

July 2022

SUMMER Issue 65

Welcome to the 65th edition of MCSC newsletter.

REPAIR & REPAINTING

LOOKING AFTER

A BUILDING

THAT IS
130
YEARS OLD

**THIS WORK WILL
KEEP THE CENTRE
GOING FOR
ANOTHER 130
YEARS.**

SEE PAGE 2





Join us every Monday 10am to 12pm for a chance to meet new people and socialise over a cup of coffee and a bite to eat. No need to book, free to attend—just cover the cost of your own food and drink.

For more info call:
01622 753618 or

www.ageuk.org.uk/maidstone



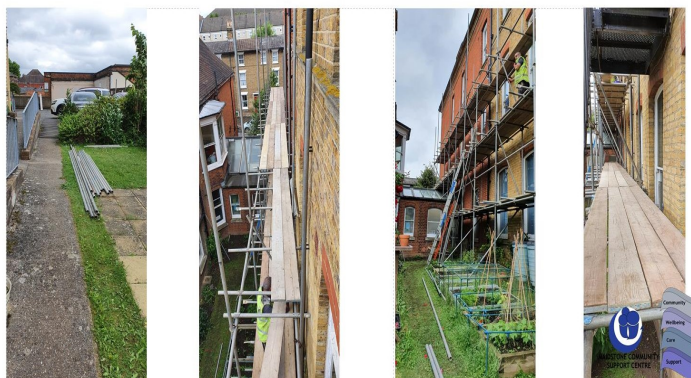
Scaffolding around the Centre

MCSC has to regularly carry out maintenance throughout the building. This year we are concentrating on the wooden sash windows around the back of the Centre. As we are located within a conservation area we have to be sympathetic to the history of this Victorian building.

We are not allowed to replace these windows with UPVC replacement units, so they are periodically checked for rot, safety and painting requirements. The quickest and easiest way to do this is to cover half of the building in scaffolding which allows our contractors to move from window to window. A cherry picker would not be able to reach all the areas and would cause damage to our garden.

This also keeps any disruption to our affected Member Groups to a minimum whilst this work continues.

Whilst the scaffolding is assembled, we will also be paying attention to the gutting to ensure it is clear of debris and fit for purpose.





Sonya's Cafe

At Marsham Street



Come and join us here at Sonya's Café, located within Maidstone Community Support Centre and treat yourself to a coffee.

The café is open Monday to Friday 10am-3pm to everyone; providing tasty home cooked meals as well as salads, paninis and sandwiches.

Enjoy the warm welcome as well as feeling refreshed by the coffee and feeling full of delicious cake!

You can pre book your lunch by email: sonyascafe23@gmail.com

Buffets and catering for events/meetings are also available

Sonya's team look forward to seeing you.





FREE Digital Skills Training Sessions in the Maidstone BC area

Can we help you or someone you know?

Compaid charity are currently offering **FREE** one to one Digital Skills Training for disabled, older or otherwise vulnerable adults living in the Maidstone borough areas.

Do you struggle to use a computer, tablet or mobile phone?

Do you need help understanding how to navigate and get the most out of using the internet, completing online forms or accessing relevant information or job applications?

Do you find it easier learning one to one rather than in a group?

Our dedicated trainers will work with you on a one to one basis, providing digital skills training that is tailored to your specific needs and objectives. Training takes place at a venues in the local Maidstone area, although 'Remote' sessions may also be available if you are unable to travel.

You can learn basic skills or improve the skills you already have, at your own pace whilst in a supportive environment.

You can use your own devices - but don't worry if you don't have any, as loaned equipment and access to the internet may be provided.

Don't miss out! For more information with no obligation, contact our Training Services Manager, **Val Sprott**.

Email: valsprott@compaid.org.uk Tel: 01892 351053 or 07942 180885



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

£1.50 per book

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

DID YOU KNOW?

Services
that we offer...



Members Car Parking



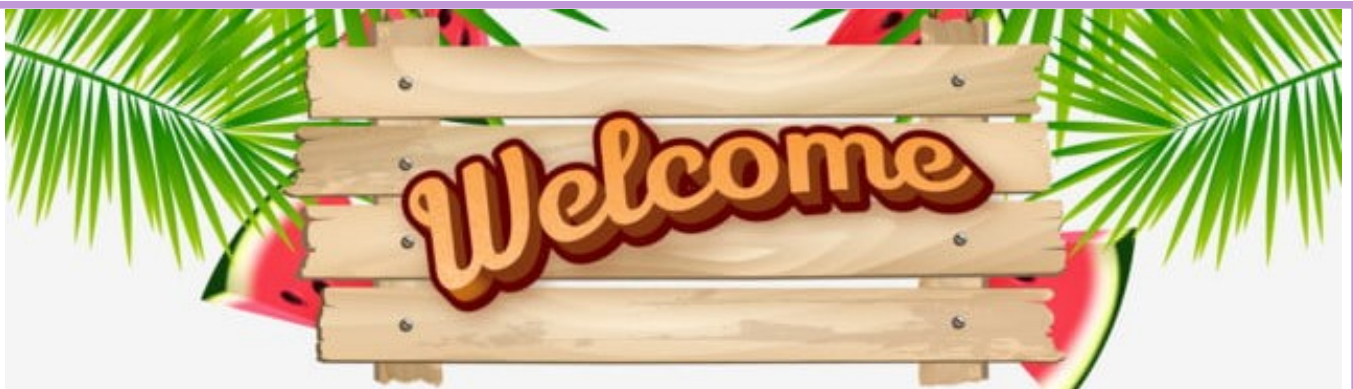
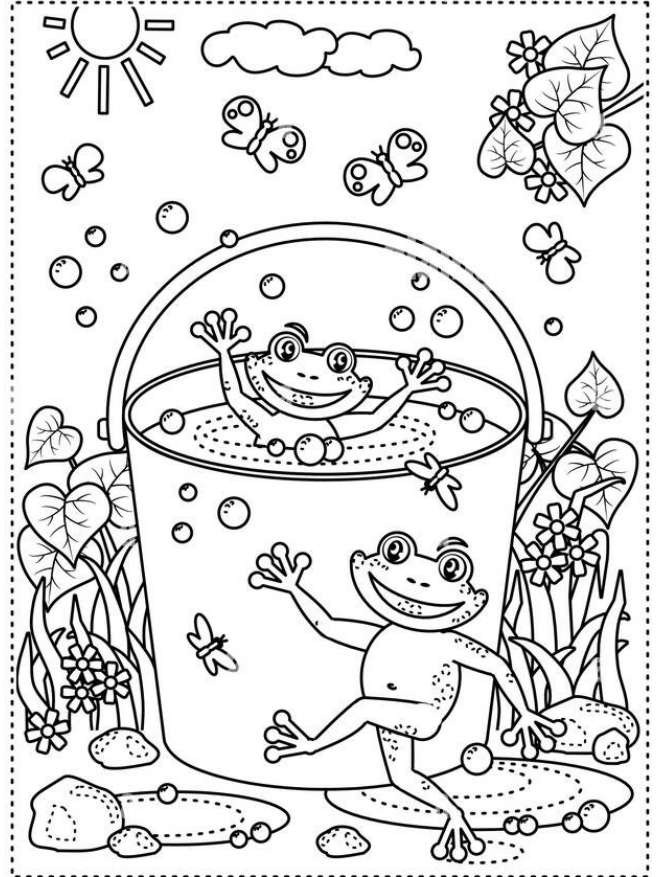
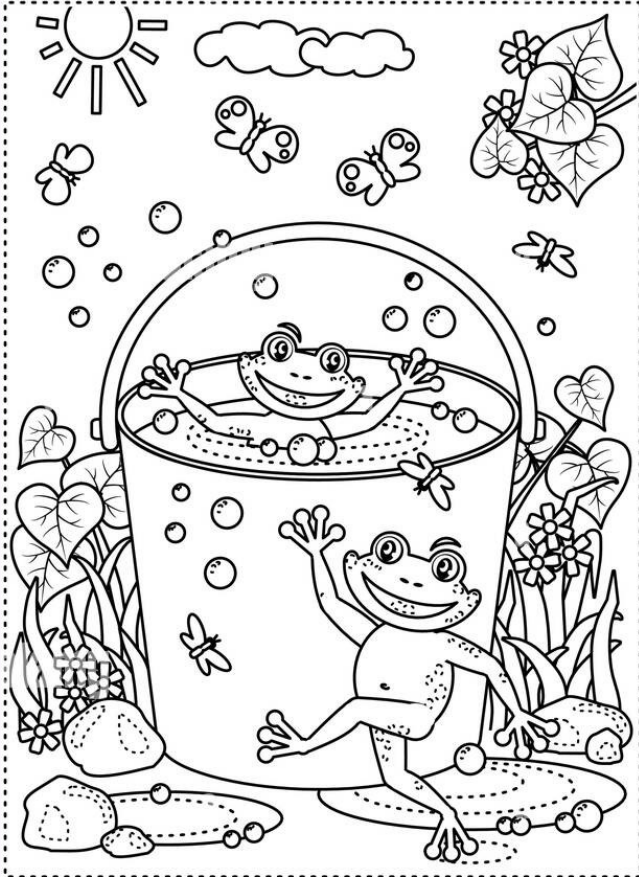
MAIDSTONE COMMUNITY
SUPPORT CENTRE

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.



SPOT

THE DIFFERENCES



MCSC WOULD LIKE TO
WELCOME
THE NEW MEMBERS
CATCH22 &
INTERVENTIONS ALLIANCE
TO OUR CENTRE.

**catch
22**



**Interventions
Alliance**

Part of the Seetec Group





Working together with
the Down's Syndrome
Community in Kent to
raise expectations and
realise potential

21 Together is a Kent-based charity, here to provide support for family members, carers, friends and professionals supporting children and young people with Down's syndrome.

Everyone has the right to live their lives to the fullest of their potential. Our specialist services provide the tools for our community to realise that potential.

We offer a variety of services and support to our community. These include:

Regular groups for our children and young people, overseen by Speech and Language Therapists and run by Specialist Teachers.

Easter and Summer holiday camps - intensive three-day camps focussing on speech and language and developing social skills.

Regular training sessions for families and professionals on all topics linked to Down's syndrome - from legal rights to common symptoms associated with the condition and how best to overcome them.

Professional visitors to some of our Early Intervention Groups to support our parents and answer any questions that they might have around Physiotherapy, Occupational Therapy, Speech and Language Therapy, Nutrition and much more!

A Community Support Service open to anyone who needs some support or advice from those who have been there. Whether it is support in pregnancy, early years, transition to school, Education, Health and Care Plans (EHCPs) or how to navigate the health and care systems; we can help you.

Fun, family events organised throughout the year (often FREE or highly subsidised!).

Wellbeing sessions and coffee mornings to allow our parents/carers to have a supportive and empathetic group to chat to - we recognise it's not always easy and everyone needs some respite or someone to lean on from time to time!

Head over to our website to find out how to get involved today!

www.21together.org.uk





Face - to - Face is back at MCSC!

We are busy welcoming back clients at MCSC, for face-to-face counselling sessions for childhood survivors and current survivors of sexual violence, domestic violence, abuse and trauma. We are continuing to provide online counselling support for clients who prefer this approach.

In February 2022, I had the pleasure of attending 'Causes that Matter'. This was an event held by the Kent Community Foundation (KCF), where supportive groups which have been funded by the foundation were



John Weir JP, High Sheriff of Kent and Angela Christie, One in Four Kent Clinical Coordinator

During this event I met John Weir JP, the former High Sheriff of Kent. He was full of encouragement for the support One in Four has provided since arriving in the county during the lockdown, and shared details of other leading figures within Kent, to see how we may be able to work together given the opportunity to see how their diverse work has impacted the community at large.

In addition in May 2022, I had the greatest pleasure of being presented 'Trauma Teddy Bears' by Jane Barnes from the Soroptimist International, Medway and Maidstone. The ladies of this amazing group hand made these toys which were shared with us at One in Four - Kent and children of Ukraine. What a privilege! Will keep you all posted on how they were distributed...



Jane Barnes, Soroptimist International, Medway and Maidstone presenting 'Trauma Teddy Bears' to Angela Christie, One in Four

Over the last 18 months our presence has been truly felt and welcomed within the Maidstone and Medway areas, especially networking with organisations within MCSC.

We are currently contacting Universities and colleges, rolling out our recruitment drive for trainee therapist to come and join us at One in Four. Enquiries to be made recruitment@oneinfour.org.uk

If you are you a survivor of sexual violence or abuse seeking support, please contact our Admin team on Admin@oneinfour.org.uk to book a consultation.





SUMMER EVENTS 2022

Weds 27th July 10am-12pm Park Wood picnic
(Park Wood field, by play area)

Fri 5th August 10am-12pm Maidstone town centre
Totcycle (URC Hall, appointment only)

Mon 8th August 10am-12pm Medway picnic
(Gillingham park, by play area)

Weds 17th August 10am-12pm Park Wood Totcycle
(Christ Church, appointment only)

Fri 26th August 10am-12pm Maidstone town
centre picnic (Mote Park, by main play area)

Weds 31st August 10am-12pm Park Wood Totcycle
(Christ Church, appointment only)

For more information call our office on 01622
230713 or email hello@princessproject.co.uk



MAIDSTONE COMMUNITY
SUPPORT CENTRE
WE'RE HIRING!

**PART TIME CENTRE SUPPORT
WORKER**

- Weekday Evenings and Saturday Morning (every other week)
- Be our first point of contact to all users of the Centre
- Ability to work on your own initiative
- No computer or office equipment experience required

*Interested applicants can get an application pack from reception
or go to our website www.mcsc.org.uk*

Farewell

Tamandra Christmas

MCSC would like to extend a heartfelt thank you to Tamandra, who has decided to step down from our Board of Trustees.

Tamandra joined us back in 2016 to assist with the governance of the café after it changed hands from KCC to The Café at Marsham Street.

Her insight and helpfulness has left MCSC in good standing.





Office & Storage space available in our Centre

AFFORDABLE PRICES FROM
OFFICE: £175PCM TO £385PCM
STORAGE: £40PCM TO £60PCM

All rooms will include a
minimum of 1 line &
handset.

Heating, water and Electric
all inclusive

3 months notice period

Car Parking may be
available



MAIDSTONE COMMUNITY
SUPPORT CENTRE

Contact

01622 690369

jackie@mcsc.org.uk

