

June



# NEWSLETTER

Maidstone Community Support Centre



June

# What's inside?

## Maidstone Community Support Centre June Newsletter



### Who's New?

Welcoming our newest MCSC team members.

### Shupi's Baby

A new arrival!

### A Grow 19 Event

A craft sale hosted by Grow 19.

### Kentish Lady Cruise

Community network evening on the Kentish Lady.

### Happy endings rescue

See the cheque we donated to the rescue from selling calendars.

### Intergrative counselling

A new workshop idea designed to help around appearance and self confidence.

### What's New?

A look at some updates in the centre.

### Walk Tall

Walk Tall are running a full range of counselling training courses.

### HearSay Charity

Offering parent support groups in primary schools.

### KCPS

Are looking for qualified therapists.

### Zumbathon with 21 together

A fitness and wellbeing event.

### Tad's winning photo!

see inside!

# Who's new?

We are welcoming some new members of the MCSC team!



**HELLO**  
MY NAME IS

**THEO**



Hello, my name is Theo and I'm a new member of the MCSC team. I'm a graphic design graduate from Loughborough and lifelong Maidstone resident. It's an honour to be able to give back to the community!



**FUN FACT ABOUT ME:**

London is red!

**HELLO**  
MY NAME IS

**DAISY**



Hi! So far with MCSC I've been looking after social media accounts alongside Theo. I've already enjoyed being part of the team so much and I can't wait to meet more of you!



**FUN FACT ABOUT ME:**

I have two rabbits,  
Ronnie and Reggie!

# *Shupi's Baby!*

A new arrival for one of our colleagues!



**MCSC is pleased to announce the arrival of Shupi's baby boy, Milan. Both baby and mum are doing fine. We wish Shupi and her growing family all the best and look forward seeing them here in the Centre very soon.**

# Grow 19 Craft Sale

Grow 19 recently held an event here at our Centre.

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CRAFTED  
BY HAND



The students of the Grow 19 school recently held the event in our foyer. They took turns in serving the items that they have made themselves, so that they gain valuable life skills.

Watch out for the date of the next one!



# Kentish Lady Cruise



**MCSC took part in the Five Acre Wood and Stones Charity Community Network evening on the Kentish Lady cruise Maidstone. Which sailed along the River Medway on Wednesday 13<sup>th</sup> May 2026.**

# HAPPY ENDINGS RESCUE CHARITY DONATION!



The donations raised by selling our 'Dogs of the Centre' calendar, came to just over £200 for Happy Endings Rescue, a lovely place in Newnham rescuing many different animals. Stay tuned as we will be going on a tour around their rescue soon!



Scan here to view their website.





**Integrative Counselling** ... *finding a way forward together*  
Counselling, Psychotherapy and EMDR in Maidstone

## **WORKSHOP ON APPEARANCE, SELF-BELIEFS AND THE CONNECTION TO SELF-WORTH - REGISTERING INTEREST NOW**

**I'm exploring something a little different, and I'd really love to know if this workshop would be of interest to you or someone you know.**

**I'm thinking about hosting a one-day, in-person workshop in Maidstone, Kent for women and female-aligned people.**

**The focus? Decentering appearance from your life - and understanding where those beliefs about how you look actually come from.**

**I'm Anna Keen, a counsellor working at the Maidstone Community Support Centre and I'd be hosting this alongside Anita Bhagwandas, the author of "Ugly: Why The World Became Beauty Obsessed and How To Break Free".**

**This is something I've spent years speaking with clients about on a one-to-one therapeutic basis and one thing I see often is how much appearance shapes how we feel about ourselves - often more than we realise.**

**But this would be an immersive group experience and guided space to begin unpacking it for yourself.**

**The day would gently explore:**

- How appearance became tied to your sense of worth**
- The origins of negative beliefs about how you look**
  - Why those beliefs can feel so hard to shift**
- Practical ways to start loosening their hold on your life**

**This wouldn't be about “fixing” you or telling you not to care about how you look. It's about understanding, reclaiming, and creating a bit more freedom in your life.**

**At this stage, I'm simply gauging interest before we plan anything properly.**

**No commitment at all - just a way for me to understand if this is something people would be interested in potentially attending.**

**If this is something you or someone you know would be interested in, you can register your interest by emailing:  
[annakeen.intco@yahoo.co.uk](mailto:annakeen.intco@yahoo.co.uk)**

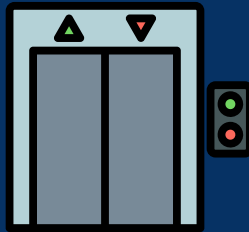


# What's new?

Heres what's new in the MCSC building.



## NEW LIFT



We recently had a complete overhaul of the electrical system on our lift. This was required as the old system that was removed was the original one and no-one makes the replacement parts anymore.

## SOLAR PANELS AT WORK

### Today Metrics

### Lifetime Metrics

11.53 kWh

PV PRODUCTION

157.00 Wh

RECLAIMED ENERGY

£0.00

INCOME EQUIVALENT

### Lifetime Energy Equivalents



9.2k

lbs

COAL NOT BURNED



940.4

gal

GAS NOT CONSUMED



21.0k

miles

DISTANCE NOT DRIVEN



139.3

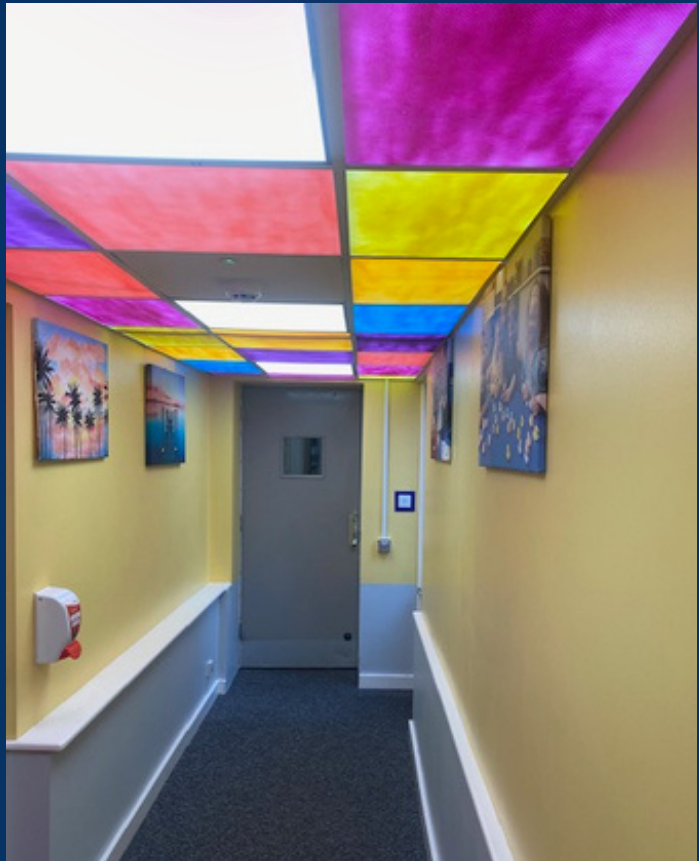
trees

PLANTED

TAKE A LOOK AT  
THE BEFORE AND  
AFTER  
ANNEX  
IMPROVEMENTS



Before... After!





### Our services:

- ✓ Affordable counselling for adults, young people and children.
- ✓ Specialist CYP counsellors for under 18s.
- ✓ Locations in: Maidstone, Gravesend and Dartford, or online.



**Enrolling now and starting this September! Walk Tall are running a full range of counselling training courses. Our programme includes Level 2, Level 3, and Level 4 qualifications, alongside a specialist Level 6 diploma focused on counselling children and young people. In addition to our counselling courses, we offer affordable counselling services online and across our three locations in Maidstone, Dartford, and Gravesend.**

## COUNSELLOR TRAINING 2026-27

Thinking about starting counsellor training or continuing your counsellor journey to the next level?



### L2 Certificate in Counselling Skills

Wednesdays 6pm - 9pm  
Live via zoom  
16<sup>th</sup> Sept 2026 - 19<sup>th</sup> May 2027

Assessed via coursework  
Fee £999

### L3 Certificate in Counselling Studies

Tuesdays 6pm - 9pm  
Live via zoom  
15<sup>th</sup> Sept 2026 - 18<sup>th</sup> May 2027

Assessed via coursework.  
Must hold a L2 certificate.  
Fee £1100

### L4 Diploma in Therapeutic Counselling (2 years)

Saturdays 10am - 4pm  
In person: Gravesend  
19<sup>th</sup> Sept 2026 - 17<sup>th</sup> July 2027

Assessed via coursework & clinical placement.  
Must hold a L2 & 3 certificate  
Fee £6995

### L6 Diploma Counselling CYP

Sundays 10am - 3pm  
Hybrid  
20<sup>th</sup> Sept 2026 - 28<sup>th</sup> March 2027

Assessed via coursework & clinical placement  
Must hold a L4 diploma.  
Fee £2499

[counselling@walk-tall.org.uk](mailto:counselling@walk-tall.org.uk)

01474 560834

[www.walk-tall.org.uk](http://www.walk-tall.org.uk)

# HearSay

## HearSay Charitable Trust



Hearsay

Hearsay Charitable Trust are about to restart our parent support groups in primary schools. Our last sessions were a great success. If you are interested, please could you show interest via Facebook @Hearsay Trust or enquiries by email to [enquiries@hearsay-trust.org.uk](mailto:enquiries@hearsay-trust.org.uk)





KCPS is expanding!

We're looking for qualified couples, family, child, adolescent, and adult therapists to join our friendly team at KCPS.

Some evening availability required.  
We offer a supportive environment, regular referrals, and rooms at MCSC

For more information or to apply please  
contact Louise at  
[contactkcps@gmail.com](mailto:contactkcps@gmail.com)



# ZUMBATHON FUNDRAISER



Join our Zumbathon  
fundraiser



20<sup>th</sup> June



4-6pm



Gillingham ME7 3JZ



Clare's Zumba  
Fitness & Wellbeing



# WITH 21 TOGETHER

Winner of Harmony with nature in  
Maidstone's green spaces competition.



By Tad Taberer