place!) is an ability to plug any device (phone or computer) into any socket in their office. This is something that our old system wasn't designed for and could cause a major disruption to the users of the Centre if done incorrectly.

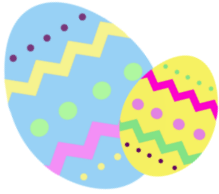
In terms of speed, there will not any notable difference to our users, but MCSC will be able to manage the new system and the Members' requirements better. The physical appearance of the cabinets will stay the same, but the 'spaghetti of wires' inside (and sometimes out) will be replaced with neater and shorter cabling.

Matt
MCSC Senior Centre Support Manager



How many Easter eggs can you find in this Newsletter!?
(Don't forget these 2!)





Andrew's Noticeboard (our Caretaker)

The Bin Room

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



Please remember others need to use the Bin Room so please collapse and breakdown your cardboard to allow for more space. Leaving cardboard like this made it impossible for others to use the bin and the bin lid was not closable which means it will not be taken by Biffa.

Answers- 26 Yellow and 28 Blue



MAIDSTONE COMMUNITY
SUPPORT CENTRE

Affordable office and counselling rooms available at MCSC

More information and eligibility www.mcsc.org.uk/services/office-space-to-rent

Register your interest with the Centre Lettings and Finance Manager today
jackie@mcsc.org.uk or call 01622 690369

