



Merry Christmas and a Happy New Year!

FROM TAD AND THE TEAM AT MCSC

Reception will be closing
early on
Friday 23rd December

We look forward to welcoming
you back in the New Year on
Tuesday 3rd January



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



*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.*

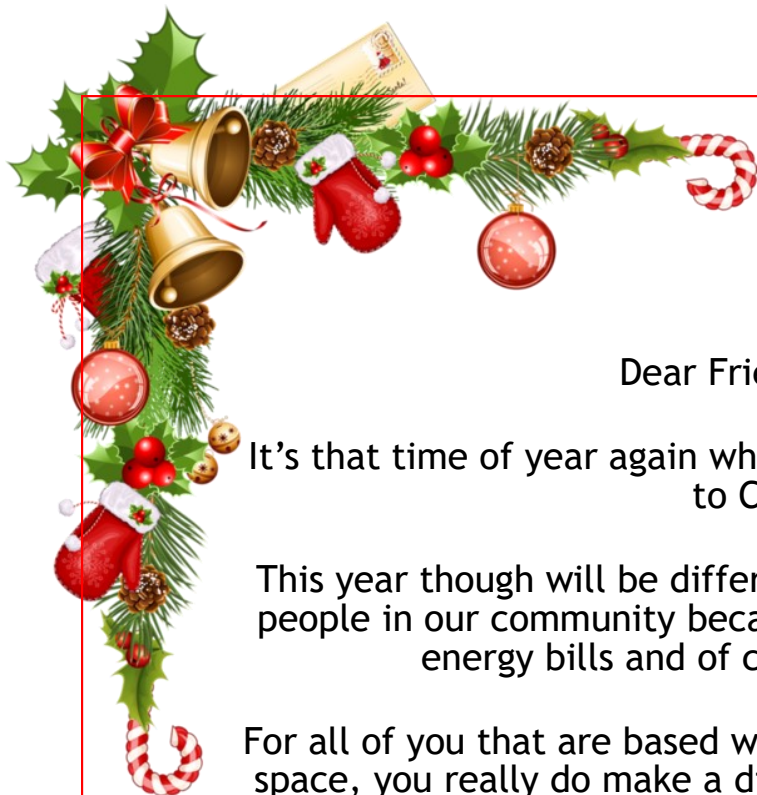
*Eligibility Criteria:
Economically inactive or unemployed
Have a health condition or disability
Eligible to work in the UK*

*Please contact
Jon Ramage – Maidstone Community Support Centre
letsgetworking@rbli.co.uk*

01622 795945

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





Dear Friends of MCSC,

It's that time of year again when everyone will be looking forward to Christmas.

This year though will be different and more worrying for so many people in our community because of the cost of living crisis, high energy bills and of course the war in Ukraine.

For all of you that are based within the Centre or use our sessional space, you really do make a difference to so many peoples' lives. In my opinion there has never been a more important time for the existence of Maidstone Community Support Centre.

Although there certainly will be new challenges ahead for all of us, I do firmly believe there will be many new and exciting opportunities. Communities come together when there is a crisis and achieve amazing things and we are a Community.

So I would to say on behalf of all the team here at MCSC, thank you all for your continued support over the past year and we wish you the very best and safest of Christmases.

Tad
MCSC CEO





**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

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.



Services offered by MCSC

Photocopying

A4 B&W 6p per side
A4 Colour 15p per side
A3 B&W 10p per side
A3 Colour 25p per side

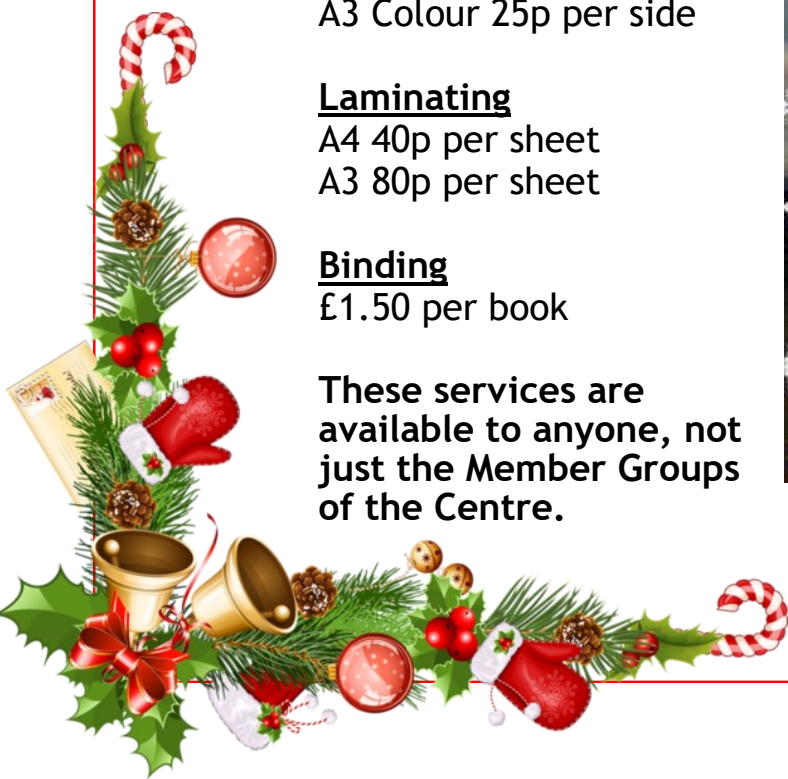
Laminating

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.





What's On

Thursday 17 November - Christmas Lights Switch-On

One Maidstone in Town Centre, Jubilee Square at 7pm Full details at: www.onemaidstone.com

Wednesday 23 November - The Vineyard & Winery

Detling Showground tickets and details available at: www.vineyardshow.com

Thursday 24 November - Magic of Maidstone Festive Parade

Maidstone Town Centre 4pm - 6pm

Thursday 24 November - Santa's Giant Post Box launch

Come and have your photo taken with Santa – **FREE** Lockmeadow Entertainment Complex 4-6pm

24 November - 6 January - Maidstone Magic Festive Trail

An Advent Calendar trail throughout the town centre. Scan the barcode on one of the 24 trail pictures to enter a competition and be in with the chance to win £150 High street shopping vouchers

Sunday 26 November - Santa Paws at Lockmeadow

Free Dog Fete for furry friends and their owners to have their photo taken with Santa
More information available at: www.lockmeadowentertainment.co.uk

26 November - 24 December - Christmas at Kent Life

A magical Christmas experience including Santa's Grotto
Find out more and book at: www.kentlife.org.uk

26 November - 31 December - Hazlitt Theatre Pantomime

The Pantomime of Your Dreams - Sleeping Beauty starring the people of Maidstone
Booking available at: www.hazlitttheatre.com



26 November - 3 January - Christmas at the Castle

Experience Leeds Castle dressed in her Christmas finest
More information available at: www.leeds-castle.com

Saturday 3, 10 & 17 December - Father Christmas's Fireplace 2022

Meet Father Christmas in his cosy library at the Maidstone Museum
Booking available at: museum.maidstone.gov.uk



MAIDSTONE BOROUGH COUNCIL'S

Volunteering & Funding Advice Event

in partnership with Funding for All

Volunteers and VCSE organisations supporting people in the borough of Maidstone, you are invited to **explore opportunities for volunteer engagement within Maidstone borough and find funding support.**

The day will include networking in our marketplace, one-to-one funding advice, meet key Maidstone funders, find volunteering opportunities and ask our panel their thoughts on volunteering and the way forwards in Maidstone borough.

Register your FREE place at
fundingforall.org.uk



Wednesday 30 November 2022,
9.30am–3.30pm (approx. end time)



Trinity House, 20 Church Street,
Maidstone, Kent ME14 1LY

Giant Christmas Word Search



b g y p y r u d o l p h s c f u l w a r r u o r z
 f d z f v b z l q x j k l t u r k e y l y h f e s
 s s l j j c o w q n n j e j g a r l a n d a f i l
 a n w o o v a p p r e c i a t i o n m p w i d n e
 l o t y l s a m c f s p e s t o c k i n g s g d i
 f w g t l y c h a v c h e g g n o g k a e d i e g
 a d w t y u v g e l i d o i k p h b z s d f f e h
 m w o c o w l k t i n s e l e n s c b m u y t r v
 i s v r h y k w b n s q v h l p x s a g q c s s j
 l n l o t r s j c t s h s w r y q k f r e e n f i
 y o v s t k i q w r q q d a i w y t u e o z b t n
 z w a n u r k s g e l d x u n q m i f l c l y r g
 q f e o w i p x t e a n f x s t k n y g z i s a l
 x l b w g o r n a m e n t s w x a u g a k q c d e
 u a v m q c q n b o a j h a l c g t y t r l z i b
 j k b a v k c i e j f s s b l a y c s h u i z t e
 d e c n t x a p v l p w d q z u l r k e a g i i l
 t b h h t g y a s o f d d f c e v a k r b h p o l
 c f w l e t h a n k f u l k f a w c n i d t r n s
 c d o h j e z r h s v c t r g u j k q n f s c s v
 u r v d e z r o m q q p u m u d x e w g y z i x g
 n o r t h p o l e e j s d f s n a r s v b k q a n
 k g s o b n q w x j x d g r a t i t u d e w v s a
 t r e e s k i r t j f r o s t y d t e h i p q g d
 s i p m i s t l e t o e d y r m b w o e g b q g j

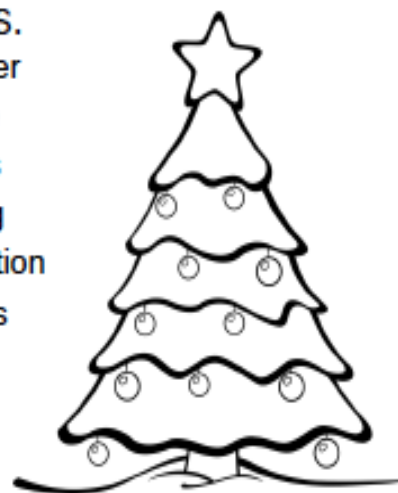
Find these **Christmas** words.

North Pole
 family
 joy
 tinsel
 thankful
 garland
 snow
 turkey
 cheer

Santa
 reindeer
 toys
 snowflake
 Frosty
 holly
 lights
 stockings
 jolly

ornaments
 tree skirt
 jingle bells
 eggnog
 gratitude
 carols
 sleigh
 snowman
 gifts

nutcracker
 mistletoe
 traditions
 gathering
 appreciation
 christmas
 Rudolph
 tree
 elf



(The words may be hidden vertically, horizontally or diagonally.)



Unleash Yourself
with **Gladness**

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

Connect With Us
f uygsocialenterprise
i uygsocialenterprise
in uygsocialenterprise
v uyginternational

Contact Us
✉ 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



Hello All,

We recently received a very generous donation of £700 from a client following completion of counselling sessions. We are very grateful, particularly as we are very aware of the worsening financial climate and the continuing impact this has on everyone, and whilst we hope for small donations, this was very unexpected.

We'd like to take this opportunity to thank our colleagues in the Office and Reception of Maidstone Community Support Centre, for all their help and support throughout the last year, because this contributes hugely to providing the "safe" environment that our client's need and is very much appreciated, so a huge thank you to you all.

We'll soon be planning workshops and training sessions for the coming year, and as we open these to other agencies on occasions, we'll update you all in the next few months.

We wish everyone in the Centre a safe and peaceful Christmas period and New Year.

Rubicon Cares - 01622 230736





Christmas Quiz

(ANSWERS AT THE BACK...NO CHEATING!!)

1. WHAT COLOUR ARE MISTLETOE BERRIES?
2. WHICH OF SANTA'S REINDEER HAS THE SAME NAME AS THE GOD OF LOVE?
3. WHAT WAS FROSTY THE SNOWMAN'S NOSE MADE OUT OF?
4. WHAT RED-BREASTED BIRD DO WE COMMONLY ASSOCIATE WITH CHRISTMAS?
5. WHAT ARE "ROASTED ON AN OPEN FIRE" AND ALSO FEATURE IN A FAMOUS CHRISTMAS SONG?
6. WHAT TASTY TREAT IS USUALLY LEFT OUT FOR SANTA ON CHRISTMAS EVE?
7. WHAT IS THE NAME OF WILL FERRELL'S CHARACTER IN ELF?
8. THE GRINCH ATTEMPTS TO STEAL CHRISTMAS FROM WHICH FICTIONAL TOWN?
9. WHAT DID MY TRUE LOVE GIVE TO ME ON THE THIRD DAY OF CHRISTMAS?
10. WHAT ARE PIGS IN BLANKETS CALLED IN SCOTLAND?

PLEASE NOTE THESE GAMES ARE FOR FUN ONLY

COME & SING...

OPERA CHORUSES!



Verdi, Puccini, Borodin, Bizet and more!

WITH THE MAIDSTONE SINGERS

MUSIC DIRECTOR: KATHRYN RIDGEWAY
ACCOMPANIST: ROBIN HALL

SATURDAY 4TH FEBRUARY 2023

2.30 TO 7.30 PM · CONCERT PERFORMANCE AT 6.30 PM

ST JOHN'S CEP SCHOOL

PROVENDER WAY, GROVE GREEN, MAIDSTONE, KENT ME14 5TZ

REHEARSAL AND PERFORMANCE £15.00 INCLUDING TEA
SCORES AVAILABLE FOR HIRE £2.00 EACH – AUDIENCE TICKETS £5.00

PLEASE PRINT AND COMPLETE THE APPLICATION FORM ATTACHED (OR ON
OUR WEBSITE) AND RETURN IT TOGETHER WITH YOUR PAYMENT TO:

MARILYN SCOTT, 73 ASHFORD ROAD, MAIDSTONE ME14 4BS
TEL: 01622 737916 / MOB. 07901 885888. EMAIL: marilynscott73@gmail.com



Music Director: Kathryn Ridgeway

President: Wayne Marshall

The Maidstone Singers, 11 Blythe Road, Maidstone ME15 7TR

Registered Charity No. 1145752

www.themaidsingers.org.uk



Christmas Celebrations!



The Maidstone Singers

with TMS Sinfonia

Music Director: Kathryn Ridgway - Accompanist: Robin Hall

On Tuesday 6th and Wednesday 7th
December 2022 at 7.30 pm

Tickets at £15.00 available from

tickets@themaidsingers.org.uk

Also from choir members or telephone 07802 575656

St Martin's Church,
Northumberland
Road, Shepway,
Maidstone
ME15 7LP

Glass of wine
and light
refreshments
included



Christmas starts here!



www.themaidsingers.org.uk

Registered Charity No. 1145752



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   



OFFICE SPACE TO RENT



- Affordable rates available for low cost counsellors, CICs and Charities.
- Utilities included
- Broadband and VOIP included in rental costs
- Meeting room hire at a reduced rate
- Kitchenettes available on every floor
- On-Site Café
- Enclosed garden area
- Close to local amenities

**FOR MORE INFO AND TO CHECK YOUR
ELIGIBILITY PLEASE CONTACT JACKIE OUR
LETTINGS MANAGER**

01622 690369
jackie@mcsc.org.uk
www.mcsc.org.uk



RE-WRITE YOUR STORY

- Recently, our Men2 group has returned to face to face meetings in the centre, which was well received by all.
- We are also looking into setting up a mixed group therapy session over the upcoming months, which we are also hoping to offer in person.
- Did you know BETWEEN 30-40% OF THE POPULATION ARE THOUGHT TO BE NEURODIVERSE? This is something we are keen to raise awareness about. Recently, Therapy Partners were commissioned to provide a series of 2 hour briefing sessions on 'Neurodiversity and the Accessible Information Standard' to staff at East Kent Hospitals University Trust. The sessions took the form of an overview of neurodiversity, what it is and how it can affect individuals and then linking this to the Accessible Information Standard, which is a national standard that all Health and Social Care organisations in England are mandated to comply with. Over 50 staff, which included administration and clinical staff, attended the sessions and the feedback received was overwhelmingly positive ▢

We are also expanding our coaching services and now offer both individual and relationship coaching as well as a fantastic Employee Coaching Programme - full details of which can be seen on our website. [Life Coaching & Training | Therapy Partners](#)

CRUSE BEREAVEMENT SUPPORT
DROP IN

**Have you been bereaved and would like to talk
with other bereaved people?**

**You will find a warm & friendly welcome from our
Volunteers
10.30am – Midday
on the 1st Monday of each month**

**Find us at
Maidstone Community Support Centre
Marsham Street
Maidstone**

5th December 2022

9th January 2023

6th February 2023

Free-Phone Helpline: 0808 808 1677

Find support at: cruse.org.uk



Service provided by

ieso



Anxious? *Stressed?* Depressed?

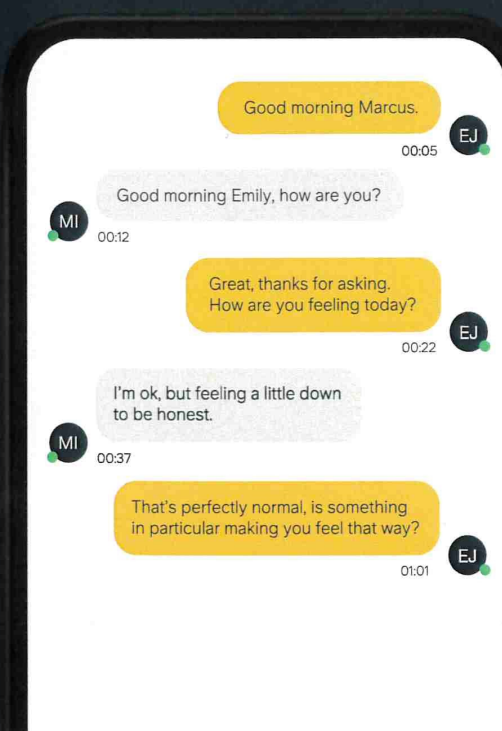
Try online therapy, just you and a fully-qualified therapist

If you feel overwhelmed, anxious, stressed, are having trouble sleeping, or experiencing feelings of depression, you can **sign-up for free online therapy** with ieso.

Using text-based cognitive behavioural therapy (CBT), we'll work with you to spot how some of your thoughts affect your behaviours and feelings, and teach you ways in which you can improve your quality of life day-to-day.

As sessions take place online, writing to one another via computer, smartphone or tablet, they can happen whenever it suits you and wherever you feel most comfortable. Giving you access to the help you need as quickly as possible.

- 100% confidential
- No long waiting times
- Flexible appointments - 7 days a week
- No need to see your GP



Sign-up for *free*
online therapy here:

www.iesohealth.com/access/west-kent

Alternatively, scan the QR code to get started:

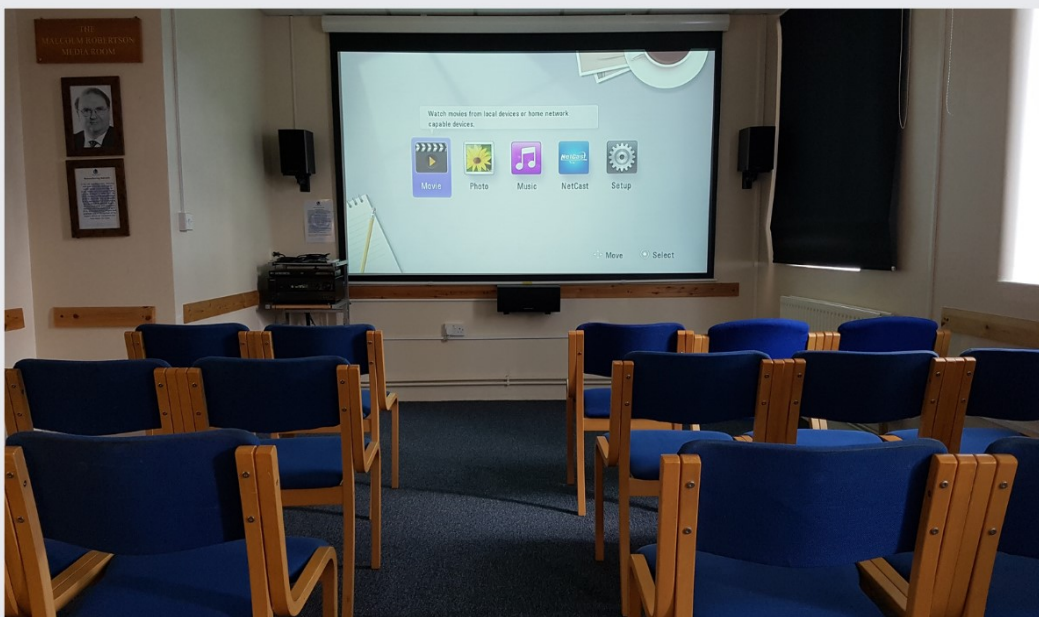


Or if you prefer, you can speak to a member of our team confidentially by calling freephone: **0800 074 5560** (9am – 5:30pm weekdays)

ieso is working in partnership with the NHS in West Kent. To be eligible for online therapy on the NHS, you must be aged 18 or over and registered with a GP in West Kent. Some parts of West Kent may not be covered. Please contact us or visit the website to check your eligibility.

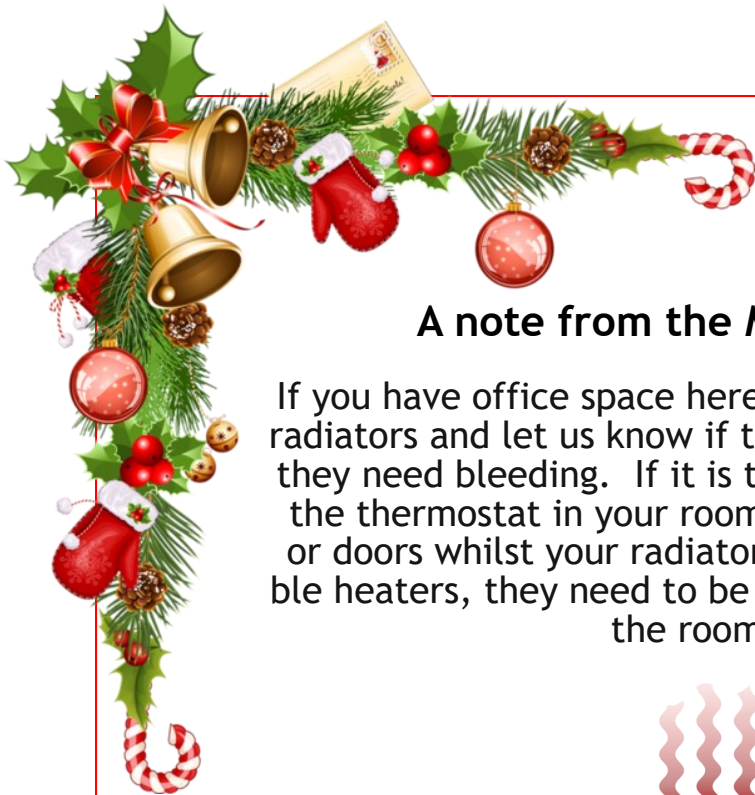


MEETING ROOMS TO HIRE



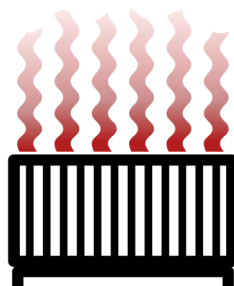
ENQUIRE WITH OUR RECEPTION TEAM AT:

RECEPTION@MCSC.ORG.UK
01622 690369



A note from the MCSC Site Manager....

If you have office space here in the Centre 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.



Answers

Giant Christmas Word Search

Find these Christmas words.

North Pole	Santa	ornaments	nutcracker
family	reindeer	tree skirt	mistletoe
joy	toys	jingle bells	traditions
tinsel	snowflake	eggnog	gathering
thankful	Frosty	gratitude	appreciation
garland	holly	carols	christmas
snow	lights	sleigh	Rudolph
turkey	stockings	snowman	tree
cheer	jolly	gifts	elf

(The words may be hidden vertically, horizontally or diagonally.)

Christmas Quiz

1. White
2. Cupid
3. Button
4. Robin
5. Chestnuts
6. Mince Pies or Cookies
7. Buddy
8. Whoville
9. Three French Hens
10. Kilted Soldiers

Christmas Quiz