

We would just like to say thank you to everyone for being so patient whilst the building works were carried out at the Centre and a big thank you to those who helped others with parking.

A couple of pictures to show the difference of our windows around the building, we also had some of the outdoor doors repainted and looking fresh!

BEFORE



AFTER





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 information:
01622 753618 or
www.ageuk.org.uk/maidstone



communitycatalysts®
unlocking potential effecting change

Nicole Monahan
Kent Community Catalyst

Community Catalysts offer care and support to older and learning/physically disabled people and people experiencing challenges with mental health, in and around the Maidstone area.

We can help you get set up working on a self-employed basis or with others, offering a range of care and support options – and our help is free because this project is funded by Kent County Council. Work for yourself, work locally, choose your own hours, set a fair rate of pay, help people and be proud of the support you provide.

You might offer help at home, such as cleaning, cooking, help to dress and wash – or you might want to offer an activity in your community like an inclusive yoga class, or painting sessions. We can also help you grow your existing enterprise or simply connect with others offering care and support.

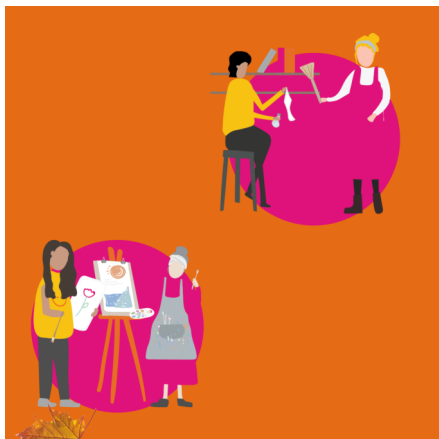
This community micro-enterprise project is run across Kent by Community Catalysts, a UK wide social enterprise.

Find out more! Contact Nicole, your local West Kent Community Catalyst for a chat.

Email: KentMicros@communitycatalysts.co.uk

Phone or text: 07435 943 745

Visit: www.facebook.com/CommCatsKent





MAIDSTONE COMMUNITY
SUPPORT 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.



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



DID YOU KNOW?

Services
that we offer...



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





**DON'T ASSUME
A PHONE CALL IS
AUTHENTIC
JUST BECAUSE
SOMEONE KNOWS YOUR
NAME AND ADDRESS**

Common examples of courier fraud



Calls you out of the blue on the phone



Ask you to withdraw large amounts of cash to hand over to them



Asks for your PIN



Says there is an issue with your bank account or card



Claims to be from your bank, the police or your local authority



Sends a courier to collect your bank card or cash

The police will **NEVER...**



Contact you to ask for your PIN or bank details



Ask you to withdraw cash to hand over to them for safe-keeping



Ask you to transfer money out of your account for ANY reason



Send someone to your home to collect cash, PINs or bank cards



If a crime is in progress,
call **999**



**Kent
Police**

ActionFraud
National Fraud & Cyber Crime Reporting Centre
 actionfraud.police.uk 

0300 123 2040
Monday to Friday 8am-8pm



FUNDING FOR ALL & ALL FOR FUNDING

Funding for All is a registered charity, which supports other VCSEs develop their funding and fundraising skill-sets, to help them be sustainable long term. We support VCSE groups in Kent and Medway through providing free training, free fundraising mentoring, and free funding surgeries, alongside the provision of fund-finding resources and alerts.

To access free mentoring please follow this link:

<https://www.fundingforall.org.uk/fundraising-mentoring/>

Our mentoring is:

- Tailored to the group's funding needs
- Provides up-skilling in a variety of fundraising skills
- Done at times that suit the group
- Takes places on average over a 3-6 month period
- Supported through our free Guide to Fundraising

All our free funding training programme is bookable through this link:

<https://www.fundingforall.org.uk/training-events/>

Over the next few months we will be delivering training on:

- Gift Aid- how to register and claim
- Building a Donor Base
- First Steps to Fundraising
- Social Media Fundraising
- Evaluating and Measuring Impact
- Fundraising Strategy
- Community Fundraising
- Funding for Environmental Groups



Highlight on our First Steps to Fundraising Virtual Conference, bookable through above link:

- October 21st, 10-12
- Presentation from Kent Community Foundation
- Presentation from Colyer Fergusson Charitable Trust
- Presentation from Active Kent
- Breakout rooms with funders
- Breakout rooms covering: Mental Health funding; basic bid writing; measuring outputs and outcomes
- Panel discussion

Highlight on our In-person Training event, also bookable through the above link:

- November 18th, Parkwood Community Centre, Rainham
- Presentation and 1:1s from Kent Community Foundation
- Presentation and 1:1s from Colyer Fergusson Charitable Trust
- 1:1 funding advice sessions with mentors
- Training on Corporate Sponsorship
- Bid writing workshop



Our next 2 Funding Surgeries will take place at Marsham Street on October 7th and November 4th, also bookable through the above link.



Counselling for Life!



Counselling Support

Counselling for Life can now offer 6 free sessions of therapy with a counsellor.

If you would like to have more sessions, a small fee will be charged —*cost on a sliding scale*

Training

Counselling for Life also deliver a range of professional development training for individuals, care workers, Psychotherapists, Social Workers, teachers and other mental health professionals who work in various settings including voluntary and higher education sectors.

Our CPD Training/workshops include:

- Working with domestic trauma
- Working with OCD
- Addictions
- Mindfulness
- Sexual Abuse/Disclosure
- Working with Difference and Diversity in counselling
- Mental Health Toolbox
- Managing depression and anxiety
- Bullying and Harassment



**COUNSELLING
FOR LIFE**

Working ethically and sustainably within your community

How can you can find us?

www.counsellingforlife.com

Maidstone Community Support Centre

39-48 Marsham Street, Maidstone,

Kent, ME14 1HH

Email: info@counsellingforlife.com

hi there



MCSC would like to welcome
Sentient Therapy and Small Places
to the Centre



welcome TO THE TEAM



Meet MCSC's 3 new Team Members!

Rachel and Jo are our new Evening Meet & Greeters!

&

Jo is our new Afternoon Receptionist!



Rachel—Evening Receptionist



Jo—Evening Receptionist



Jo—Afternoon Receptionist



Unleash Yourself
with **Gladness**

- Ministry
- Personal Development
- Entrepreneurship & Business
- Family & Relationships
- Lifestyle & Entertainment

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uygsocialenterprise@gmail.com
 +447448676704

www.unleashyourselfwithgladness.com



Unleash Yourself
with **Gladness**

UYG SOCIAL ENTERPRISE

**UYG SOCIAL ENTERPRISE
39 - 48 MARSHAM STREET
MAIDSTONE, KENT ME14 1HH**



OPEN: MON - FRI / TIME: 9AM - 5PM

TELEPHONE: 0162 2230 712



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

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

National Lottery Community Fund and European Social Fund kindly provide funding for participants on the Project; upskilling, interview clothes, equipment, etc., etc.

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

Eligibility Criteria:

Economically inactive or unemployed

Have a health condition or disability

Eligible to work in the UK



Please contact

Jon Ramage – Room 120 – Maidstone Community Support Centre

Email: letsgetworking@rbli.co.uk

Phone: 01622 795945

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



Sessional Room Hire Available

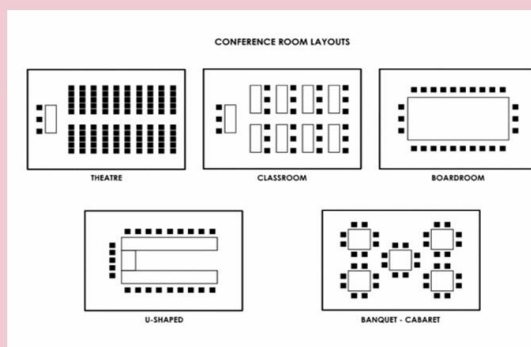


Here at Maidstone Community Support Centre we have 8 rooms ready to hire for all your meeting needs

- ♦ Rooms to meet your budget with rates available for Charities/ CICs
- ♦ We offer rooms for 1 person up to 135
- ♦ We can accommodate your interviews, AGMS, training and more
- ♦ Projectors, flipcharts, video conferencing and a PA system are all available free of charge with your room hire

We also offer additional services such as:

- ♦ Photocopying and printing
- ♦ Laminating
- ♦ Scanning to emails
- ♦ Brochure collation



Halloween Quiz



Quiz Time!

1. When is Halloween celebrated each year?

- A. 31st September
- B. 31st October
- C. 31st November



2. Which of the following animals is a common symbol of Halloween?

- A. Owls
- B. Bats
- C. Black dogs

3. Which country celebrates the Day of the Dead, or Dia de Muertos, instead of Halloween?

- A. Brazil
- B. Argentina
- C. Mexico



4. Which are the two colours mostly associated with Halloween these days?

- A. Purple and orange
- B. Orange and black
- C. Black and white



5. Which Fruit do you traditionally bob for on Halloween?

- A. Apples
- B. Bananas
- C. Raspberries

6. When knocking on doors, what is traditionally said to those who answer the door?

- A. FEED ME!
- B. Trick or Treat?
- C. Hey what's up?



HALLOWEEN



word search



C	U	O	I	N	T	R	A	R	I	M	F	I	G	A	D
A	O	T	D	J	O	G	G	C	A	T	T	F	F	H	E
N	T	V	A	M	P	I	R	E	T	A	G	G	R	A	C
D	G	N	A	T	T	J	C	P	A	R	T	Y	F	L	U
Y	T	A	I	V	M	U	M	M	Y	R	U	I	H	L	E
C	A	B	A	T	D	D	E	R	U	U	S	A	U	O	K
O	P	U	M	P	K	I	N	I	C	M	A	G	F	W	A
R	D	P	I	R	T	C	A	S	O	O	S	H	U	E	D
N	H	U	C	R	E	D	I	A	M	N	R	O	R	E	E
R	O	M	V	E	W	I	T	C	H	S	H	S	E	N	V
C	I	P	A	E	F	K	A	S	T	T	A	T	U	A	C
T	H	A	F	J	S	C	E	A	T	E	E	J	S	T	U
A	S	P	I	D	E	R	W	E	B	R	H	A	I	D	A



BAT
CANDYCORN
CAT
GHOST
HALLOWEEN
MONSTER

MUMMY
PARTY
PUMPKIN
SPIDERWEB
VAMPIRE
WITCH



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KENT GANGS & COUNTY LINES

SERVICE:

Providing long-term support to children and young people to reduce risk and prevent serious youth violence, exploitation, gang and county line activity.



Up to the age of 25 | Kent and Medway



Family support



Gangs and Violence Reduction



Looked after children and care leavers



Missing from home or care and child exploitation



Co-funded
by PCC and VRU



For all enquiries and referrals,
please contact:

KentCCE.referrals@catch-22.org.uk

REFERRAL OPTIONS:

-  You can refer yourself.
-  You can refer family or a friend.
-  You can refer a client.

Direct referrals are accepted into the service via our [referral form](#).
Referrals received through direct referral will be considered following a consultation process.
Referrals into the service can be made by anyone but service users must be aware of the referral and meet the thresholds for service.

VOLUNTEER & PLACEMENT OPPORTUNITIES:

-  You can volunteer for this service.
-  You can get a placement at this service.

We take on both short- and long-term student placements from a variety of social care and psychology courses. These are unpaid placements but will provide you with the experience and skills of working complex and demanding caseloads of work.

CONTACT US

Service Manager
Klare Meyer
07785 352697

Service Administrator
Lisa Colquhoun
Lisa.Colquhoun@catch-22.org.uk

Co- funded
by PCC and VRU





Have you been asked to withdraw cash by the police?

This is a scam.



The police or your bank will **never**:

- ask for your bank details or PIN
- ask you to transfer or withdraw and handover sums of money
- send a courier to collect your bank cards, cash or PIN



If you are unsure about a call or visitor you have received:

- Don't give out any personal or financial information.
- Hang up or close your front door to check the caller's identity.
- If they phoned you, wait 10 minutes before you use the phone again (or use a different telephone) in case they stay on the line.
- Contact their company yourself or dial 101 for the police – do not call a number they have provided.
- Report suspicious activity straight away.



**Kent
Police**

Report a non-urgent crime online www.kent.police.uk/report

Talk to us on LiveChat – available 24/7 www.kent.police.uk/contact

In an emergency, if crime is in progress or life is in danger call **999**

If you have a hearing or speech impairment, use our textphone service **18000**.
Or text us on 999 if you've pre-registered with the emergency SMS service.

www.kent.police.uk   



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 run speech and language and social groups for children aged 0-25 years, as well as hosting regular activity sessions and events for our young people. We provide training to both families and professionals, and are always here to support anyone with questions or worries.

Check out what we've been up to lately!



Whether you are a parent/carer of a child with Down's syndrome, a professional working in the field, or a willing volunteer – we've got something for everyone!

Upcoming Events:

Activity Sessions around Kent for children aged 5-11 years with Down's syndrome
TRAINING: Meeting the Learning Needs of a child with Down's syndrome
Be You Festival
Theatre Trip to the Marlowe
Christmas Disco!



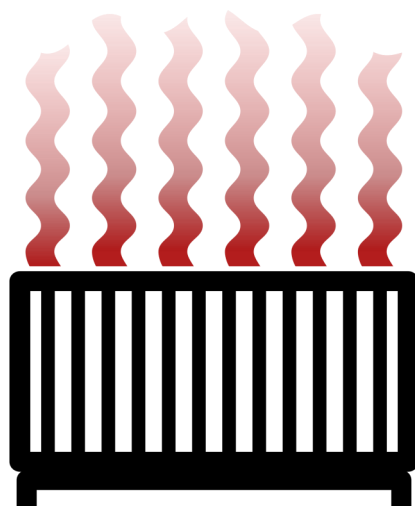
Head over to our website to find out how to get involved today!

www.21together.org.uk



A note from our Site Manager....

Now the weather is beginning to cool, we will be putting the radiators back on! Please check your radiators and let us know if they're not working correctly or if they need bleeding. If it is too hot or too cold, please adjust the thermostat in your room only! Do not open the windows or doors whilst your radiator is on please. If you have portable heaters, they need to be switched off whenever you leave the room. Thank you.

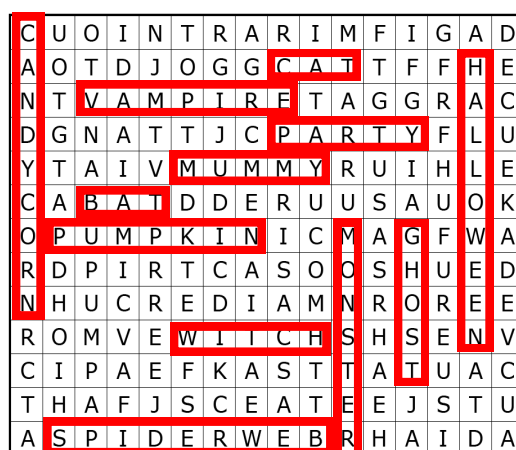


Quiz answers

1. B) 31st October
2. B) Bats
3. C) Mexico
4. B) Orange and Black
5. A) Apples
6. B) Trick or Treat?



HALLOWEEN word search



BAT
CANDYCORN
CAT
GHOST
HALLOWEEN
MONSTER

MUMMY
PARTY
PUMPKIN
SPIDERWEB
VAMPIRE
WITCH



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