

**MCSC are delighted to receive
commendation from the Kent Mental
Wellbeing Awards this year!**

**Thank you to all those involved and
for your nominations. This is a big deal
for such a small charity like ourselves.**



**Kent
Mental
Wellbeing
Awards**



kentmentalwellbeingawards.org.uk

HIGHLY COMMENDED 2023

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



Sessional Room Hire Available

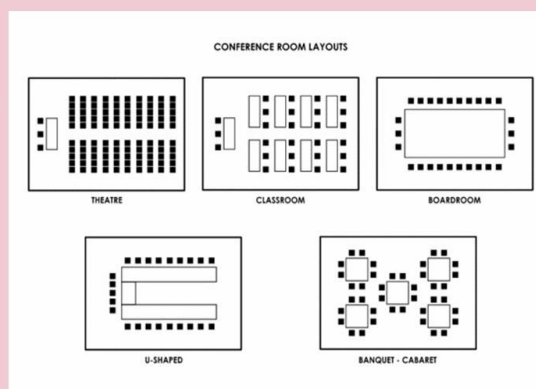


Here at Maidstone Community Support Centre we have 8 rooms ready to hire for all your meeting needs

- ◆ 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



A MASSIVE THANK YOU

In September Marshar (pictured) and Julie very bravely did a wing walk and chose us as their charity to fundraise for. They raised over £300. Thank you so very much for adding to our door replacement fund.



Maidstone Community Support Centre are now registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 7,000 brands will donate to us when you use easyfundraising to shop with them - at no extra cost to yourself! These small donations mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment. You can find our easyfundraising page at

<https://www.easyfundraising.org.uk/causes/maidstone-community-support-centre>

Or scan our QR code

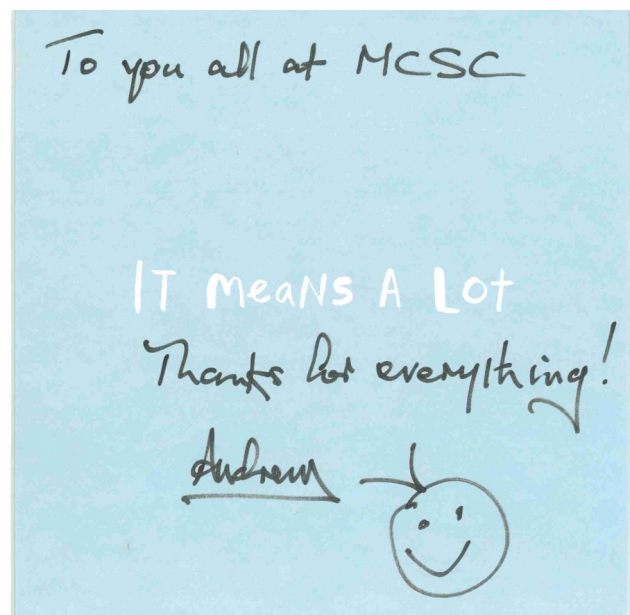
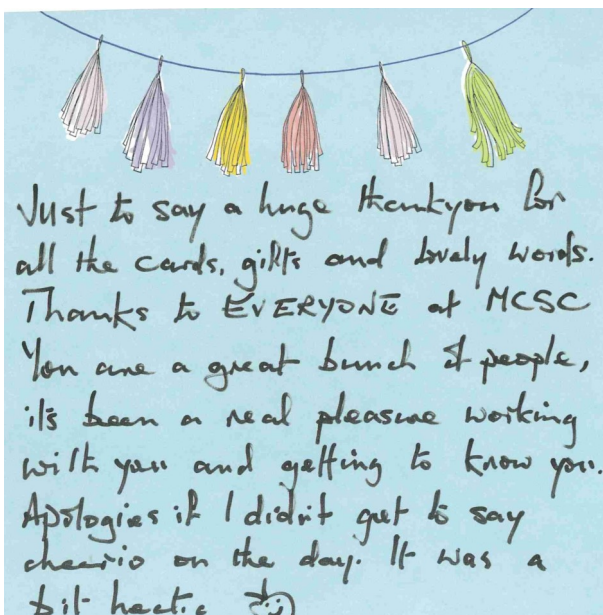




We said a very sad goodbye to Andrew our Site Manager, who has taken retirement. Andrew worked here at the centre for 12 years. We wish him a happy retirement, we will miss him very much.



He sent a card to everyone.....



Firstly I hope everybody had a good summer and with winter fast approaching I am sure, if you are like me, you are already counting down until the longer days re-appear again. Its nine years since I came into the MCSC CEO role and the world is a very different place to what it was back then. We have had five Prime Ministers, a worldwide Pandemic, conflict in Europe, a new Monarch and of course a cost of living and energy crisis. No one said this job would be easy!

MCSC continues to feel the after effects of the pandemic. Our sessional hire is still slow to pick up, this coupled with the huge increases in our energy bills and increases in other costs, present challenges to our organisation. The MCSC team are continually looking at ways to reduce our costs and increase the use of our sessional spaces and we have some ideas around this, which we hope to trial in the near future.

One positive thing to have come out of the pandemic is that we now have a more diverse range of organisations based at MCSC. Pre lockdown we had 32 groups based here, we now have 47. It's great to see lots of new faces and the team give a big welcome to you all.

On a sad note we have now said goodbye to Andrew our caretaker who has now retired. I am sure that all of you will join me in wishing him all the best in his retirement.

On the good news front we are pleased to say that it looks like our Radio station will be coming back. We are working with Five Acre Wood School and the previous Maidstone Radio team to re-open the station not just to play music but also provide training opportunities for the students of Five Acre Wood and other Schools around Maidstone, so watch this space.

I am also pleased to see that Age UK Sun Flower Café is continuing to flourish but they do need your continued support so please try and take some time to taste their wares I am sure you will not be disappointed.

Finally I just wanted to say thank you from all the MCSC team to you all for your continued support to the Centre and helping it make a fabulous place to work. You are all making a big difference to the lives of people in Maidstone.

Tad
CEO
Maidstone Community Support Centre



hi there

MCSC would like to welcome
to the Centre



goodbye





October 2023, Issue 2

We are pleased to announce that after completing our Accreditation for Child Contact Services, we have now been accepted by the National Association for Child Contact Centres to begin the process of achieving Enhanced Accreditation to facilitate supervised Child Contact Services.

Enquires for Supported and Handover Contact please visit www.naccc.org.uk or www.familyfreedomconnections.co.uk

The Freedom Programme

As always, we are so incredibly proud of our ladies who take part in the Freedom Programme - We continue to deliver Freedom twice a week, virtually on a Monday and face to face on a Thursday for more information please contact Deb or Jo on 01622 230 742 or email office@familyfreedomconnections.co.uk

Living with the Dominator

A book about the Freedom Programme



Pat Craven

Illustrated by Jackie Fleming

Safety Planning Suggestions

- Prepared 'emergency bag' in case you need to leave immediately. Keep it hidden.
- Think about a safe room in your home that you could go to, avoid rooms that has knives or anything that could be used as a weapon.
- Place in your emergency bag, passport, national insurance number, birth certificates, medical records (red book) and medications.

Dates for your diary

Members Coffee Break

We would like to invite our members to our informal networking meeting on 25th October between 10am – 12pm in Hall 3. Come along for a cuppa and biscuits and get to know some of the other members.



MCSC AGM

Our AGM will be held on 14th November in Halls 1&2. Arrival for refreshments at 1.30pm with the AGM commencing at 2pm.

This year we would also like to offer any of the organisations based in the building the opportunity to have a couple of minutes to talk about their organisations work.

If you would like this opportunity please let either Tad or reception know so that we can schedule you into the agenda.



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**

4th September 2023

2nd October 2023

6th November 2023

4th December 2023

8th January 2024

5th February 2024

4th March 2024

Free phone Helpline: 0808 808 1677

Find support at: [cruse.org.uk](https://www.cruse.org.uk)



Book Now

01622 690369

reception@mcsc.org.uk

Prices start at

***£8ph**

ROOM HIRE

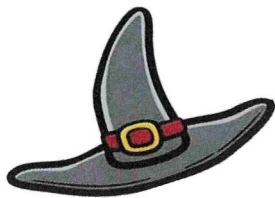
To suit all your meeting needs from counselling to conferences!

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

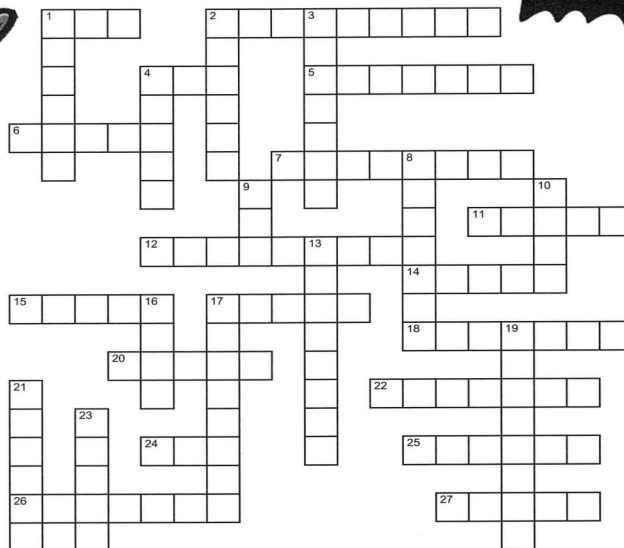


Find us on





Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.

9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

--	--	--	--	--	--	--	--

LABKC

--	--	--	--	--	--

OLSETENK

--	--	--	--	--	--	--	--

NTHAEDU EUHOS

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ATHPNOM

--	--	--	--	--	--	--	--

RIMG EPERAR

--	--	--	--	--	--	--	--	--	--	--	--

AUONDLCR

--	--	--	--	--	--	--	--



Q. What is a witch's favorite food?

--	--	--	--	--	--	--	--

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 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 £1.00 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...



THERAPY DOGS

🐾 Discover the Healing Power of Therapy Dogs! 🐾

Our Therapy dogs, Billy and Elsie (AKA Pencil), are here to help support your school/college, business or healthcare setting and create a supportive environment for your students' employees or patients? Allow us to introduce you to the world of therapy dogs, where comfort, companionship, and healing come together.

🐾 What Are Therapy Dogs? Our Greyhounds are carefully selected and assessed for their temperament, personality, and socialisation. They are not service dogs but are trained to provide emotional support and comfort.

🌟 Benefits:

- Psychological Well-being: Interacting with therapy dogs reduces stress, anxiety, and depression.
- Increased Socialisation: These furry friends encourage social interaction, improve communication skills, and create a sense of belonging.
- Improved Focus and Attention: Engaging with therapy dogs enhances concentration and academic performance.

🏠 Incorporating Therapy Dogs: At Therapy Partners, our therapy dogs accompany qualified animal-assisted therapy practitioners who are also Mental Health Clinicians. We prioritise safety and hygiene, working closely with you to develop guidelines and protocols. Our services can be tailored to your needs, from one-off visits to regular engagements.

📋 Practical Considerations: We obtain proper permissions, consider allergies and phobias, and provide briefings to ensure safe interactions with our therapy dogs. (Please see our **risk assessment**)

🐾 Greyhounds: A Special Touch Our Greyhounds are particularly well-suited for therapy work due to their calm demeanour, forming strong emotional connections and providing therapeutic touch. They can help reduce anxiety, alleviate loneliness, and offer relaxation through their gentle presence.

🗣️ What People Say About Our Dogs:

- "Improvements in student comfort, focus, and stress reduction." – Headteacher, Kent School
- "Billy and Elsie went down a storm. The children loved them!" – SENCO, Kent Primary School

📖 Learn More: To book a visit with our therapy dogs or find out more, contact us at enquiries@therapypartners.co.uk or connect@rewriteyourstory.org.uk Follow our therapy dog adventures on Instagram and Facebook (links below)!



Instagram:
[@therapy_partners](https://www.instagram.com/therapy_partners)

Facebook:
[Therapy Partners Maidstone Facebook](https://www.facebook.com/TherapyPartnersMaidstone/)



Billy

A sociable Greyhound who loves people, toys, and treats.

Location: Kent, Dorset
Age: 8



Elsie (aka Pencil)

The queen of chill and a retired Greyhound.

Location: Kent
Age: 7



21 Together is a non-profit charity, providing services and support to the Down's syndrome community in Kent.

From providing direct intervention groups working on speech and language and social skills, to training courses, advice for parents/carers, and fun community events, we're here to help every step of the way!



Contact us

info@21together.org.uk
www.21together.org.uk
01622 230720

Donate here!

<https://21together.enthuse.com/cp/52e1b/donate#!/>



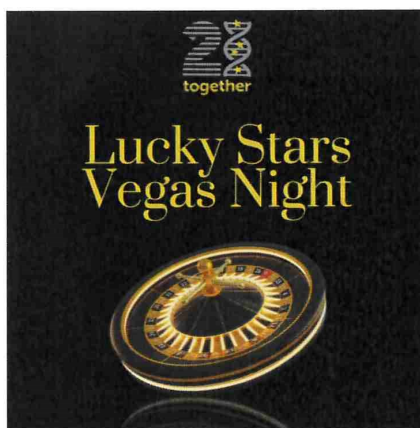
Upcoming events

- Level one Makaton Training
02/11/23
- Sibling Rivalry Workshop
13/11/23
- Numeracy Workshop
06/03/24
- RSE: Growing up
01/05/24

Scan below to find out more:



Lucky Stars Vegas Night



On 23rd March 2024, 21 Together is hosting a luxury Vegas-themed fundraiser night. A night filled with casino games, canapés, music, raffles and an auction. This is not one to miss! Keep an eye out for tickets - available soon!

We are currently looking for donations to help support our fundraising on the night. If you are able to assist with a donation for our raffle/auction, or you would be interested in sponsoring a table, please email info@21together.org.uk



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



Autumn is on its way..... here at the Sunflower
Café we can help keep you warm

From November we will adding fresh
homemade soup, Chilli Con Carne and Curries



Looking for a special treat? We offer Afternoon Teas

(Please book in advance)

Or just pop in for a slice of homemade cake and a
freshly Ground Coffee



We also cater for Corporate events at MCSC (ask at
the Sunflower Café for a price list)





**ROAST FREE RANGE CHICKEN BREAST,
FONDANT POTATO, TENDER STEM BROCCOLI,
WILD MUSHROOMS, CEP VELOUTE (GF)**

OR

**MEDITERRANEAN VEGETABLE PARCEL,
TENDERSTEM BROCCOLI, WILD MUSHROOMS,
CEP VELOUTE (VEG)**

**DARK CHOCOLATE MARQUISE, CHANTILLY
CREAM, CARAMELISED WHITE CHOCOLATE
CRUMB (GF)**

COFFEE, TEA, CHOCOLATE MINTS

**IF YOU HAVE NUT ALLERGIES OR OTHER
SPECIFIC DIETARY REQUIREMENTS PLEASE LET
US KNOW WHEN YOU REQUEST TICKETS**

EVENT TICKETS ARE AVAILABLE FROM

CONTACT@RUBICONCARES.ORG



WWW.RUBICONCARES.ORG

Ties, Tiara's & Sparkles

FUNDRAISING

Ball



**DRESS UP, DINE & DANCE THE
NIGHT AWAY WITH
"THE SPITTIN FEATHERS"**

THESPITTINFEATHERS.CO.UK

**MAY
24
2024**

**AT THE WEALD OF KENT GOLF COURSE
& HOTEL, MAIDSTONE ROAD,
HEADCORN, ASHFORD, TN27 9PT**

**TICKETS £50 PP
INCLUDES TWO COURSE DINNER
PLACES LIMITED**

**PLEASE REPLY BEFORE 1ST MARCH 2024 ON
CONTACT@RUBICONCARES.ORG**

**6 PM -
MIDNIGHT**

**PLEASE LET US KNOW IF YOU HAVE ANY DIETARY
REQUIREMENTS WHEN YOU REQUEST TICKETS**

**REGISTERED CHARITY 1144081
RUBICONS CARES
MAIDSTONE COMMUNITY SUPPORT CENTRE, 39-48 MARSHAM STREET, MAIDSTONE
ME14 1HH
TEL: 01622 230736**

FREE MAIDSTONE ENGLISH CLASSES



OPEN TO ALL REFUGEES AND ASYLUM SEEKERS !

The Afghanistan and Central Asian Association is offering free face-to-face, English classes for refugees and asylum seekers. We welcome all levels and abilities.



TO REGISTER YOUR
INTEREST, PLEASE
CALL

07342528418

or email

Kent@afghanistan-
central-
asian.org.uk

Website:
acaa.org.uk

SCHEDULE

TUESDAY 11 AM - 1 PM

Thursday 11 AM - 1 PM

**STARTING NOW!! REGISTER OR DROP
IN!!**

Tuesday and Thursday 11 AM- 1 PM

**Address: Maidstone Community Support
Centre 39-48 Marsham St, Maidstone ME14 1HH**





OFFICE SPACE TO RENT



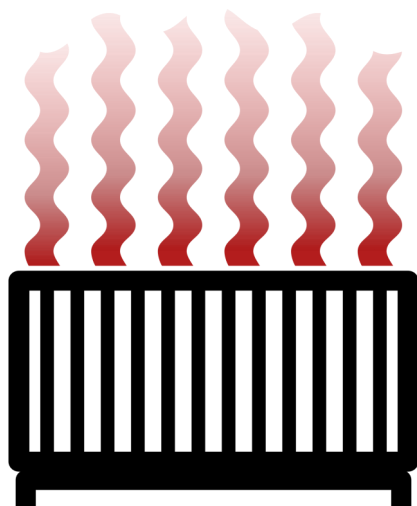
- Affordable rates available for low cost counsellors, CICs and Charities.
- Utilities included
- Broadband and VOIP included in rental costs
- Meeting room hire at a reduced rate
- Kitchenettes available on every floor
- On-Site Café
- Enclosed garden area
- Close to local amenities

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

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

A little reminder.....

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.



Halloween Crossword

SOLUTION



Halloween Word Scramble

SOLUTION

OYPKSO

S P O O K Y

LABKC

B L A C K

OLSETENK

S K E L E T O N

NTHAEDU EUHOS

H A U N T E D H O U S E

ATHPNOM

P H A N T O M

RIMG EPERAR

G R I M R E A P E R

AUONDLCR

C A U L D R O N

Q. What is a witch's favorite food?

G O U L A S H