



March 2023



Issue 68



MCSC Management, Reception and Meet & Greet Team will be closed on the following bank holidays:

**Good Friday – Friday 7th April
Easter Monday – Monday 10th April**

**May Day – Monday 1st May
Coronation – Monday 8th May
Late May BH – Monday 29th May**

The Centre is accessible to fob users as normal and anyone with an appointment with one of our Member Groups.



A Massive

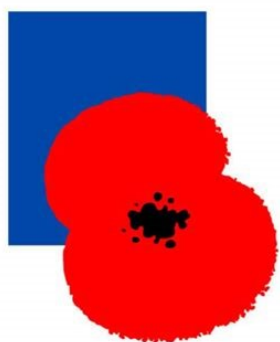
welcome!

to the new organisations that
have made MCSC their new
home

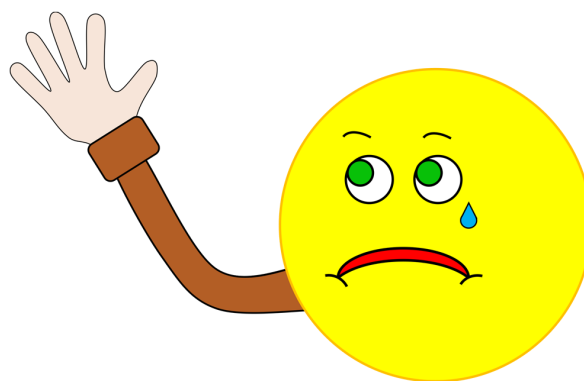


And a very sad

Good Bye



RBLI



Jon you will be missed so very much!



Well spring is nearly upon us after what seems a very long cold dark winter and we all are, I am sure, looking forward to the warm days and light evenings.

Thankfully the effects of Covid 19 seem to be reducing and the Centre is getting back to some sort of normal although we must still be vigilant.

The cost of living crisis particularly energy has hit everyone very hard and here at MCSC the huge rises in energy have of course impacted the centre, with a massive increase in our electricity costs alone. The MCSC Board of Trustees, in line with our Charity's aims and objectives, has decided to minimise rent increases as much as possible to support the organisations based here. There will also be no increase prices for our sessional hire spaces.

Now the good news:

All our office spaces are now fully occupied with 47 different organisations based here. Prior to the Pandemic we had 32 organisations based here.

You may have noticed that the Café is under new management. The Sunflower Café is being run by Age UK Maidstone. As well as providing an excellent affordable Café service the Café Team are also supporting older people in the Community by providing a meals on wheels service. Please take the time to go and meet the team, grab a coffee, snack or a lunchtime meal, you won't be disappointed.

The long awaited IT upgrade is now underway and should be completed by the first weekend of April. The new system will provide a more secure and stable platform as well as being more flexible in terms of how you can connect your own computers in your offices/counselling rooms.

I would like to take this opportunity on behalf of all the MCSC team and our Trustees, to thank all of you based here at MCSC, our sessional room users and all the visitors, for your continued support in these tough times.

Have a lovely Easter.

Tad

Chief Executive Maidstone Community Support Centre





We are 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](#)

What is a Life coach?

Change experts say 95% of the journey of transformation happens by creating awareness.

A life coach is someone who aims to help and empower others to make, meet and exceed personal and professional goals. This can include excelling in the workplace, becoming happy and fulfilled at home, exploring your potential and achieving ambitions. Reaching these goals with a life coach can be a one-to-one facilitative process between a professional coach and client.

Would you like to find out more? If, our NEW introductory course could be for you!

Introduction to Coaching Workshop

Overview: **This workshop will cover: What is coaching? Why coaching and what is it used for? Coaching versus Therapy & Models of coaching. It will also explore the benefits of coaching and discuss if it is feasible to use a mixed model of therapy and coaching together**

Location: **MCSC**

Duration: **3hrs**

Dates: **Saturday 29th April 2023 9:30am-12:30pm**

Facilitator: **Andy Oldfield**

Costs: **£50**

To register your interest and secure your place, please email enquiries@therapypartners.co.uk

Social Café/Warm space

MCSC in partnership with Age UK are offering a warm drink, a snack and a friendly welcome to anyone who is struggling financially or feeling socially isolated.

Friday 12pm-3pm in the Sunflower Café



We recently took part in a focus Group for Funding For All to find out more please see below :



We strive to always deliver the best fundraising support possible to the Kent & Medway voluntary sector. So during February we caught up with some of our mentees to find out how the mentoring process is going for them - such a positive and inspiring conversation!

Thank you for your time, Cast a Thought, Maidstone Community Support Centre, The Princess Project, Hever Village Hall, Cycle Circle, Mind Awareness Project and Community Centred Knowledge.

If you'd like to know more about the bespoke, one-to-one fundraising support we can offer to your Kent & Medway organisation completely free of charge, get in touch. info@fundingforall.org.uk

You're not alone

Cruse
Bereavement
Support

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**

3rd April 2023

15th May 2023

5th June 2023

Free-Phone Helpline: 0808 808 1677

Find support at: cruse.org.uk



MAIDSTONE COMMUNITY
SUPPORT CENTRE

Members Network Meeting

Come along to our Member's Network Meeting on 24th May 10am–11:30am This will be an opportunity for MCSC to update you on any plans regarding the building, as well being able to feedback to us about your organisations or any issues or ideas you may have. It will also be an opportunity to network with other members in the Centre and for the new organisations to introduce themselves.

P.S There will also be tea, coffee and biscuits



bringing local radio back to maidstone

Maidstone Radio is part of the Kent Digital Media Group CIC. Our aim is to bring radio back to Maidstone whilst providing opportunities to local people.



wearemaidstone.com

[Maidstoneradio](#)

[Wearemaidstone](#)

[+441622673802](tel:+441622673802)

studio@wearemaidstone.com

How to Listen

Our App Smartspeaker Online

DOWNLOAD OUR NEW APP

GET IT ON Google Play Download on the App Store

Launch and fundraising event

Please support

FAMILY FREEDOM & CONNECTIONS

01622 230742



Maidstone Community Support Centre 39-48
Marsham Street, Maidstone Kent ME14 1HH (Hall 1)

Tuesday 4th April 2 - 4 pm
(Free entry)

Easter craft stall, cake stall, raffle and much
more! The Easter bunny will be joining us!
Parking: King Street, 2 min walk, ME14 1BG



FAMILY FREEDOM &
CONNECTIONS

EDUCATING FOR A BETTER TOMORROW



Spring Word Search



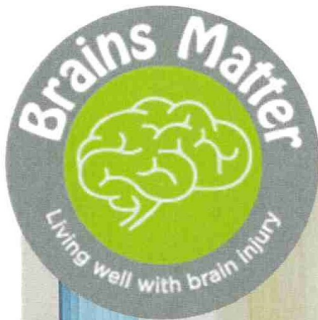
Find the words
below in the
grid to the right:



April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm



BRAINS MATTER MAIDSTONE DROP-IN

A brain injury support group

The Charity also has a centre in Tunbridge Wells which offers varied activities and outings three days a week, Monday through to Wednesday (9:30-3:30pm). We also have a Wellbeing Service designed to support clients in the community and another drop-in support service in Sevenoaks.

If you would like to know more about Brains Matter Charity, or more information about our services, you can visit our website on www.brainmatter.org.uk or call our centre on 01892 619001.

**Every Thursday 10:30-
12:30pm**

Find us here for support and socialization, for anyone with a brain injury. Our group are friendly and here to talk with like-minded people.

**£3 per person,
including
refreshments.**

We also have a small games table and outing gatherings from time to time.

BRAINS MATTER

Munro House,
3 Culverden Park,
Tunbridge Wells, Kent,
TN4 9QT

01892 619001
info@brainmatter.org.uk

Awakening Inspiration

We may not have it all together, but together we have it all

Counselling For Life (CFL Counselling Service) are offering a five week workshop providing a safe space for women to talk about health and emotional issues that we may often face in silence.

**When: April 26th, May 3rd, 10th, 17th 2023 10:15 - 11:45am
May 24th 2023, 10:15 - noon**

**Where: Trinity Community Hub (Blue Door) - 20 Church Street,
Maidstone. KENT ME14 1LY**

This is a closed workshop

To reserve a place please email: info@counsellingforlife.com

FAO Bev or Eugenie



UK Registered Not for Profit CIC No: 13853844

Counselling For Life

39-48 Marsham St, Maidstone, ME14 1HH



COUNSELLING
FOR LIFE

Enchanted Forest Fundraising Ball



Saturday 13th May 2023



Village Hotel Maidstone



**Arrival from 6.30pm
Carriages at 12am**

The Princess Project Fundraising Committee invites you to our big fundraising event of 2023.... the Enchanted Forest Ball!

The mums we support need our help more than ever at this time of rising prices and uncertainty. We are coming together to raise as much money as possible, to allow us to support as many families as possible, through services such as our Mums Hubs, Totcycle baby bank, Mum2Mum befriending service and lots more.

Join us for an evening of good food, good company, good news stories and, of course, dancing! There will be a raffle, a silent auction, and you will get the opportunity to hear about how we spend the money we raise, and the impact that has on mums experiencing disadvantage in our community. Arrival from 6.30pm for a 7pm start, carriages at 12am. Come on your own, come with your partner, your friends, your family, your work colleagues.... come together for a fantastic evening that really makes a difference.

Ticket price has been frozen at the 2019 price- £50 per person.

Dress code: black tie/formal

<https://buytickets.at/theprincessproject/835886>

Community Connections comes to Maidstone

In May, a unique kind of networking event will be coming to the Centre. Community Connections, hosted by Chris Knott Insurance, facilitated by MCSC, is a free session for local businesses and charities, and is designed to foster strong working relationships between the two sectors.

It opens up the opportunity for attendees to meet like-minded organisations and people, share experiences and build strategies for challenges such as the Cost of Living Crisis. It will also feature presentations from both the business and not-for-profit sectors, who will share their knowledge and insight with attendees.

The event will run from 10am to 1pm on the 23rd May. More details and instructions on how to register will be released closer to the date.



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.



MCSC is able to offer the following services to all

Photocopying

A4 B&W 10p per side
A4 Colour 20p per side
A3 B&W 15p per side
A3 Colour 30p per side

Laminating

A4 50p per sheet
A3 £1 per sheet

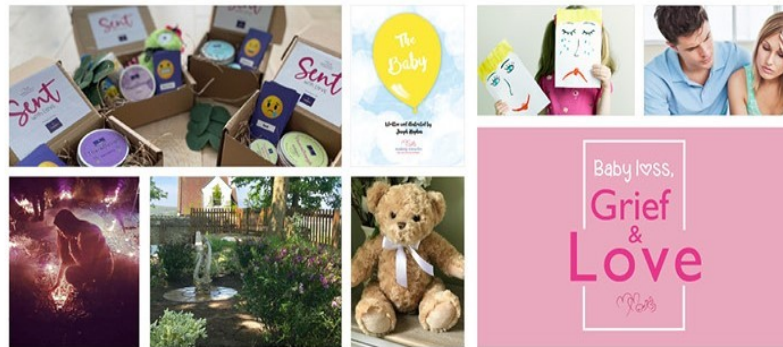
Binding

£1.50 per book



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

Making Miracles is the birth trauma and baby bereavement care charity offering families the support, services and tools they need to help find their “new normal” following trauma and grief.



Becci Johnson - Support Services Manager

Specialist Counselling & Support Group

07921 333 003 becci@makingmiracles.org.uk

www.makingmiracles.org.uk

Follow us  

we can Relate



3 Day Counselling Skills for Non-Counsellors

A 3-day workshop from Relate, the acknowledged experts in relationships, open to anyone who wants to learn how to listen effectively, support others, establish boundaries and improve self-awareness, professionally or in their personal life.

Delivered by a highly experienced Relate trainer/counsellor this is a course for those in a helping or supporting role at work and/or at home.

Successful completion of the course leads to a Relate certificate in Counselling Skills for Non Counsellors.

Next course to take place on Fridays 12th, 19th and 26th May 2023 from 1000 – 1630 at The Garden Room, St Mary's Church, Long Mill Lane, St Mary's Platt, Sevenoaks, TN15 8NE. Cost is £369pp.

To make a booking - or if you would like to know more - please telephone Lynne Murphy at Relate on 07542 448023 or email lynne.relatekent@gmail.com



Spring Word Search



Find the words
below in the
grid to the right:



April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm