

2024/3

Newsletter



WELCOME

Check out our refurbished entrance, making it more cosy and inviting to all our visitors.

What has this man and a football match got in common?

Find out on page 6



ABOUT US

- ✧ We are a local Charity whose aim is to help the people of the local community by supporting other charities through affordable office rent.
- ✧ By hiring out our sessional rooms to groups, companies and organisations we are also directly helping local people receive the help and support they might require
- ✧ If you would like further information about any of our services please ask reception.

WHY SHOULD YOU CHOOSE US?

Our ethos since we started over 30 years ago is to provide affordable office accommodation and meeting space for local and national charities and community groups. By using us for your meetings, we are all helping local people.



SESSIONAL ROOMS

For HIRE



MAIDSTONE COMMUNITY
SUPPORT CENTRE

**Prices start From*
£8 PER HOUR



More Information:

-  01622 690369
-  www.mcsc.org.uk
-  39-48 Marsham Street ME14 1HH

Staff at MCSC

In May we said goodbye to Jackie our Finance and Lettings manager. Jackie had been with MCSC for the last 18 years. She's now off enjoying the next chapter in her life on her boat with husband Ian on the Norfolk Broads. Good Luck from everyone at MCSC.

We are pleased to welcome Jay as our newest team member who takes over from Rachel in the evenings. This is a temporary role until Rachel returns in October.

You may also see Nathan in the Centre. He is currently on work experience and helps out Mike with the day-to-day bits one day a week.

Our Member Groups

A new feature we are running in our Newsletter is a section to highlight each of the Member groups that use our office and counselling spaces in the Centre. In this edition Kent Archaeological Society tell us about their upcoming digs and how their intern is getting their hands dirty.

If any of the Member groups in the Centre would like to be included in our next edition, please contact reception@mcsc.org.uk

Meals on Wheels



Volunteers Needed

We are looking for volunteers to deliver hot meals to our clients in the local area. Flexible hours available 7 days a week, mileage expenses covered.

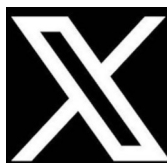
Where to find us on social media

Facebook - Mcsc Maidstone

X(Twitter) - @MCSCMaidstone

Instagram - mcscmaidstone

Nextdoor - Maidstone Community Support 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**

Gift vouchers
available!



Cream Tea For Two - £5.40

2 scones, jam and cream

Tea for 2

(+ £3 surcharge for latte)

Afternoon Tea - £18.50

2 scones, jam and cream

4 mini cakes

4 rounds finger sandwiches

Tea for 2

Afternoon Tea - £22.50

2 scones, jam and cream

4 mini cakes

4 rounds finger sandwiches

Latte/cappuccino for 2

Choice of sandwiches

Cheese & cucumber Ham & tomato

Cheese & pickle Ham & pickle

Cheese & tomato Ham & mustard

Egg mayonaise Tuna & mayo



WINCKELMANN CUP OXFORD

June 21st to 23rd 2024
Oxford Rugby Football Club



In a wonderful, adventurous year of Society firsts, 2024 sees the Kent Archaeology Society qualifying for archaeology's answer to the UEFA Champions League, The Winckelmann Cup.

The Winckelmann Cup is a Europe-wide football tournament for archaeologists, hosted annually in an alternating town or city. Over the last few years it has graced the football fields of Munich in Germany, Neufchâteau in Belgium, Sait-Dizier in France and many more. This year the tournament is being hosted by Oxford Archaeology at the fantastic Rugby Football Club in Oxford.

The cup was founded in 1991 and is named after German archaeologist, Johan Joachim Winckelmann (1717–1768). The cup originated from an historic rivalry between the University of Cologne and the University of Bonn. They met to compete on St Nicholas' day over a number of years in the 1980s. In 1990 the first Cologne archaeological tournament was organised. Bonn and Cologne participated alongside various other institutions.

The cup is not just a football tournament, it is a chance for participants to discover the culture, the heritage and the traditions of the host city and country, and a European event for archaeologists to meet new and old friends.

This year 56 teams from all over Europe will compete over two days for football glory. The tournament is 7-a-side, each team fielding a mix of men and women, with 20 minute games in a format very similar to the Champions League (League then knockout). Just as important, a lively program of entertainment will also run alongside the tournament, with music, games, social opportunities, and of course live streaming of the 2024 Euro's!

Our Kent Archaeological Society team is made up of staff, colleagues, friends of the Society and Kent based archaeologists, but there is still space for a few additional players, should any of our members be interested in a weekend of fun and football in sunny Oxford. The price per player is £20 and this includes registration into the tournament, full weekend camping, access to the entertainment and bar/social spaces, and a whole range of games and enjoyment.

Sounds like your kind of fun, email me at craig.campbell@kentarchaeology.org.uk to express your interest.





In an insightful interview with ITN Meridian on Friday, 8th March, Michelle offered a comprehensive look into Avoidant Restrictive Food Intake Disorder (ARFID), a condition not as widely known as other eating disorders but significantly impactful on those it affects. Here's a detailed exploration of the topics discussed, shedding light on ARFID, its effects, and the support available locally for those living with this disorder.

Understanding ARFID

ARFID is far from the common perception of picky eating; it is a complex psychological condition with a profound impact on individuals' relationships with food. Characterized by an extreme aversion to certain foods based on taste, texture, or colour, ARFID can lead to significant nutritional deficiencies and impair social functioning. Michelle emphasised that while ARFID could affect anyone, it's notably prevalent in children and adolescents and often coexists with conditions such as anxiety, autism, and ADHD.

This disorder's complexity is underscored by its recognition in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), highlighting the need for specialised care and attention. Unlike anorexia or bulimia, ARFID isn't driven by body image concerns but often results from sensory issues, fear stemming from distressing experiences with food, or a lack of interest in eating. Symptoms vary widely but can include feeling full quickly, sensitivity to food properties, and a restrictive diet.

Impact of ARFID

The ramifications of ARFID on individuals are profound. Beyond nutritional deficiencies and weight concerns, it can cause social isolation and emotional distress, deeply affecting daily life and overall well-being. The stigma attached to unusual eating behaviours only exacerbates these challenges, making it essential to address both the physical and psychological aspects of the disorder.

Available Support

Despite the obstacles posed by ARFID, there are effective support avenues. Psychotherapy, especially cognitive-behavioural therapy (CBT), has shown promise in helping individuals expand their food repertoire and address the psychological aspects of their eating difficulties. Nutritional counselling is also critical, ensuring those with ARFID receive the necessary nutrients. However, accessing these resources can be challenging, highlighted by reports of long delays with NHS as services have seen significant increases in demand since the covid pandemic.

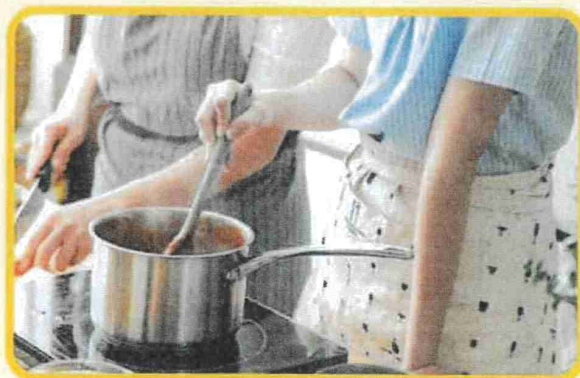
The conversation with Michelle not only brings ARFID into the spotlight but also emphasises the critical need for improved understanding, resources, and support for those affected. As awareness grows, so too does the hope for more comprehensive care and a better quality of life for individuals living with ARFID. For more information or support, organizations like the NHS, and Beat Eating Disorders, provide valuable resources and guidance. Therapy Partners and the charity [Rewrite your story Eating Disorders Support \(PETS\) - Rewrite Your Story](#) can offer support and specialist counselling and nutritional support for this condition

As we continue to navigate the complexities of eating disorders, it's crucial to listen, learn, and support those around us facing these challenges. Michelle's interview serves as a vital step forward in the conversation about ARFID, encouraging empathy, action, and hope for the future.

We're Hiring

Weekend Cook

Age UK Maidstone, Sevenoaks & Tonbridge are looking for a cook to work in our kitchen, serving the members of our community through our Meals on Wheels service.



Competitive rates of pay
Weekend and cover shifts available

**Please enquire within cafe, call 01622 230721
or email Kerinna.jackson@ageukmst.org.uk**

