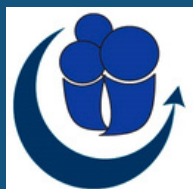


February



NEWSLETTER

Maidstone Community Support Centre



Maidstone Community Support Centre have been Highly Commended at this year's Kent Mental Wellbeing Awards.

Fifty of the top initiatives, organisations and individuals from Kent, Medway, Bexley and Bromley that deliver work focusing on kindness and compassion, wellbeing or mental health were named winners and a further 100 announced as Highly Commended.



MAIDSTONE COMMUNITY
SUPPORT CENTRE



**Kent
Mental
Wellbeing
Awards**

kentmentalwellbeingawards.org.uk

HIGHLY COMMENDED 2025



Hearsay Trust

Hearsay Charitable Trust based at Marsham St offers counselling at subsidised rates addressing difficulties/ issues that can be impacting the wellbeing of children, adolescents, adults, family relationships and couples.

They are pleased to be able to offer Equine Therapy.

Through Equine Therapy, individuals can enhance their communication, self-control, problem-solving and accountability while also boosting self-esteem, confidence, empathy, flexibility and independence. A service that has proved positive for young people and adults who experience anxiety, degrees of depression, ADHD and ASD symptoms.

Please visit our website for more information.



www.hearsay-trust.org.uk



01622 231765

Volunteering Vacancy



Guide Dogs are looking for 2 Merchandise Coordinator's for the Maidstone volunteer community group.

In this role, you will be responsible for ordering and looking after Guide Dogs merchandise.

We rely on volunteers like you to help us improve the lives of people with sight loss.

Guide Dogs are looking for a few more Puppy Raisers in and around the Maidstone area.

In this role, you will be providing a puppy with a vital foundation for its future role as a guide dog. This is a full-time volunteering opportunity as a puppy will live with you in your home for around 12-16 months.

**TO FIND OUT MORE ABOUT VOLUNTEERING
PLEASE CONTACT
WWW.GUIDEDOGS.ORG.UK/VOLUNTEERING OR
[EMAIL TIM.SEAMARK-COOPE@GUIDEDOGS.ORG.UK](mailto:TIM.SEAMARK-COOPE@GUIDEDOGS.ORG.UK)**





Office/Counselling Space to Rent

Versatile and affordable Office/Counselling rooms available for Charities, CIC's or Not for profit organisations

228

8.99m²

£231.33 pm

217

9.61m²

£244.38 pm

218

9.61m²

£244.38 pm

131/132

32.64m²

£771.38 pm

205

9.61m²

£244.38 pm

**FOR MORE INFORMATION VISIT MCSC.ORG.UK
OR EMAIL JO@MCSC.ORG.UK**

Come and chat to us about quitting smoking...



**Free help
to stop smoking.**
You're three times
as likely to quit
with our service!

Meet the Stop Smoking Outreach Team:

Maidstone Hospital Emergency Department

(Hermitage Lane, Maidstone ME16 9QQ)

Monday, and Wednesday 10am-4pm,

Thursday 10am-1pm, Friday 2-5pm

To find your nearest clinic:

Maidstone Community Centre - Thursday 2-6pm

Biz Space Offices Maidstone - Friday 9am-1pm

Snodland Community Centre - Friday 9am-5pm

Stop Smoking Support:

- If you live in Kent, are aged 12 and over and a smoker of tobacco products
- Group or 1-1 sessions for 12 weeks, weekly, with specially trained, experienced outreach stop smoking practitioner in your local area or virtually
- Help to manage cravings and withdrawal symptoms with **FREE** nicotine replacement therapy (NRT) products, vapes and prescription medicines

For more information...

Tel: **0333 005 0095**

Text: **QUIT** to **60777**

Email: **eh.kent.outreachstopsmokingservice@nhs.net**

Visit: **kent.everyonehealth.co.uk**

Scan
me...



**Kent
County
Council**



everyonehealth
because everyone matters



Come and pick up your copy while in stock at reception. Any donation amount will be greatly appreciated and all funds raised will be donated to a dogs charity.



Valentine's Day Word Search

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

Love
Cupid
Arrow
Gift

Kisses
Heart
Valentine
Chocolate

Sweet
Hugs
Flowers
Gifts

Kindness
Letters
Relationship
Romance



BLUE LIGHT COUNSELLING SERVICE

For NHS & Frontline Staff
Launching February

Caring for others shouldn't cost you your own wellbeing.

We can help with:  Burnout & Exhaustion  Stress & Anxiety  Trauma & Compassion Fatigue  Work-Life Balance & Resilience	For:  NHS Staff  Blue Light Services  Health & Care Workers
---	--

Experienced NHS Therapists

Blue Light Discount Available 

Starts February • In Person & Online

FIND OUT MORE & SELF-REFER:
www.therapypartners.co.uk

#BlueLightSupport #NHSMentalHealth #PreventBurnout #SupportThoseWhoCare

From February, Therapy Partners is offering a dedicated counselling service for NHS and frontline staff.

Sessions can be booked online and in person at Marsham Street and we offer evening and weekend appointments

Delivered by experienced therapists who work or have worked in the NHS, this confidential service supports but as we are Independent confidentiality can be maintained we offer support for :

- **Burnout**
- **Stress & anxiety**
- **Emotional overload**
- **Work-related trauma**

 **Blue Light discount available**

 **Learn more or self-refer:**
www.therapypartners.co.uk



Sunflower Cafe

Valentines Meal £9.95

11th February 2026

Bookings Being Taken Now

£5 Deposit

Roast Beef and Yorkshire Pudding

Honey Roasted Parsnips

Glazed Baby Carrots

Roast Potatoes

**Luscious Strawberry Cheesecake
With Chocolate Heart Drizzled With
Passion Fruit Coulis**

We listen to Radiofawall, give them a listen..

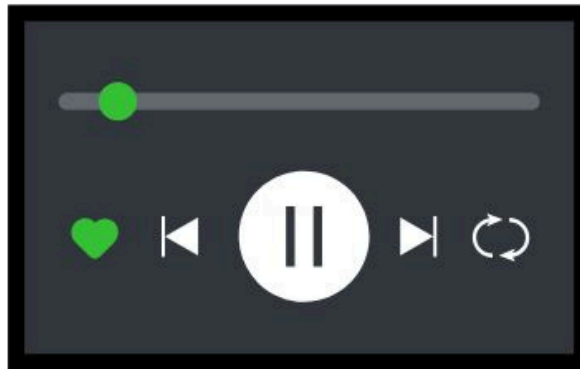
"Community Radio for
Maidstone - brought
to you by Five Acre
Wood School!
Online 24/7."



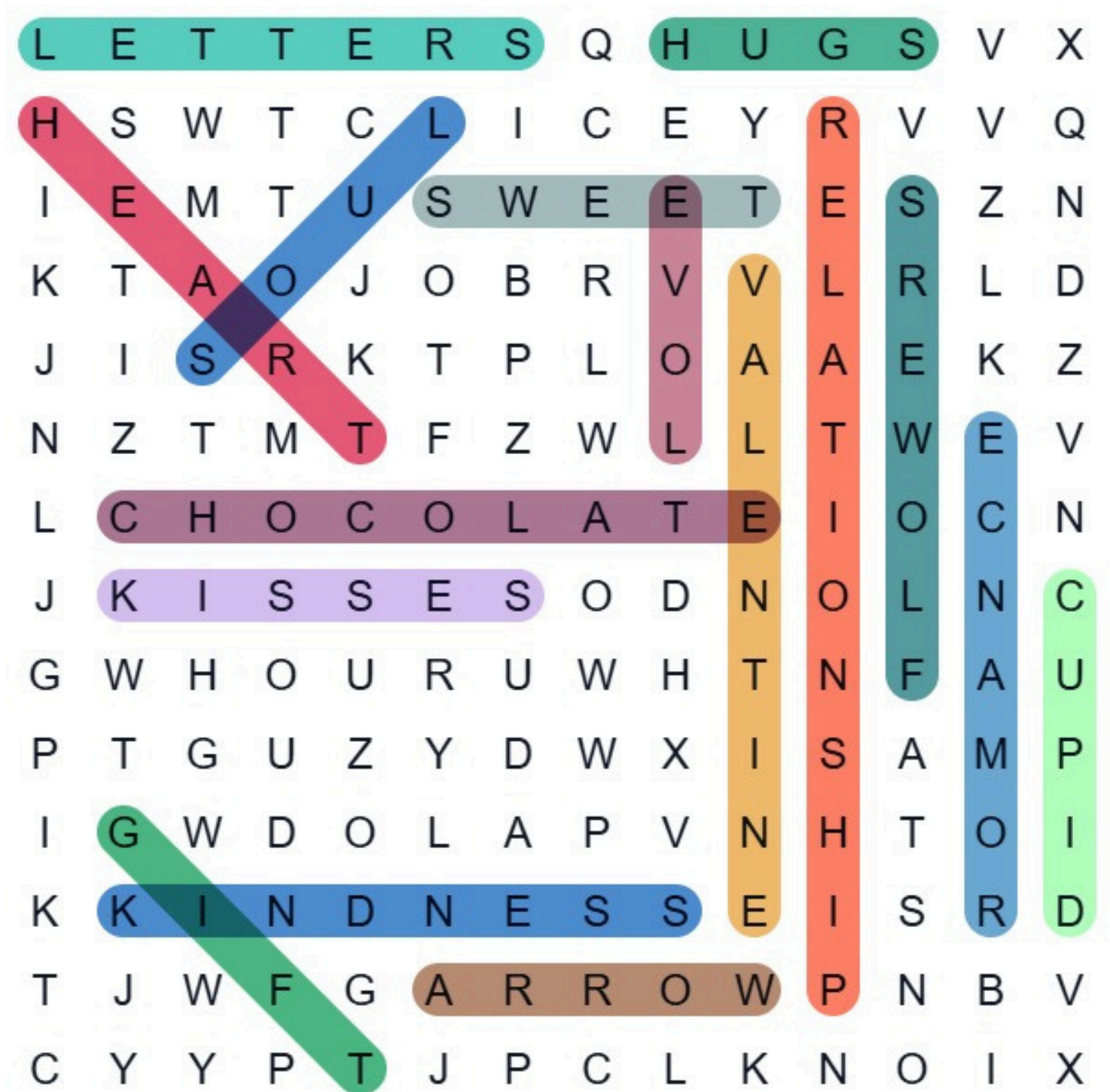
**Maidstone
Radiofawall**

— five acre wood school —

radiofawall.co.uk



Answers for Valentine's Day Word Search



Love
Cupid
Arrow
Gift

Kisses
Heart
Valentine
Chocolate

Sweet
Hugs
Flowers
Gifts

Kindness
Letters
Relationship
Romance