

2024/4

Newsletter



MCSC Open Day

MCSC will be holding an Autumn Open day here in the Centre **on 21st October 2024.**

This is an open invitation to all our Member Groups and invited external groups/charities to showcase their services and local community involvement for FREE.



Please email sinead@mcsc.org.uk to express your interest

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.
- ✧ Before MCSC took over the building, the Centre was a nurses home associated with the West Kent Hospital (where Hengist court is now).
- ✧ 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



*Prices start From
£8 PER HOUR



More Information:

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

Staff at MCSC

Due to restructuring here at the Centre the Receptionist role became full time. We are very fortunate that Pip has taken on the responsibility of seeing everyone in and out of the Centre.

This has also allowed Jo to move permanently to Finance and Lettings and Sinead moves over to Centre Support Assistant.

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 CFL tell us about their achievement in obtaining the prestigious award for Most Compassionate Counselling Provider 2024 (South East England) & GHP Care Champion award

If any 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.

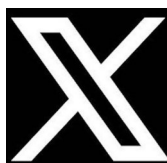
Where to find us on social media

Facebook - Mcsc Maidstone

X(Twitter) - @MCSCMaidstone

Instagram - mcscmaidstone

Nextdoor - Maidstone Community Support Centre



CONGRATULATIONS



Counselling for Life 2024
Winners of The GHP Mental
Health Award, voted the
most compassionate
Counselling Service in
London and the South East

ghp Mental Health
Awards 2024

This is to certify that:

Counselling for Life CIC

Have been named

**Most Compassionate Counselling
Service Provider 2024 - South East England
&
GHP Care Champion Award 2024**



CERTIFICATE

Awarded April 2024

J Henderson

Jane Henderson
AI Global Media Ltd

Bank of England



SCAN ME

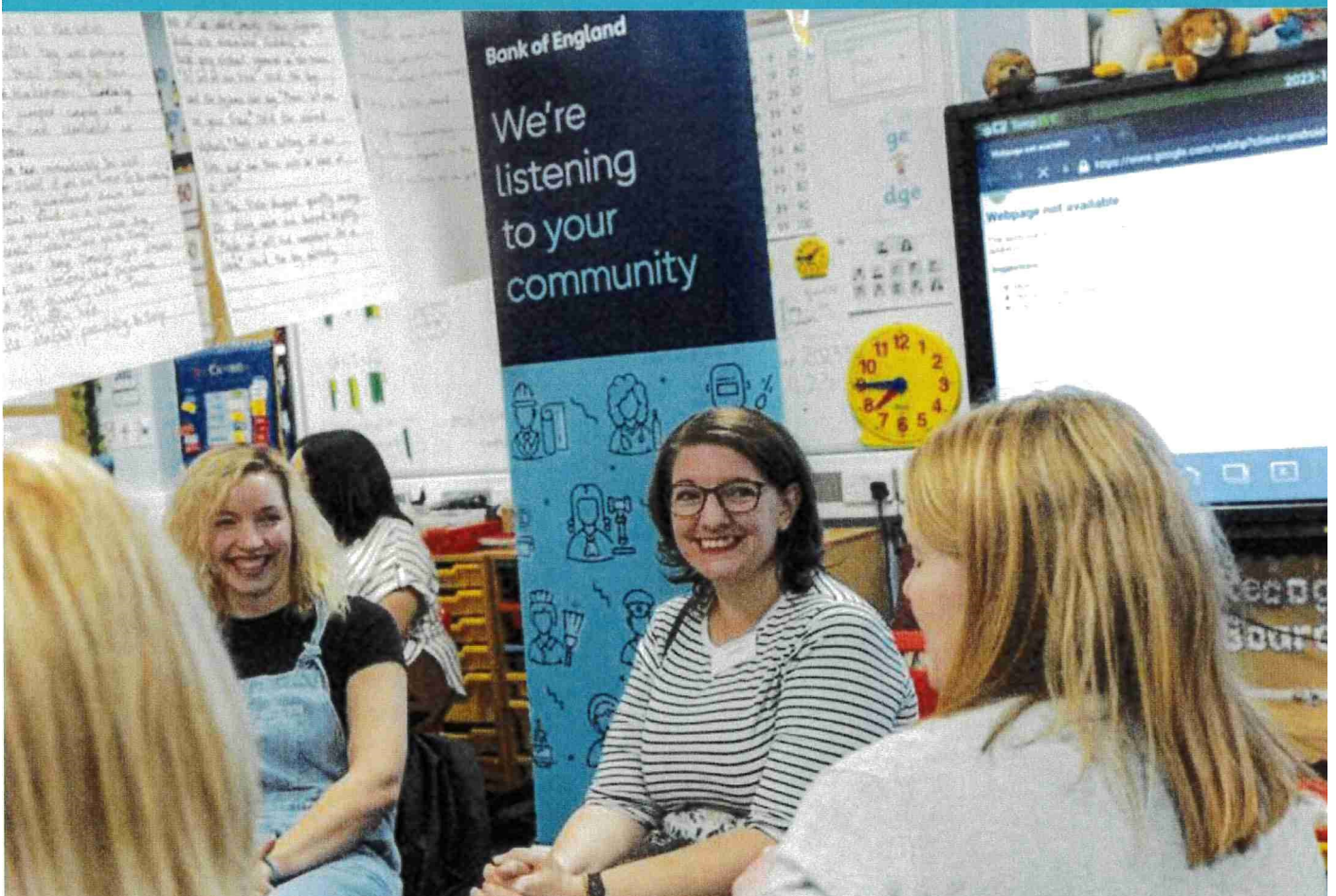
Jobs. Pay. Housing. The cost of living.

The economy affects us all
So we want to hear what you think about it

HERE AT MCSC

Maidstone – 12 September 2024 – from 5.45pm to 8:00pm

Sign up now using the QR Code
or email Outreach@bankofengland.co.uk



WELCOME to the secret garden

If you're looking for somewhere to eat your lunch, or just take 10 minutes for yourself, why not visit the MCSC secret garden. Enjoy the flowers and the fresh air.

If you can't find it, please ask at reception





On the 11th August 11am to 2pm. Hearsay Charitable Trust will be at

Little Fant Farm's Summer Fayre
Farleigh Ln
Maidstone ME16 9LU

Come and join us, there is plenty to see and do for the whole family.

Breathing Workshop

My name is Clare Cavalli and I am inviting you to attend a **FREE** Group Breathwork session, at Maidstone Community Support Centre, where you can experience and discover how to reconnect with your body through conscious connected breathwork and self enquiry. The session lasts for 1.5 hours.

I am currently training to be a Breathwork Facilitator (trauma-informed) with thorough experience in holding space in this practice. The sessions are always done at a slow and steady pace that is right for you and there will be no breath holds. Just a slow and gentle experience in getting to know your body and what it wishes to express during your session.

The dates available are:

Wednesday 24th July 3pm-4.30pm

Wednesday 24th July 5pm-6.30pm

Tuesday 30th July 3pm-4.30pm

Tuesday 30th July 5pm-6.30pm

Thursday 1st August 3pm-4.30pm

Thursday 1st August 5pm-6.30pm



THIS IS ONLY OPEN TO PEOPLE THAT WORK IN THE CENTRE

Please ask at MCSC reception for more details and signing up instructions.

A message to all our Centre visitors from the CEO

Summer has finally arrived so it seems a bit strange to be talking about heating. MCSC's current heating and hot water system is over 35 years old and has caused us a few issues over the past couple of years. We have now decided to upgrade the system.



The benefits are that we will have a much better and more reliable boiler system that will be around 30% more efficient, helping us to become greener and hopefully help reduce our costs. The installation work will begin on **August 5th**.

I am also pleased to say that MCSC is planning to install a Solar panel system on the roof of the building. As you all know the energy crisis has hit us all and in particular, we here at MCSC, with our bills quadrupling over the last couple years. After much discussion and research, we have decided to appoint a contractor to carry out the installation, once we have received planning permission, which we are currently applying for. The benefits of installing solar panels will be that potentially we could save up to 40% on our electricity bills and of course this will also help MCSC continue its greener journey.

The projects described above are a significant financial investment in the building which will allow MCSC to continue to offer services we provide, guaranteeing the future of the building for many years to come.



Thank you for your ongoing support
Tad
Chief Executive

