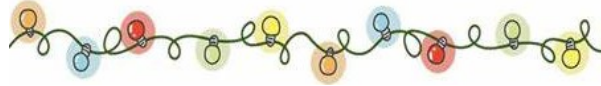


2023



Issue 71



MCSC Office Christmas Hours

22ND DECEMBER
EARLY CLOSING

2ND JANUARY 2024
REOPENING AT 8:30AM

THE CENTRE IS STILL ACCESSIBLE
TO OUR FOB USERS

WE WISH EVERYONE A VERY
MERRY CHRISTMAS AND A HAPPY
NEW YEAR!

TAD & MCSC STAFF

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

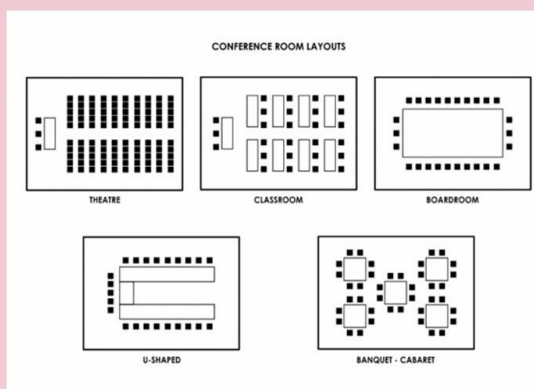


Here at Maidstone Community Support Centre we have 8 rooms ready to hire for all your meeting needs

- ◆ 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





welcome
TO THE
TEAM



Welcoming our new handyman Mike! We look forward to working with you!



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



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



**catch
22**

Delivered by our team of specialist caseworkers, our interventions take a holistic, trauma-informed approach that is appropriate to the age, risk and experiences of the young person. Working alongside their close relatives and immediate support network, we put together a bespoke programme of support to reduce risk and help young people to cope and, as far as possible recover from the impact of exploitation.

Depending on their individual needs and circumstances, young people receive support on subjects including (but not limited to) healthy relationships, choices and consequences, understanding relationships, knife crime and the law, sexual health advice, substance misuse and more. Our provision is not time-limited, so we are able to offer both short and long-term interventions where necessary.

RAISING AWARENESS:

In addition to delivering a range of targeted one-to-one support, Kent County Lines and Gangs works to raise awareness of child criminal exploitation and county lines to professionals, young people, and the wider local community.

This includes early intervention work within schools and with education providers to raise awareness of the risks of child criminal exploitation and to encourage protective behaviours, as well as the creation of a range of resources that can be utilised by other professionals.

For all enquiries and referrals
please contact:

KentCCE.referrals@catch-22.org.uk

REFERRAL OPTIONS:



You can refer family or a friend.



You can refer yourself.



You can refer a client.

CONTACT US

Service Manager
Klare Meyer
07785 352697

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

Co-funded
by PCC and VRU





“For more information about any Princess Project services please contact us on 01622 230713/ hello@princessproject.co.uk or see our website www.princessproject.co.uk.”



THE PRINCESS PROJECT BIG CHRISTMAS STORY

FRIDAY 15TH DECEMBER 1PM-2PM

URC HALL, FREMLIN WALK (BETWEEN PANDORA AND CLINTONS)

COME DRESSED UP (IF YOU LIKE!) AND JOIN IN AS WE TELL
THE CHRISTMAS STORY

FREE ENTRY AND FREE REFRESHMENTS

WWW.PRINCESSPROJECT.CO.UK REGISTERED CHARITY NO 1155021



We need your Christmas clothing for 0-11 year olds!
Jumpers, T shirts, hats, onesies, babygros..... if it's
Christmassy, we want it to pass on to local families
in time for the festive season.



Donations can be taken to one of our Hubs
when they are open, or to Making a Difference
to Maidstone (please label donations Princess
Project Christmas)

PRINCESS PROJECT CHRISTMAS OPENING TIMES

Monday 25th December & Tuesday 26th

December: Closed

Wednesday 27th December- Friday 29th

December: Open for urgent Totcycle
referrals only

Monday 1st January: Closed

Tuesday 2nd January onwards: Open as
usual

Monday 8th January: Hub groups restart

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



Just For Fun Quiz

1. Who does Santa ask to guide his sleigh?

- A. Dasher
- B. Prancer
- C. Rudolph

2. Finish the song... Rocking around...

- A. The Christmas Tree
- B. The Mistletoe
- C. The Mulberry Bush

3. What colour are mistletoe berries?

- A. White
- B. Red
- C. Green

4. What was Frosty the snowman's nose made from?

- A. Carrot
- B. Button
- C. Coal

5. Which bird do we usually associate with Christmas?

- A. Sparrow
- B. Crow
- C. Robin

6. Which holiday drink is made from milk, egg and sugar?

- A. Hot Chocolate
- B. Bucks Fizz
- C. Egg Nogg

Just For Fun Quiz

7. In the song 12 Days of Christmas, what was given on the 10th day?
- A. French Hens
 - B. Pipers Piping
 - C. Lords a Leaping
8. In Charles Dicken's 'A Christmas Carol' what was the name of Bob Cratchit's little boy?
- A. Topsy Tony
 - B. Tiny Tim
 - C. Tinie Tempah
9. What food is traditionally left out in the UK for Santa?
- A. Cookies
 - B. Stollen
 - C. Mince Pies
10. What do the French call their Father Christmas?
- A. Pere Noel
 - B. Papa Noel
 - C. Pepe Noel

Answers at the back of the newsletter.



Walk Tall Now in Maidstone!



Walk Tall is a BACP Accredited adult and children's counselling service providing low cost counselling in Gravesend, Dartford and now Maidstone. Sessions also available by phone and video call!

We only use specialist counsellors when working with under 18's.



Low cost
counselling

Adults

**Young
People**

Children

Walk Tall also provide KS4 & KS5
education & performing arts in
Dartford & Gravesham



01474 560834



counselling@walk-tall.org.uk



bacp
collective mark

**Accredited
Service**



MAIDSTONE COMMUNITY
SUPPORT CENTRE

Welcome to our Centre ♥



Goodbye

THE **BIGG** PROJECT
COMMUNITY COUNSELLING SERVICE

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

**DID YOU
KNOW?**

*Services
that we offer...*



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



Tai Chi with Theresa

Every Thursday starting
9th November at 9:30am

£6 per class

(price includes free tea or coffee)

Maidstone Community Support
Centre, 39-48 Marsham Street,
Maidstone ME14 1HH

No need to pre-book
Everyone welcome!



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.



Sunflower Cafe

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

Maidstone Community Support Centre,
39-48 Marsham Street, ME14 1HH

**Now
serving
afternoon
tea!**

Call us to
prebook on
**01622
753618**





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

COFFEE, TEA, CHOCOLATE MINTS

**IF YOU HAVE NUT ALLERGIES OR OTHER
SPECIFIC DIETARY REQUIRMENTS 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**





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 Workshops:

- Challenging Behaviour Pt.1
16/01/24
- Challenging Behaviour Pt.2
23/01/24
- Picky & Tricky Eaters
07/02/24
- Numeracy Workshop
06/03/24
- Growing up
01/05/24

Upcoming event:

- Lucky Stars Vegas Night
23/03/2024

Get ready for the ultimate night of glitz and glamour! Try your luck at the casino tables, raffles, games and auctions. If betting isn't your style, then dust off those dancing shoes and enjoy live entertainment (you might even see The King himself!). Not only that, but you can also look forward to a glass of fizz, delectable canapes and a tempting dessert table - a perfect way to top off your evening! **TICKETS AVAILABLE NOW!**

If you can assist with a donation for our raffle/auction, or you might be interested in sponsoring a casino table, please email us at: info@21together.org.uk





A Survivor's Story
CIC presents

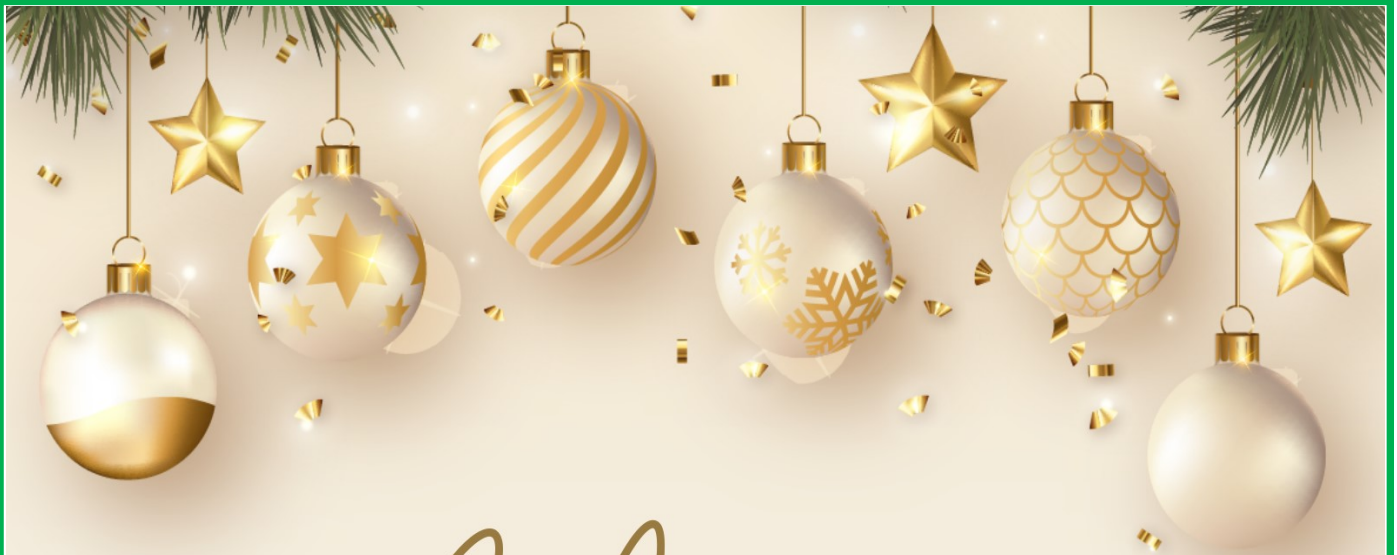
10th
DECEMBER
10AM-3:30PM

Christmas Yule Tide

- Sweet Stalls
- Vendors
- Gift Shops
- Games
- Present Donations
- Meet Santa
- Helping Survivor's of Domestic Abuse.

**Mercure Maidstone Great Danes Hotel,
Hollingbourne, Maidstone, ME17 1RE**

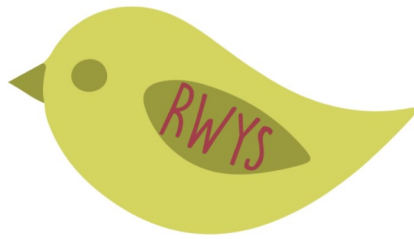




Merry
Christmas

FROM ALL AT MCSC





RE-WRITE YOUR STORY

Unlock your Happiness in 2024 with Rewrite Your Story: Introducing our New Psychoeducational Therapist-Led Group starting in January 2024!

Life can be a rollercoaster, with ups and downs that impact our mood and well-being. Whether it's challenges in relationships, a tough day at work, financial stress, or parenting troubles, Rewrite Your Story is here to help you navigate through it all and discover the path to happiness.

Starting in January 2024, Rewrite Your Story is excited to announce a ground-breaking initiative – a Psychoeducational Therapist-Led Group designed to empower individuals with the tools they need to transform their lives positively. Our new 6-week initiative aims to make a real impact on your mental well-being.

The Science of Happiness

Research indicates that fostering a positive mindset contributes to a longer, healthier life. At Rewrite Your Story, we believe in the power of cultivating a "glass half full" attitude, and our Psychoeducational Therapist-Led Group is designed to guide you on this transformative journey.

Evidence-Based Strategies for Happiness

Let's delve into some evidence-based strategies that our therapist-led group will explore:

- 1. Focus on the Positive:** Shift your perspective by concentrating on the positive aspects of life. Research shows that this simple change can significantly reduce stress levels.
- 2. Give Yourself a Break:** Break free from stress by engaging in activities that bring joy. Whether it's dancing with friends, playing with your pet, or enjoying a spa day, taking a break enhances relaxation and coping mechanisms.
- 3. Talk About Your Problems:** Communication is key to well-being. Our group encourages open discussions about challenges, providing a supportive environment for sharing and receiving advice.



4. Balance Stress Responses: Chronic stress affects both emotional and physical health. Learn to balance responses to the six types of stress, promoting overall well-being and resilience.

5. Quiet the Mind: Practice mindfulness to reduce cortisol levels and boost the feel-good hormone DHEA. A serene mind is a powerful tool for emotional well-being.

6. Transform Negative Emotions: Channel anger, fear, and jealousy into positive energy. Break down tasks into manageable chunks and gain perspective on the significance of challenges.

Rewrite Your Story – Your Path to Happiness

We have a limited number of places on this fully funded project so why not Join Rewrite Your Story in January 2024 for a transformative experience led by our team. Our evidence-based strategies are not just theories – they're your roadmap to a happier, healthier life.

Take the first step towards a brighter future. Visit www.rewriteyourstory.org.uk or email connect@rewriteyourstory.org.uk to register your interest (this will be limited to 12 places but further programmes may be available subject to funding) to learn more about our programs and how you can be a part of rewriting your story for a happier tomorrow. Don't just exist; live a life filled with joy, purpose, and positivity. Rewrite Your Story – because happiness is a journey worth taking.

we can Relate



3 Day Counselling Skills course for Non-Counsellors

A 3-day workshop from Relate, the acknowledged experts in counselling, open to anyone who wants to learn how to support others, at work and at home.

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

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

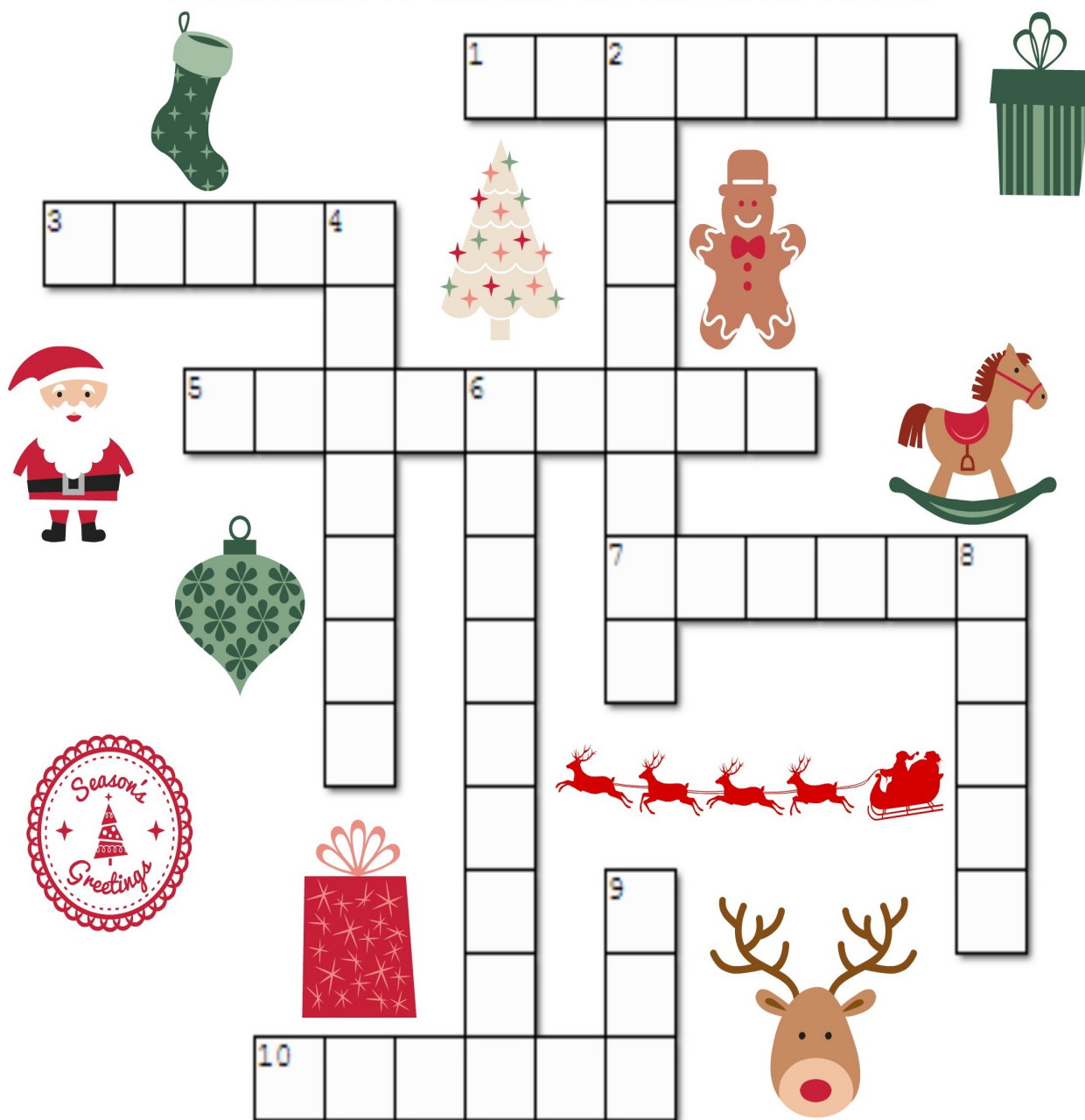
Next course to take place on Tuesdays 23rd January, 30th January and 6th February 2024 in Maidstone.

£369pp.

To make a booking - or if you would like to know more - please email the Manager, Lynne Murphy, at lynne.relatekent@gmail.com or ring her on 07542 448023

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ____ to the world!



Maidstone Christmas Donation Hub

MBC is working in partnership with The Mall to host the Maidstone Christmas Family Appeal, the first to be held by the Council and The Mall. We will be collecting donated festive gifts, for those who may not otherwise be able to afford to celebrate during the festive season.

Charities supported include:

Blackthorn Trust
Fusion Healthy Living Centre
Harmony
MADM
Maidstone Community Support Centre
Salvation Army
St Martins Church Shepway
The Princess Project
The Vine Church
Trinity Community Centre
Wishing Hearts

OPEN

Monday 13 November
to Saturday 16 December
10am-4pm

If we are closed today please take your donations to:
The 'Ask Me Point', inbetween Matalan and New Look.

If you would like to help support by donating any goods to the appeal,
or are able to offer your time to volunteer at the Christmas
Donation Hub we would love to hear from you.

Please contact us by emailing:
communications@maidstone.gov.uk
or call 01622 602560

Supported by:



Donations accepted:

New children's toys
(Sorry no second hand goods can be accepted)
Festive gifts
Toiletries
Christmas decorations
Non-perishable food items





MAIDSTONE COMMUNITY
SUPPORT CENTRE

We would like to thank all those who have donated to our collection drive and thank Maidstone Borough Council and The Mall for their generosity in setting up the collections.

We are currently collecting for people who may be struggling this Christmas and are accepting items such as:

- Long dated foods
- Sanitary items
- Toys
- Gift Sets
- Toiletries

The final date for donations is the **16th December**.

If have any questions or queries please ask at reception or in The Mall.



Christmas Quiz Answers (Page 10-11)

(NO cheating!! Santa is watching!)

- | | |
|-----------------------|--------------------|
| 1. Rudolph | 7. Lords a Leaping |
| 2. The Christmas Tree | 8. Tiny Tim |
| 3. White | 9. Mince Pies |
| 4. Button | 10. Pere Noel |
| 5. Robin | |
| 6. Egg Nog | |



Christmas Crossword Answers

- | | |
|--------------|-------------|
| 1. Rudolph | 7. Eggnog |
| 2. December | 8. Presents |
| 3. Elves | 9. Joy |
| 4. Scrooge | 10. Frosty |
| 5. Christmas | |
| 6. Stockings | |

