

**2 & 3 Cobb Way**  
**Off Livingstone Walk**  
**Park Wood**  
**Maidstone**  
**ME15 9XF**  
**Tel: 01622 691177**  
**[www.fusionhlc.org.uk](http://www.fusionhlc.org.uk)**  
**[enquiries@fusionhlc.org.uk](mailto:enquiries@fusionhlc.org.uk)**



# **What's on Guide**

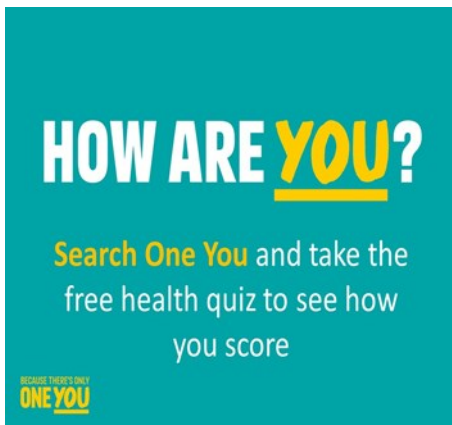
**Fusion Maidstone is a Healthy Living Centre works with the community to help reduce health inequalities in Park Wood and throughout the Maidstone area.**

**For further information please visit our website at**  
**[www.fusionhlc.org.uk](http://www.fusionhlc.org.uk)**



## November 2021 Edition

Fusion Maidstone is a Company Limited by Guarantee (England & Wales)  
 Company No 4999497 Registered Charity No 1115338



Fusion Maidstone HLC is now open Monday to Friday 9am—5pm. The health and safety of our employees, customers and our community are our primary concern. We will adhere to all Government safeguarding measures. To keep our community safe face masks are required prior to entry. Hand sanitiser stations are available and should be used by all visitors to the centre.

Our centre services also include computers for public use (including printing, photocopying and scanning facilities); free Wi-Fi, rooms & café hire and lots of community events.

Everyone is welcome!

# Visit our Centre



**COFFEE SHOP**

**Open Monday - Friday**  
**10:00am - 2:00pm**

## Maidstone Borough Council Community Protection Team

### Community Surgery Parkwood

Any Parkwood residents are invited to drop in to meet our Community Protection Team at Fusion Maidstone HLC between 10 and 11am on the following dates:

**1, 15 & 29 October**  
**12 November 2021**

You can meet the team and discuss any concerns you may have about community safety in the area.

**Fusion Maidstone HLC, 2 & 3 Cobb Way,  
Off Livingstone Walk, Park Wood,  
Maidstone, Kent, ME15 9XF**



For more information please contact The Community Protection Team 01622 602202



**The Family Mile**

## FREE FAMILY FUN

No matter what your starting point, come along to The Family Mile to start doing 'Your Mile, Your Way!'

**FAMILY MILES**



**Fridays: Mote Park  
Family Mile - 6pm**



**Saturdays: Cobtree Manor  
Park Nature Mile - 10:30am**



**Sundays: Mote Park  
Nature Mile - 2pm**

**MAIDSTONE**



[www.facebook.com/TheFamilyMile](https://www.facebook.com/TheFamilyMile)

golding homes





Maidstone and  
Tunbridge Wells  
NHS Trust

## Young People Services

Drop in for sexual health and contraception advice.



Young person drop in: Every 1st and 3rd  
Wednesday of the month 3-6pm.

Fusion Maidstone, 2-3 Cobb Way, Park Wood,  
Maidstone, Kent, ME15 9XF



## READY TO MAKE THE STEP TO A HEALTHIER **YOU?**

We support people who need a little extra help to make those first steps towards a healthier lifestyle. It's free!

We can help you:

- drink less
- move more
- eat well
- stop smoking.

Call **0300 123 1220**  
[oneyou.kent@nhs.net](mailto:oneyou.kent@nhs.net)  
[www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)

**ONE YOU KENT**

Your local One You Lifestyle  
Adviser is at:

**Fusion  
Maidstone  
Thursday's  
All day**

## HIRE OUR VENUE

Fusion offers meeting rooms and 1:1 counselling rooms at competitive rates. We also have computers available for public use (including printing, photocopying and scanning facilities) and offer free Wi-Fi.

Please contact Daniel on 01622 691177 for further details.

See our website for more details [www.fusionhlc.org.uk](http://www.fusionhlc.org.uk)

## VOLUNTEER OPPORTUNITIES

We would love to have you join our Fusion team!

There are many opportunities to get involved including IT/administration, fundraising, events assistants, practical helpers, landscaping and gardening, coffee shop volunteers and more.

If you would like to find out more either call us on 01622 691177 or pop in and see one of the team.

## WOULD YOU LIKE TO RECEIVE OUR WHAT'S ON GUIDE VIA EMAIL?

Just send us an email to [enquiries@fusionhlc.org.uk](mailto:enquiries@fusionhlc.org.uk), or contact us through our website, and we'll add you to our distribution list.

**[www.fusionhlc.org.uk](http://www.fusionhlc.org.uk)**

**Find us on Facebook @fusionmaidstone**

## Events coming up in addition to our monthly programme

### *Park Wood Allotments Classes*

*Christ Church—Wallis Avenue  
10am—11am*

*If interested call Prince on 01622 320134*

### *Fusion Quiz*

*Wednesday 17th November 2021*

*Fusion Maidstone*

*Contact Prince 01622 320134 for more info*

### *Christmas Activities*

*Coming Soon*

*Fusion Maidstone*

*Contact Prince on 01622 320134 for more info*

### *Eyes Down for Bingo*

*Wednesday 24th November 2021*

*Fusion Maidstone*

*7pm—9pm*

*\*Adults only\**

*Contact Prince on 01622 320134*

# What's on Guide

## COMING SOON

Virtual Police Community Liaison  
(Kent police)  
Appointment only  
(FREE)  
Visit <https://www.kent-pcc.gov.uk/>

**Eyes Down for Bingo**  
**Thursday 25th November**  
Fusion Maidstone  
7pm–9pm  
\*Adults only\*  
Contact Prince on 01622 320134

## OTHER SERVICES

**Stop Smoking Service**  
(NHS)  
Virtual sessions by appointment  
(FREE) visit [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk) call 0300 123 1220 for further information

**Support for Those Affected by Crime (Victim Support)**  
Telephone Only Service  
Visit: <https://www.victimsupport.org.uk>  
Call 0808 1689276 for further information

## USEFUL TELEPHONE NUMBERS

**Citizens Advice Bureau (Maidstone)**  
Call 08082 505704 or visit [www.maidstonecab.org.uk](http://www.maidstonecab.org.uk) for further information

**Refuge (supports women, children & men experiencing domestic violence)**  
Call 0808 2000 247 or visit [www.refuge.org.uk](http://www.refuge.org.uk) for further information

**Maidstone Community Mental Health (Out of Hours Crisis Team)**  
Call 01622 725000 or visit [www.kmpt.nhs.uk](http://www.kmpt.nhs.uk) for further information



## COFFEE SHOP

### COFFEE

### MEDIUM / LARGE

Americano	£1.50 / £1.70
Flat White	--- / £1.75
Café Latte	£1.60 / £1.80
Cappuccino	£1.60 / £1.80
Mocha	£1.80 / £2.00

### TEAS

### ONE SIZE

English Breakfast	£1.20
Decaf Tea	£1.20
Earl Grey Tea	£1.40
Green Tea	£1.40
Peppermint Tea	£1.40
Lemon & Ginger	£1.40
Chamomile Tea	£1.40

### HOT CHOC

### MEDIUM / LARGE

Hot Chocolate	£1.80 / £2.00
---------------	---------------

# What's on Guide

## MONDAY

*Eye Screening  
(Health Intelligence)  
9:00am-5:00pm  
By appointment from your GP*

*The Creative Crew (Fusion)  
Every Monday 6:15pm-8:15pm  
£2 per night  
Call Lin on 07890 026557  
for further information*

*Slow Cooking course (Fusion)  
Mondays 12:30pm-2:30pm  
Call Prince on 01622 320134*

*Crafty kids (fusion) (FREE)  
Contact Prince on 01622 320134 for  
further information*

## TUESDAY

*Eye Screening  
(Health Intelligence)  
9:00am-5:00pm  
By appointment from your GP*

*One you Kent  
2nd November 10:00am-4:00pm (FREE)  
Contact for more information*

*Knit 'n' Natter (Fusion)  
12:30pm-2:30pm  
Face to Face sessions  
(Drop-in) (FREE)  
Call Prince on 01622 320134*

## WEDNESDAY

*Golden Friends Social Group (Fusion)  
10:00am-12:00pm  
Face to Face sessions (FREE)  
Call Prince on 01622 320134*

*Chair Aerobics Sessions  
(Involve Kent)  
every Wednesday (FREE)  
2:30pm-3:30pm  
Call Prince on 01622 320124 for more  
info*

*Sexual Health Clinic  
(NHS)  
3rd and 17th November 3:00pm-5:30pm  
Face to Face Appointment only (FREE)  
Call 01622 225713*

*Youth Club for 10-13yr Olds (Salus)  
Face to Face Group Sessions  
Drop-in 4:00pm-5:30pm  
(FREE)*

# What's on Guide

## THURSDAY

*Eye Screening  
(Health Intelligence)  
Every Friday 9:00am-5:00pm  
By appointment from your GP*

*One You service (one you)  
Every Thursday 9:00am-5:00pm (FREE)  
Contact 0300 1231220 for more  
Information*

*Clik weekly community outreach  
18th November 10:00am-3:00pm (Drop-  
in) (FREE)*

*Youth Club 14+yr Olds (Infozone)  
Face-to-Face Sessions  
(FREE) 6:00pm-8:00pm*

## FRIDAY

*Eye Screening  
(Health Intelligence)  
Every Friday 9:00am-5:00pm  
By appointment from your GP*

*Coffee Hour (Fusion)  
Every Friday 10:00am-11:00am  
(FREE)  
Call Prince on 01622 320134 for more  
information*

*Park Wood Community Surgery (MBC)  
12th November 10:00am-11:00am  
Face-to-Face sessions—Drop in Sessions  
(FREE)*

*Table Tennis Group (Fusion)  
Every Friday 2:30pm-5:00pm (COST)  
Call 01622 691177 for more details*



## LOOKING TO VOLUNTEER?

Volunteering is great for work experience, gaining skills  
and making friends!

For more information about volunteering, contact Daniel.

Phone: 01622 691177 Email: [danieleverest@fusionhlc.org.uk](mailto:danieleverest@fusionhlc.org.uk)