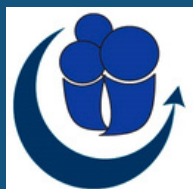


April 2025



NEWSLETTER

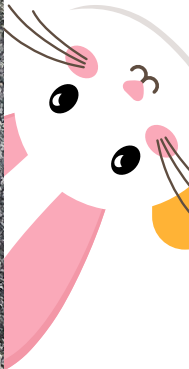
Maidstone Community Support Centre



21 Together

In March, the dedicated team at MCSC enthusiastically participated in World Down's Syndrome Odd Sock Day, an event designed to increase awareness and gather essential funds for this important cause. By celebrating diversity and embracing individuality, the staff helped highlight the significance of supporting individuals with Down's Syndrome. This initiative is part of the global #21challenge, which aims to promote understanding and acceptance of people with this genetic condition, which affects approximately 1 in 700 births worldwide. Participants wore mismatched socks as a symbolic gesture to represent the uniqueness of every individual.

Can you guess whos socks belong to who? Matt, Tad, Jo, Mike and Jay





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About Us

Counselling For Life (CFL) is a counselling service offering online or in-person counselling sessions currently available in South East London & Kent. CFL's therapists are trained professionals supporting individuals with; Trauma, Mental and Emotion Health, Depression, Anxiety, Addiction, Abuse, and Relationship issues.

**Affordable
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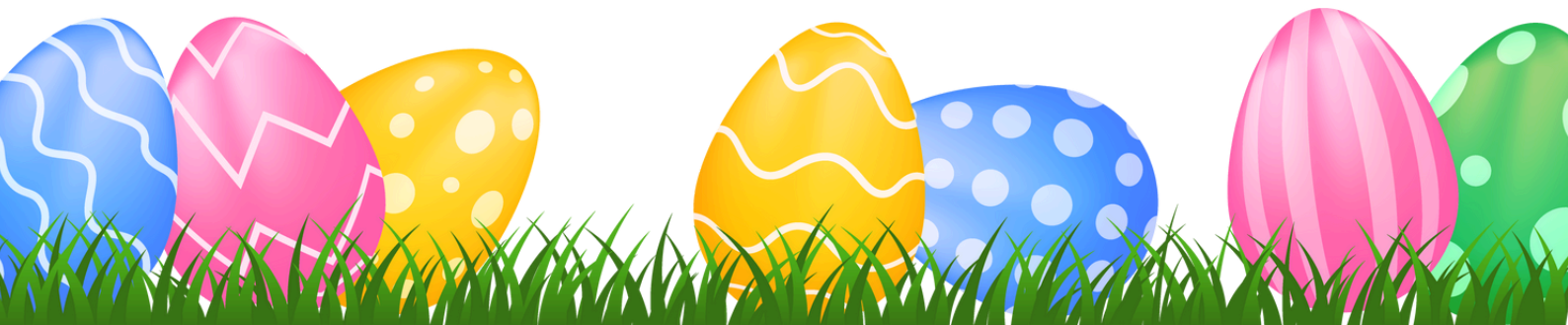
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Counsellingforlife



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In the spotlight....

Breathwork can truly change the way you feel.

In a world that often feels overwhelming, where stress, responsibilities, and emotions build up inside us like a pressure cooker, conscious connected breathwork offers a release—a way to feel lighter, more balanced, and at peace within yourself.

Imagine a space where you are held, supported, and guided through a process that allows you to reconnect with yourself. My intimate two-hour workshops provide this space, ensuring that each participant receives the attention they need to feel safe and supported throughout the experience. In this small group setting, you will be guided through breathwork techniques that help to unlock stored tension, release stress, and cultivate a deep sense of relaxation and clarity.

Life throws so much at us—work pressures, family obligations, relationships, financial worries, and the constant demands of modern life. Maybe you're a parent feeling guilty after snapping at your children, overwhelmed by the never-ending to-do list. Perhaps you're a single parent carrying the weight of responsibilities alone, longing for a moment to just breathe. Or maybe you're someone who feels constantly on edge, unable to switch off, struggling with anxious thoughts and restless sleep.

By Clare Cavalli.

Contact Clare Cavalli

Email:clare@unearth-you-therapy.com

Tel: 07859897464

Website:www.unearth-you-therapy.com



GOODBYE

At the end of February we said goodbye to our Receptionist/Administrator Pip, who has moved back into her first love of Care Home Activity Co-Ordinator.

Fiona stood down from our Board of Directors after many years with us. She'll still be popping in to see us and will be missed.

HELLO!

We are pleased to welcome Rey to our team as our Trainee Centre Support Worker. She'll be helping out in the office as well as getting involved in our sessional room setups.

Carole is currently co-opted onto our Board of Directors and we all look forward to working with her



Members' News



Hearsay is looking for a Part Time Administrator. The position would be home based. Please visit our website www.hearsay-trust.org.uk to get an overview of our charity.

If you are interested, please send your email to enquiries@hearsay-trust.org.uk

Hope and Healing - An Easter Reflection

In gentle spaces hearts confide,
Where pain and hope walk side by side.

Through every tear through every fight,
Counselling for Life brings love and light.

Like Easter's dawn so bright, so new,
We rise again we heal, we bloom.

No path too dark, no weight too steep,
Together we find strength to keep.

So as the season whispers grace,
May peace and hope our hearts embrace.

With kindness, care and hands held tight,
We journey forward—toward the light.

From Counselling for Life (CFL)



MCSC Easter Opening Hours



Good Friday - Closed

Saturday - Normal

Sunday - Normal



Bank Holiday Monday - Closed

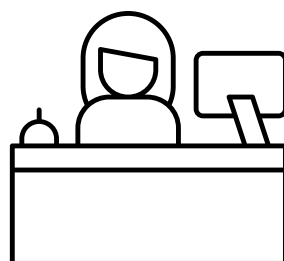
Over Easter MCSC Reception and Office will be closed on Good Friday and Easter Monday. Our Centre Meet and Greet staff will be on site on Saturday between 8.30am and 11am.

During the Easter Break our Centre is accessible to anyone with a fob.



Thank you for reading!

If you would like your organisation to appear on the Spotlight page of our next edition, please let us know



Get In Touch
reception@mcsc.org.uk