

December
2025



NEWSLETTER

Maidstone Community Support Centre



*CAN YOU
SPOT THE
ELF ON THE
SHELF*

CHRISTMAS OPENING/CLOSING DAYS
24TH DECEMBER 2025 (FINISH EARLY)
5TH JANUARY 2026 (REOPEN)

MERRY
Christmas

Merry Christmas



CHEQUE DONATIONS

CHILLINGTON MANOR MASONIC LODGE
KINDLY DONATED TO BEAR IN MIND
AND THE PRINCESS PROJECT.



BEAR IN MIND

BEAR IN MIND ARE A SUPPORT GROUP. WE ARE A GROUP OF BRAIN INJURY/
CONDITIONS, WHATEVER THE CAUSE EG STROKES, BRAIN HAEMORRHAGE ,
BRAIN TUMOUR, BRAIN TRAUMA ETC.

Sunflower Cafe



Phil and Jackie acoustic duo and friends, were entertaining the shoppers in Maidstone on Saturday October 18th, and would like to thank everyone who donated to Age UK Maidstone Tonbridge and Sevenoaks, Together we raised £146.



☀️ THE MCSC TWELVE DAYS OF CHRISTMAS SERVICE ☀️

AT MCSC, WHERE KINDNESS RESIDES, A FAMILY OF SERVICE WITH NOTHING TO HIDE. THE SPIRIT OF CHRISTMAS SHINES BRIGHT IN THEIR WALLS, ANSWERING THE COMMUNITY'S BECKONING CALLS.

ON THE FIRST DAY OF CHRISTMAS, GOOD FOOD YOU WILL FIND, AT THE SUNFLOWER CAFÉ, FOR BODY AND MIND.

ON THE SECOND, NEW SKILLS ARE WHAT ALL CAN PURSUE, AT THE HACKSPACE FOR PROJECTS, LIKE COMPUTING AND DIY TOO.

ON THE THIRD, A SAFE HAVEN FOR LIFE'S ROCKY SEAS, WITH WALK TALL'S LOW-COST COUNSELLING, BRINGING CHILDREN PEACE.

ON THE FOURTH, FOR THE WEARY, A HELPING HAND LENT, BY THE REFUGEE COUNCIL, ON NEW LIVES INTENT.

ON THE FIFTH, A SAFE SPACE FOR THE INJURED SOUL'S CARE, FROM FAMILY MATTERS' SUPPORT, RELIEF FROM DESPAIR.

ON THE SIXTH, FOR THE DOWN'S SYNDROME FAMILIES SO GREAT, THE GROUP 21 TOGETHER OFFERS SUPPORT AND A MATE.

FOR THOSE FACING CONVICTION, A LIFELINE TO GRASP, WITH UNLOCK'S ADVICE OVERCOMING THE PAST.

FOR DISPUTES IN THE NEIGHBOURHOOD, A CALM, NEUTRAL PLEA, FROM THE MAIDSTONE MEDIATION SCHEME — HARMONY.

IF SUBSTANCE OR MENTAL HEALTH WEIGHS DOWN THE DAY, WE ARE WITH YOU IS THERE, TO LIGHT UP THE WAY.

FOR VULNERABLE ADULTS NEEDING A VOICE AND A GUIDE, SMALL PLACES ADVOCACY STANDS CLOSE BY THEIR SIDE.

FOR NEW MOTHERS AND FAMILIES, A GREAT SOURCE OF CHEER, THE PRINCESS PROJECT'S SUPPORT, TO BANISH ALL FEAR.

AND WITH ALL THESE GREAT GROUPS, THE WHOLE COMMUNITY SEE, THE TRUE SPIRIT OF GIVING AT MCSC!



It's Christmas at the Centre!



We were kindly gifted 2 Christmas Trees from Maidstone Studios from the TV show Tipping Point.





Hard Hat Minds — Mental Health Support for the Construction Industry

Working in construction can be tough — long hours, demanding environments, and the pressure to stay strong can take a toll on mental health. That's why a project funded by the Kent & Medway Better Mental Health & Wellbeing Community Fund Hard Hat Minds, in partnership with Therapy Partners, was created: to support construction workers across Kent and Medway who may be struggling with stress, anxiety, depression, or burnout.

Our mission is simple — to make it okay to talk about mental health on site and beyond.

We provide:

Confidential emotional support

Access to qualified counsellors and wellbeing resources

Advice for Employers and Business owners and talks for construction teams

A supportive online community through our Facebook group



Join our growing Facebook community!

Search "Hard Hat Minds" on Facebook to connect with others in the industry, share experiences, and find helpful resources to improve wellbeing at work and at home.

Together, we can build safer minds and stronger teams.

#HardHatMinds #MentalHealthInConstruction #SafetyFirst #WellbeingAtWork

#ConstructionSupport #RewriteYourStory #TherapyPartners

**MENTAL HEALTH AND WELLBEING
SUPPORT FOR CONSTRUCTION WORKERS**



HARD HAT MINDS

Working in construction can be challenging. Hard Hat Minds offers support to help you cope with stress, anxiety, and other mental health concerns.

JOIN OUR FACEBOOK GROUP

Connect with other construction workers, share your experiences, and get helpful advice and support.

**SEARCH 'HARD HAT MINDS'
ON FACEBOOK**

#MentalHealth #Construction #Support

#MentalHealth #Construction #Support



therapy
partners

REWRITE
Your Story
Helping people rewrite mental health

LAUNCHING EARLY 2026

**Advanced Postgraduate
Certificate in Systemic
Practice with Couples and
Relationships**

Register Your Interest – Places Are Limited





KCPS

KENT COUNSELLING & PSYCHOTHERAPY SERVICES

A New Chapter for KCPS

We're really excited to share some big news — Louise Bradshaw and Hannah Bunclark have recently taken over the running of Kent Counselling & Psychotherapy Services (KCPS)!

After many years of leading KCPS with care and dedication, Karen Hellings has decided to step back. We want to say a huge thank you to Karen for all she's done to build such a warm and trusted service — we're so grateful for the strong foundations she's created.



As we step into this new adventure, we're looking forward to continuing the heart of KCPS: supporting people with compassion, professionalism, and connection.

We're also growing our team! If you're a therapist who shares our values and would like to be part of KCPS, we'd love to hear from you. Please email us at:

contactkcps@gmail.com





*It is that time of year again Grow19
will have a Christmas Stall in
Reception 12pm-2pm on Wednesday
26th November.*

*Please pop down and support them
and look at their amazing crafts they
have made for your Christmas tree!*





MEMBERS UPDATES

We welcome

Julia Scott- ICS Psychotherapy Consultancy

STAFF UPDATES

Rey- Centre Support

We are very sad we had to say goodbye to Rey! She is starting a new course at university, we wish her the best of luck.

Dorothy-Trustee

We are sad to see Dorothy one of our Trustees leave our board after many years. Thank you for being a part of Maidstone Community Support Centre.

*"I would just like to take the
opportunity to thank you all for
your constant support and wish
you all a very Happy
Christmas"*



MERRY
Christmas

AND HAPPY NEW YEAR

FROM TAD & THE TEAM

MERRY CHRISTMAS

K	F	A	M	I	L	Y	T	R	N	K	B	J	L	H
Y	M	U	T	J	C	O	R	B	S	X	G	O	J	H
Y	U	P	L	R	C	A	R	O	L	S	I	Y	I	F
Y	C	M	R	R	E	Q	N	W	E	E	V	E	N	N
L	H	F	E	E	P	E	H	D	N	D	I	J	G	O
S	R	B	T	D	S	C	S	S	Y	W	N	G	L	R
Y	I	Q	M	T	Y	E	R	C	M	C	G	S	E	T
U	S	T	O	C	K	I	N	G	S	J	A	E	I	H
U	T	L	I	G	H	T	S	T	G	S	D	N	W	P
L	M	F	L	I	O	V	S	M	S	N	J	S	E	O
K	A	V	F	X	B	I	Z	G	I	I	G	D	T	L
B	S	R	E	B	Z	S	L	E	I	G	H	X	C	E
F	K	Y	O	L	Q	H	R	N	S	N	O	W	R	U
X	N	L	R	J	F	Z	C	D	N	D	E	X	X	V
H	S	T	A	R	W	S	A	N	T	A	T	L	V	M

BOW

CANDY CANE

CAROLS

CHRISTMAS

ELF

FAMILY

GIVING

JINGLE

JOY

LIGHTS

NORTH POLE

PRESENTS

REINDEER

SANTA

SLEIGH

SNOW

STAR

STOCKINGS

TREES





Christmas Hours



Evening Meet and Greet will stop around 8pm

Tuesday 23rd December

MCSC Reception and office staff will close up and leave around lunch time CHRISTMAS EVE.

MCSC Reception and office staff will return at 8.30am MONDAY 5th January

Even though the doors are shut and there's no staff onsite you can continue to use your own office/counselling space, but any visitors will need to be let in through the front doors by you. There is a door bell outside that will alert anyone in the foyer that a visitor is waiting. Please only let in the person you are expecting.