



July 2023



Summer



Bumper issue 69



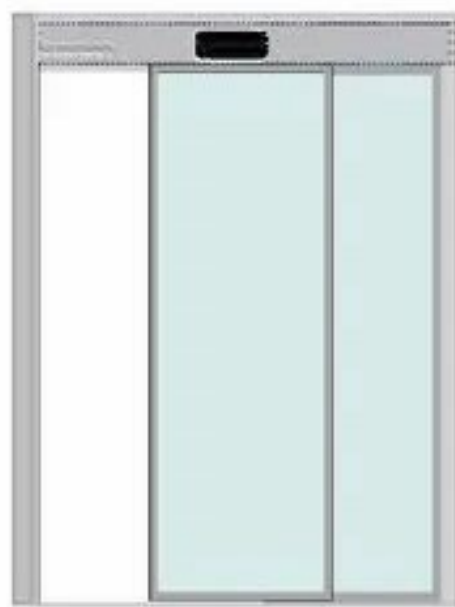
Help us to raise funds for our sliding door with
Easy Fundraising.

With your help we hope to raise **£25,000** to enable our clients and visitors who may have additional needs to be able to access the Centre safely!

See inside for more information!



Support us through
easyfundraising





Autism and Eating Disorders: Understanding the Link and Seeking Help



Autism spectrum disorder (ASD) is a developmental disorder that affects communication, social interaction and behaviour. People with autism often have difficulties with sensory processing, which can affect their eating habits and food preferences. Research has shown that individuals with autism are at a higher risk of developing eating disorders.

Understanding Autism and Eating Disorders

There are several factors that can contribute to the development of eating disorders in people with autism. One of the main factors is sensory processing difficulties. Individuals with autism may have a heightened sensitivity to certain textures, smells, and tastes, which can make them hesitant to try new foods or eat certain types of food. This can lead to a restricted diet, which can contribute to the development of eating disorders. Another factor that can contribute to the development of eating disorders in people with autism is anxiety. People with autism often experience higher levels of anxiety than neurotypical individuals, which can lead to obsessive behaviours, including obsessive behaviours related to food and eating. This can include counting calories, obsessing over portion sizes, and avoiding certain foods altogether. Data shows that eating disorders are more prevalent in individuals with autism than in the general population. One study found that up to 20% of individuals with autism may have an eating disorder, compared to 3% of the general population. Another study found that individuals with autism were more likely to have symptoms of anorexia, bulimia, and binge eating disorder than individuals without autism.

Seeking Help for Autism and Eating Disorders

It's essential to seek help if you or someone you know with autism is experiencing an eating disorder. Eating disorders can have serious health consequences, including malnutrition, dehydration, and electrolyte imbalances. In severe cases, eating disorders can even be life-threatening. There are several types of therapeutic treatments available for eating disorders in individuals with autism. In addition to therapy, it's also essential to work with a registered dietitian who has experience working with individuals with autism, as they can help develop a healthy meal plan that considers any sensory issues or food aversions that may be present.

Conclusions

The link between autism and eating disorders is complex and multifaceted. It's important to understand that individuals with autism may be at a higher risk of developing eating disorders and to seek help if necessary. With the right treatment and support, individuals with autism can learn to manage their eating disorders and improve their overall health and well-being. For further support and advice, please contact Therapy Partners or Rewrite Your Story for.

enquiries@therapypartners.co.uk or connect@rewriteyourstory.org.uk

References:

- Beyond Autism. (n.d.). Autism and Eating Disorders. Retrieved March 29, 2023, from <https://www.beyondautism.org.uk/about-autism/understanding-autism/autism-and-eating/autism-and-eating-disorders/>
- CAMHS North Derbyshire. (n.d.). Anxiety in ASD. Retrieved March 29, 2023, from <https://www.camhsnorthderbyshire.nhs.uk/anxiety-in-asd-3>
- Maudsley Charity. (n.d.). Supporting People with Autism Experiencing Eating Disorders. Retrieved March 29, 2023, from <https://maudsleycharity.org/case-studies/supporting-people-with-autism-experiencing-eating-disorders/>
- Westwood, H., & Tchanturia, K. (2017). Autism Spectrum Disorder in Anorexia Nervosa: An Updated Literature Review.

Turn your online shopping into everyday magic for

Maidstone Community Support Centre with easyfundraising

You shop, brands donate to us.
It won't cost you any extra!

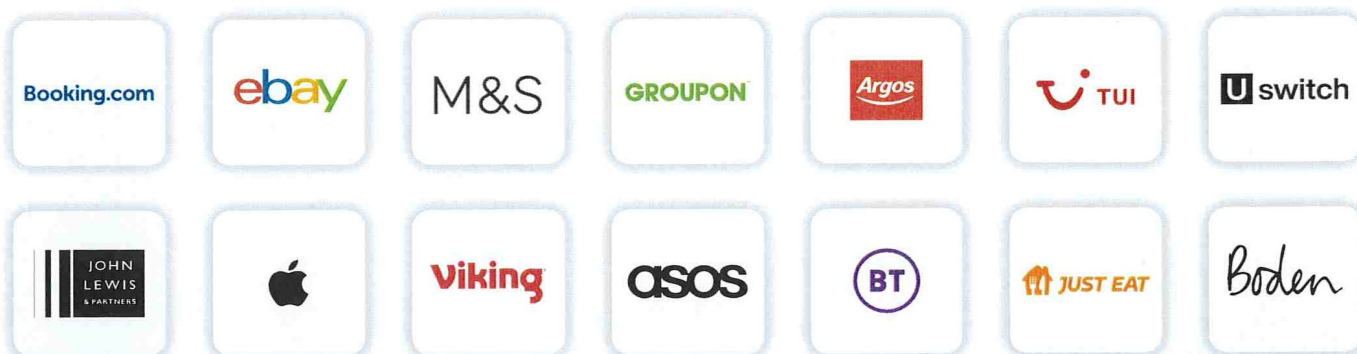


How to sign up

- 1 Visit the link below or scan the QR code
www.easyfundraising.org.uk/support-a-good-cause
- 2 Search for us
- 3 Your favourite brands donate whenever you spend with them



SCAN ME

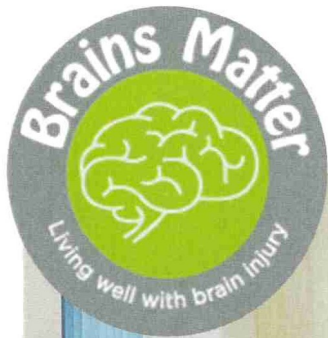


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easyfundraising App

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Google Play

Download on the
App Store

Excellent 
3,945 reviews on  Trustpilot



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.brainsmatter.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.**

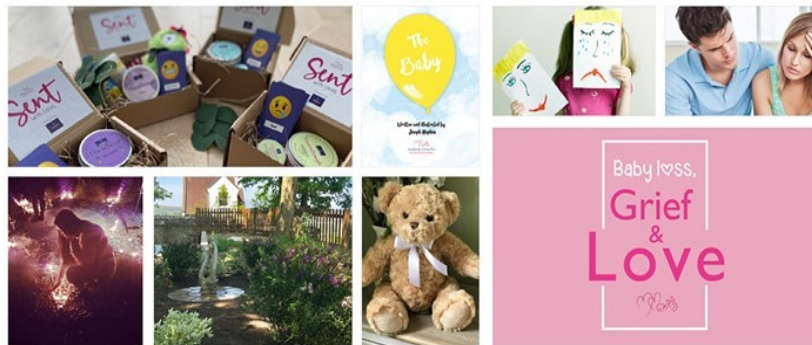
We also have a small games table and outing gatherings from time to time.

BRAINS MATTER

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

01892 619001
info@brainsmatter.org.uk

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  

Imago receives funding to support charities in Maidstone

In recognition of the vital role that infrastructure support plays in ensuring healthy and effective charities and community groups, KCC has established a significant fund of c. £600K, managed by Kent Community Foundation, to help specialist infrastructure organisations offer timely, effective and bespoke advice and guidance to organisations seeking to improve effectiveness in a range of ways – strengthening governance, diversifying income, collaborating to increase impact, enhancing leadership quality, shoring up quality etc.

Imago are delighted to be one of the eight support organisations to receive funding and look forward to helping sustain many frontline organisations in Maidstone and other areas of West and South Kent over the next two years.

We will be providing support through bi-monthly networking meetings, a newsletter, direct support to individual charities and community groups and training sessions. If you would like to know how we can support your charity or community group, please contact us on charitysupport@imago.community

To find out more, go to <https://www.imago.community/Community-Services> or visit <https://kentcf.org.uk/>

Go to <https://kentcf.org.uk/news/articles/600000-infrastructure-support-fund-launches-2023-03-10> to read the KCC/KCF press release.

Imago Community is a social action organisation delivering diverse services and supporting individuals, organisations and communities across Kent, Medway, East Sussex and London.

We have innovative projects working with; children and young people, young carers, people living with a disability, older people, socially isolated people, mental health awareness for young people and community transport.





SUMMER EVENTS 2023

Mon 24th July 10am-12pm Medway family picnic
(The Strand, Gillingham)

Weds 26th July 10am-12pm Park Wood Totcycle
baby bank (Christ Church, appointment only)

Fri 4th August 10am-12pm Maidstone town centre
family picnic (Mote Park, by main play area)

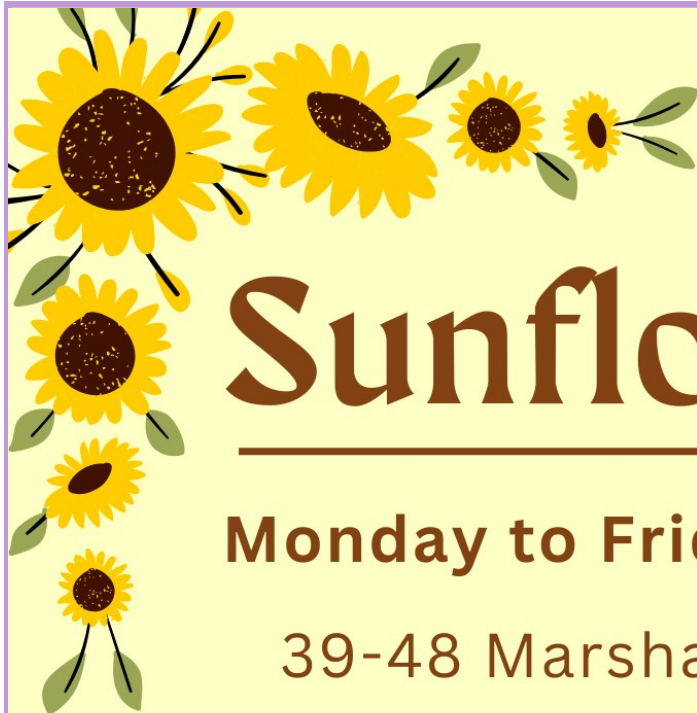
Mon 7th August 10am-12pm Medway Totcycle
baby bank (St Augustine's, appointment only)

Weds 9th August 10am-12pm Park Wood family
picnic (Park Wood field, by play area)

Fri 18th August 10am-12pm Maidstone town centre
Totcycle baby bank (URC Hall, appointment only)

Weds 23rd August 10am-12pm Park Wood Totcycle
baby bank (Christ Church, appointment only)

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



Sunflower Cafe

Monday to Friday 8:30am - 3:30pm

39-48 Marsham Street, ME14 1HH



10% off your first order

Present this flyer for discount

A friendly and welcoming cafe
run by Age UK Maidstone and
open to **everyone**.





Kent Mental Wellbeing Awards

kentmentalwellbeingawards.org.uk

Could you spare just five minutes to nominate MCSC for the Kent Mental Wellbeing Awards?

All we ask is you scan the QR code below, fill out a quick form and you're done!

Thanks for all those who have and are supporting us.



SCAN ME

Kent Community Warden Service Review

Public Consultation



Have your say!

The financial challenges KCC face, mean we are having to consider savings across a whole range of services. Our wardens work with communities and partners in lots of different ways - from supporting scam victims, helping communities affected by flooding, reducing social isolation and loneliness and helping residents to navigate care and support services.

To make savings we are proposing to:

- Redesign the service, ensuring there is a core Community Warden presence across the county, with teams covering two districts.
- Retain the remit and community-based way the service currently works but cover fewer communities.
- Use data and information to identify where to place wardens for most impact.

Find out more and tell us your views at kent.gov.uk/communitywardenreview

Consultation open from 12 July to 3 October 2023.

For queries or to request hard copies of the consultation material, please email CommunityWardenReview@kent.gov.uk or phone 03000 422688. For any alternative formats, email alternativeformats@kent.gov.uk or call 03000 421553 (text relay service number 18001 03000 421553). These numbers go to answering machines, which are monitored during office hours.

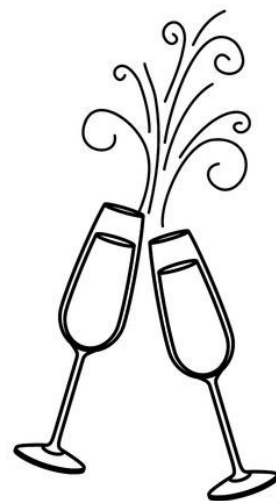




Rubicon Cares invites you to join us for an evening of delicious dining and make merry with marvellous music!

Dress up, dine and dance the night away to raise funds for Rubicon Cares - counselling for people affected by crime. We are holding a Fundraising Ball on Friday 24 May 2024, the theme is Ties, Tiaras and Sparkles. Tickets cost £50 to include two course dining at The Weald of Kent Golf Course & Hotel from 6 pm to Midnight. The Band are the very popular Kent based "The Spittin Feathers", and you can find them on thespittinfeathers.co.uk.

Please also let your friends, families and referrers know and for tickets email us on contact@rubiconcares.org.uk





FAMILY FREEDOM & CONNECTIONS

EDUCATING FOR A BETTER TOMORROW



July 2023

Hello and welcome to our first newsletter!

Let us introduce ourselves - We are Debbie & Jo who run a Community Interest Company based here at MCSC offering various services. Family Freedom & Connections support individuals and their families impacted by separation and domestic abuse. We deliver The Freedom Programme virtually and face to face along with signposting services, and child contact services.

Our vision is to reduce victim blaming, reduce isolation and support those affected by separation or domestic abuse.

NEWS! NEWS! NEWS! NEWS! NEWS! NEWS! NEWS! NEWS! NEWS! NEWS! NEWS!

We have been working extremely hard aside from our commitments with The Freedom Programme to gain Accreditation for our Child Contact Services and we are thrilled to announce that we have been successful with this and are now part of the National Association for Child Contact Centres! Our Supported Contact family time sessions are now up and running!

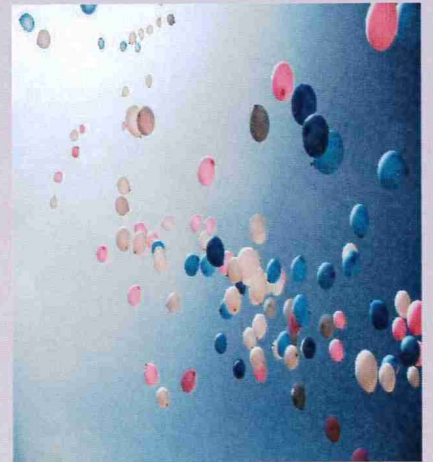
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We are on week 11 of our virtual delivery of the Freedom Programme and week 6 of our Face-to-Face Programme. We are pleased to say it has been very successful so far. We are incredibly proud of our ladies, and we are blown away by their bravery and kindness they have shown one another.

Freedom session times: Mondays' 10:30am til Midday (virtually) and Wednesday's 10:30am til midday (face- to -face)



Our contact details:

Phone: 01622 230742

Email:

office@familyfreedomconnections.co.uk

Website:

www.familyfreedomconnections.co.uk

Donations

We are in need of children's toys, a bouncer and a highchair. If you are having a clear out, please kindly donate to us. We are happy to collect or if you are passing MCSC to drop off. Thank you!

We recently completed our Internet and Phone restructuring here in the Centre. We replaced the hardware in our comms cabinets with up to date equipment which will ensure our system is future-proof for all our users.

We have increased our socket capacity, and by putting each organisation in it's own VPN (Virtual Private Network) we have greatly improved cyber security. There is no longer a problem with someone plugging their device into the wrong socket (as the old system was set up for).

Before



After



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 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.

CRUSE BEREAVEMENT SUPPORT
DROP IN

Have you been bereaved and would like to talk with other bereaved people, over a cup of tea or coffee?

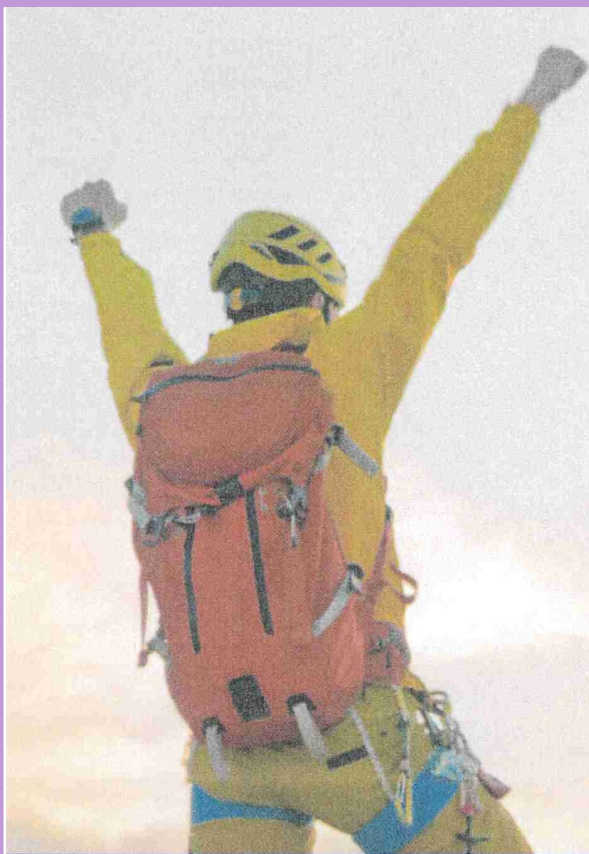
**You will find a warm & friendly welcome from our
Volunteers
10.30am – Midday
On the 1st Monday of each month**

**At the
Maidstone Community Support Centre
Marsham Street,
Maidstone ME14 1HH**

**7th August 2023
4th September 2023
2nd October 2023
6th November 2023
4th December 2023**

Free phone Helpline: 0808 808 1677

Find support at: cruse.org.uk



Reach your full potential

Are you aged 18-24 and not in education, employment, or training?

Base Camp is a free, professional mentoring service which can support you to reach your peak.

How it works

Mentors tailor their support to individual needs, providing skills building sessions on a range of topics including: Time Management, Understanding Debt, Customer Service Skills, Leadership, Job Search, and CV Building.

Participating young people also benefit from connections with local employers, who are invited to speak about their vacancies and how young people with no experience can secure employment.

A critical part of the support offered by Base Camp is our ability refer young people for additional support to address their barriers to progression, including referrals to the National Careers Service for impartial careers advice.

The programme is delivered 2 days per week, with an additional 1:1 mentoring, as required.

Get in touch



01233 224244



davidlubendo@cxk.org

CXK

Base Camp

Are you feeling financially stretched?

Get in shape with Kent Savers!

We are Kent's credit union, owned by people of Kent for the benefit of people in Kent. Our products are ethical, fair and transparent.



Become a Member

- ▶ Savings and loans at your fingertips
- ▶ Ethical and fairly priced products
- ▶ Helping with financial fitness
- ▶ Supporting your community



If you are a resident of Maidstone Borough Council, or any of our registered employers or housing providers, are over 18 and live, work, volunteer or study in Kent, Medway or Bexley you can join Kent Savers!

It can be hard to focus if you are worried about money. Saving is the best way to avoid needing to borrow but we all need some extra help from time to time, and Kent Savers' loans are designed to do just that.

You may have existing loans, credit cards or overdraft that have become expensive with the current cost of living pressures, or you may just need some extra help to smooth out the cost of household goods or buying school uniforms.

Join Kent Savers to save as you borrow

Personal loans

- ▶ Designed with you in mind
- ▶ Loans of up to £5,000 once we get to know you
- ▶ Save as you borrow to build a nest egg
- ▶ Help to improve your credit score



Savings accounts

- ▶ Little and often builds a nice savings pot
- ▶ Free deposits and withdrawals
- ▶ Your savings are protected at all times
- ▶ Be eligible for a dividend, when paid



Kent Savers offers loans on a "save as you borrow basis". Regular savings soon build up into a nice pot, helping towards your financial goals and building a fitter future. Join us, set up a savings plan, save while repaying a loan or just deposit money when you like. It's up to you!

Find out more here!



Fair loans. Safe saving.

Kent Savers Credit Union Limited
39-48 Marsham Street
Maidstone
Kent, ME14 1HH

0333 321 9050
info@kentsavers.co.uk



Summer Word Search

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

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT

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Answers available at the back of the newsletter (Please note this is for FUN only)

LCCM CPD Session

April 2023



Low Cost Counselling Maidstone Team Training Day.

Some of the 20 counsellors at Low Cost Counselling Maidstone (LCCM) came together in mid April to spend some time together engaging in Continuing Professional Development.

The team decided they would like to explore strategies for supporting their clients to manage their anxiety, cope with difficult feelings and build their self esteem.

It was an inspiring and interactive day, I think we all took away a few new tools and ideas.

Here's an idea for developing a better sense of self:



Know Yourself- Hi, nice to meet you...

If we don't know who we are and what we want, we will be vulnerable to having our boundaries crossed by others, to feeling we have no purpose or direction, to feeling out of step with friends or family, to feeling like life is just about work/home/children etc.

Work to identify:

- What are your values?
- What are your goals?
- What are your strengths?
- What would you do to do more/less of?
- What are your passions

Actions:

You could begin keeping a journal
Invest time in reflective/reflexive thinking
Reconnect with lost passions or interests
Create an action plan for making change
Assess how time is spent and identify how you would like to change that



Feel free to reach out at lowcostcounsellingmaidstone@gmail.com or ring 07881786460.

Take care, Rebecca Attwood- Service Manager, Low Cost Counselling Maidstone



Book Now

01622 690369

reception@mcsc.org.uk

Prices start at

***£8ph**

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To suit all your meeting needs from counselling to conferences!

*Reduced rates for Charities, CICs and Not-for-profit.



Find us on





EMPOWER YOU
FITNESS

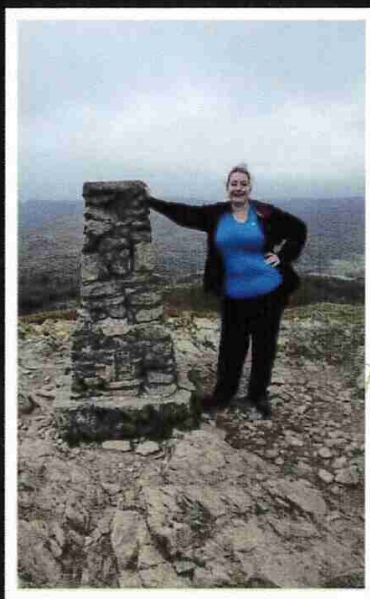
TRIM & TONED TRANSFORMATION

Lose inches, boost energy &
gain confidence in 12 weeks

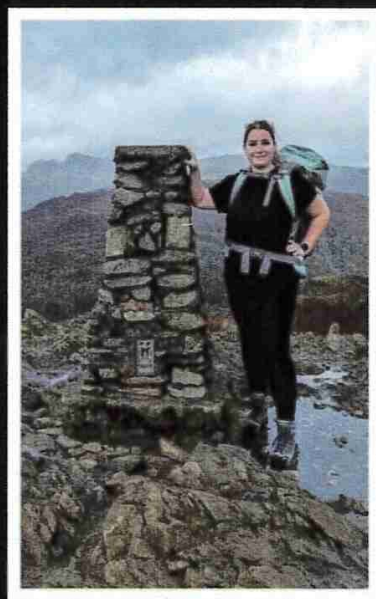
HELPING
WOMEN LOSE
FAT WITHOUT
YO-YO DIETING,
SO THEY CAN
KEEP IT OFF
AND FEEL
FABULOUS IN
THEIR OWN
SKIN.



Empower You Fitness



Before



After



Get in touch for more info

contactempoweryoufitness@gmail.com

07834 223786



Foot Care Marsham Street

Dates for 2023

Clinic cost is £24.50

Wednesday 28th June

Wednesday 26th July

Wednesday 16th August

Wednesday 6th September

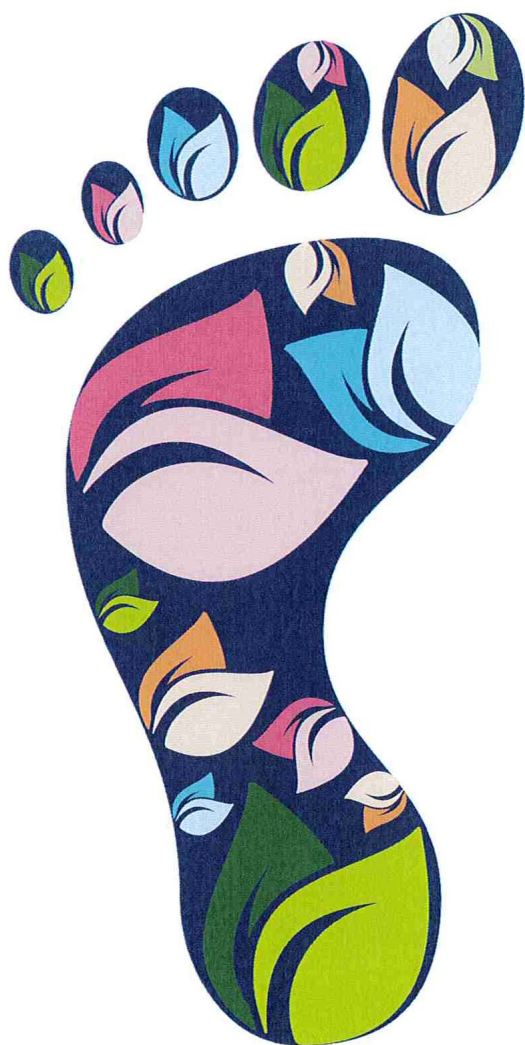
Wednesday 27th September

Wednesday 25th October

Wednesday 29th November

Wednesday 20th December

Medical conditions apply



Please contact our office for more information

or to register: 01622 753618

DP Management Consultants Ltd – helping you design success!

Whether you're a new charity or looking to restructure we've got you covered. Our mission is to create relationships, not transactions.

Our promise is that we'll be there, as questions arise, every step of the way.

Our Experience

After two decades of working for charities and housing providers, we decided to alter direction. Now, we share our passion by helping others.

Why Us?

Our service includes a comprehensive operational and/or strategic review to help identify gaps and opportunities and a detailed report that includes a project plan with timelines and milestones.

It will be aspirational, yet realistic depending on your budget.

Business mentors are key—we want to give each of you the time and guidance you deserve.

We didn't get there alone. And neither will you.

Talk to us today about how we can support your growth, maximise your turnover, and put you on a solid track to success.

See www.dpmcl.co.uk or email donna@dpmcl.co.uk



South East Water Funding Event

We were honoured to host the South East Water funding event on the 12th May. Helen Grant MP handed out cheques to various local successful groups.

Tad Taberer (MCSC CEO) was delighted to receive £1500 from the South East Water Community Fund Award. This money will go towards our fundraising efforts to replace the reception door in the waiting area.

(Details can be found on pages 1 & 3)



Community Connections Event



Thank you to Chris Knott insurance for supporting our community connections event on the 23rd May. Also to Kerry from Funding For All for helping us to host the event.

We really enjoyed seeing all the Charities and groups attend, and we are hoping we can organise another later in the year. This is the perfect event to socialise and get to know the other Charities available in our local area.



Summer Word Search

B F G P W W S C A M P I N G S P X
A A N R V D L X T C B N B S F O Q
A I R C I W V O X W Q Y E B G O H
T E R B W L H G I C S A B T J L U
G U N C E S L N V N C L Z F E L N
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RELAXATION
TRAVELING
HOT
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POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT