



## MK SPRINGERS SIGNPOSTING FOR FAMILIES

### Children and young people

Organisation	Service	Contact details
<a href="#">All People Active</a>	Provide sporting opportunities in a social and informal environment in partnership with various organisations to bring sport close to young people's (14 - 20 years) doorsteps.	Telephone / Text: <b>07739840717</b> Email: <a href="mailto:allpeopleactive@gmail.com">allpeopleactive@gmail.com</a>

cont.	Sessions include Football Mash Up, Dance, MK Girls Can Football, Boxing Fitness & Multi-Sports. Free Youth Football sessions are held Mondays, Tuesdays and Fridays. APA Juniors enables primary school age children to gain early positive experiences that will help them to fall in love with being active and playing sport!	<a href="#">Contact form</a> <a href="#">Facebook</a>
<a href="#">African and Caribbean Arts and Heritage Union (ACAHU)</a>	An all-inclusive and transformational union that was formed to unify African and Caribbean communities and build community cohesion in Milton Keynes and the UK at large. Supports young people through the following programmes and projects: <ul style="list-style-type: none"> <li>• Supplementary education - tutoring services and supplying resources to young people</li> <li>• Befriending and Mentoring - aims to improve the life chances of children between the ages of 11 - 16 years in full time education and who are at risk as identified through partner organisations</li> <li>• Sports Activities - football, netball and swimming clubs. The clubs aim to get young people off the streets and bring them together for social and cultural integration.</li> <li>• Africa's Untold Story - this project emphasises the narrative of people of African descent and aims to reduce knife and gun crime in the community.</li> </ul>	Email: <a href="mailto:admin@acahunion.org">admin@acahunion.org</a> Telephone: <b>07736347636</b> / <b>07488261531</b> Address: <b>ACAHU</b> <b>20 Burners Ln S,</b> <b>Kiln Farm</b> <b>Milton Keynes</b> <b>MK11 3HB</b> <a href="#">Contact form</a>
Drug & Alcohol Family Support (DAFS)	A group of parents who meet to provide a safe, confidential and non judgemental environment in which they can share their experiences and offer support.	<a href="#">Facebook group</a> Email: <a href="mailto:dafsmk@mail.com">dafsmk@mail.com</a> Telephone: <b>07598 346 244</b>

<a href="#">FRANK</a>	Honest information about drugs. The government's drug advice website/helpline that includes information and advice for parents on how to talk about drugs with their children.	Telephone: <b>0300 123 6600</b> Text: <b>82111</b> <a href="#">Contact form</a>
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<a href="#">Homestart</a>	<p>Home-Start provides direct support through our local Home-Start network – families (usually with at least one child under five) are introduced and matched to an available volunteer. Home-Start’s volunteers work alongside families just like yours to give compassionate and confidential support. The support Home-Start volunteers give is not judgemental, it’s just compassionate, confidential and as individual as you are. Home-Start run groups which provide support, and social connection for parents.</p>	<p>Telephone: <b>01327 353139</b> (Daventry &amp; South Northants) Email: <a href="mailto:admin@homestart-davsn.org.uk">admin@homestart-davsn.org.uk</a> <a href="#">Facebook</a></p>
<a href="#">MK Dons SET</a>	<p>MK Dons SET provides a variety of clubs through initiatives and projects that can be accessed by all children and young people:</p> <ul style="list-style-type: none"> <li>• <a href="#">16s - 19s Football Education</a> - Learning &amp; Training for Women</li> <li>• <a href="#">Futsal</a></li> <li>• <a href="#">Mini Kickers</a> - based on FUNdamental skills</li> <li>• <a href="#">Inclusion Football sessions</a> - Suitable for any form of disability</li> <li>• <a href="#">Youth Disability Football</a> - Sunday sessions suitable for under 8’s and under 12’s</li> <li>• <a href="#">Inclusion Wildcats</a> - inclusive sessions for girls</li> <li>• <a href="#">Premier league Kicks sessions</a> - free sessions every week.</li> <li>• <a href="#">Kickstart</a> - supporting individuals aged 16 - 24 years who are at risk of long term employment.</li> </ul>	<p>Telephone: <b>01908 622888</b> (Mon - Fri 10am - 4pm) Email: <a href="mailto:information@mkdonsset.com">information@mkdonsset.com</a></p>

<a href="#">MK Melting Pot</a>	<p>Offer a cooking and feeding program led by chefs for low-income families and individuals struggling to access employment. The cooking sessions provide individuals the opportunity to build confidence and engage with their families in social activities. Offer services around cooking, employability, money management and a children’s club.</p>	<p>Details of spring 2022 training courses <a href="#">here</a>. Email: <a href="mailto:mkmeltingpot@hotmail.com">mkmeltingpot@hotmail.com</a> Telephone: <b>01908 585537</b> <a href="#">Facebook</a></p>
<a href="#">MK Play Association</a>	<p>MK Play Association offers play activities, during half terms and holidays around MK for children and young people. They also offer families to visit and order from their scrapstore to get involved in craft activities. (Website undergoing maintenance 10/02)</p>	<p>Email: <a href="mailto:admin@mkpa.co.uk">admin@mkpa.co.uk</a></p>
<a href="#">MK Youth Choir</a>	<p>Milton Keynes Youth Choir is a choir for young people aged 8 to 18 with unbroken voices. Group meets every Tuesday during term time, 5:45 pm - 7:25 pm at Stantonbury Campus.</p>	<p>Email: <a href="mailto:mkyc.chair@hotmail.co.uk">mkyc.chair@hotmail.co.uk</a> Contact us form: <a href="#">CONTACT   MKYC Facebook Twitter</a></p> <p>Address: <b>Church Stantonbury Campus Milton Keynes Buckinghamshire MK14 6BN</b></p>

<a href="#">Ride High</a>	A registered charity in Milton Keynes that transforms the lives of disadvantaged children by giving them the opportunity to learn to ride and look after horses and ponies. Ride High works with children aged 8-17 in Milton Keynes, particularly those living in the most deprived areas for whom there is no or little support available.	Email: <a href="mailto:info@ridehigh.org">info@ridehigh.org</a> Telephone: <b>01908 696169 / 07507 308943</b> <a href="#">Contact form</a> <a href="#">Facebook</a> <a href="#">Twitter</a>
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<a href="#">SAFE!</a>	SAFE! Provides support to children and families around the Thames Valley who have been affected by crime or abuse through 1-2-1 and group sessions	Telephone: <b>01865 582 495 / 0800 133 7938</b> Email: <a href="mailto:safe@safeproject.org.uk">safe@safeproject.org.uk</a> You can refer online <a href="#">here</a>
<a href="#">Starting Point</a>	Provides mentoring and creating opportunities for young people aged 11 - 25 years. Programmes include: <ul style="list-style-type: none"> <li>• <a href="#">Advance mentoring</a> - mentoring ages 11 - 19 to thrive in education and their community.</li> <li>• <a href="#">Aspire mentoring</a> - mentoring ages 15 - 25 into education, employment and training</li> <li>• <a href="#">Aware mentoring</a> - mentoring ages 11 - 25 who are at risk / involved in exploitation, crime, and youth violence.</li> <li>• <a href="#">Action media</a> - young person led media initiative providing meaningful work placements in the creative industry</li> </ul>	<a href="#">Contact form</a> Telephone: <b>01908 464275</b> Address: <b>Ridgeway Centre Featherstone Rd Wolverton Mill, Wolverton Milton Keynes MK12 5TH</b>
<a href="#">Transitions UK</a>	Supporting those with disabilities, mental health, youth offending and care leavers between 13-25 years old. Providing a therapeutic wrap around service primarily focusing on mentoring.	Telephone: <b>01582 380 620</b> Email: <a href="mailto:support@transitionsuk.org">support@transitionsuk.org</a>
<a href="#">MK YMCA</a>	Provides supported housing for young adults, aged 18 - 35, in Milton Keynes, as well as providing practical, emotional and employment support to help their residents. You can self-refer or go through the council.	Telephone: <b>01908 295 600</b> Email: <a href="mailto:hello@mkymca.com">hello@mkymca.com</a>
<a href="#">MK YiS Young People's Mental Health</a>	MK YiS are a long running independent charity that works in Milton Keynes to help young people as well as the people that support them. We provide counselling, education, training, early support hubs and more, to improve mental health and wellbeing in the local area.	Telephone: <b>01908 604700</b> Email: <a href="mailto:info@mkymca.com">info@mkymca.com</a>

## Disability and carers

Organisation	Service	Contact details
<a href="#">Adaptive Snow Sports MK</a>	Sessions provide snow sporting activities for disabled persons and promotes opportunities through training, recreation, competition and rehabilitation. Sessions are every second Sunday of each month at Snozone MK. Kitting-up from 5.30pm sessions start at 6.00pm	Email: <a href="mailto:dsukmkgroup@hotmail.com">dsukmkgroup@hotmail.com</a> Telephone: <b>07593700754</b>
<a href="#">All People Active</a>	APA will remove the barriers and reduce the inequality of opportunity that exists for ALL PEOPLE (especially those living in disadvantaged communities and who belong to marginalised groups) to be able to take part in fun and informal sport and physical activity.	Telephone / Text: <b>07739840717</b> Email: <a href="mailto:allpeopleactive@gmail.com">allpeopleactive@gmail.com</a> <a href="#">Contact form</a> <a href="#">Facebook</a>
<a href="#">BucksVision</a>	Supporting those experiencing or living with sight loss / visual impairments across Buckinghamshire and Milton Keynes through a variety of social activities, sport activities, practical courses, at home support, eye clinics and much more.	Telephone: <b>01296 487 556</b> Email: <a href="mailto:reception@bucksvision.co.uk">reception@bucksvision.co.uk</a> <a href="#">Contact form</a> <a href="#">Facebook</a> <a href="#">Twitter</a>
<a href="#">British Red Cross</a>	Providing short term loan of wheelchairs and wheelchair accessories, other mobility aids, and toileting equipment to members of the public for a hire fee. They also run an assistance programme for those who might need the items we offer but who may not be able to meet the financial cost.	Telephone: <b>01908 578327</b> <a href="#">Contact form</a>
<a href="#">Carers MK</a>	Support to carers and young carers of those who care for those with illness, physical disability, frailty, learning disability, mental health issues, addiction or additional needs.	Telephone: <b>01908 231703</b> Email: <a href="mailto:mail@carersmiltonkeynes.org">mail@carersmiltonkeynes.org</a> <a href="#">Facebook</a>

<a href="#">Home Instead</a>	Home Instead Milton Keynes was set up by Sue Prosky as part of the national Home Instead family. Our team provides professional, compassionate care at home in Buckinghamshire. From home help in Buckingham to companionship in Castlethorpe, we will work with you and your loved-ones to provide the provision you need to continue living in your own home. We have a committed team of professionally trained CAREGivers who are locally based in the Buckinghamshire area. If you are in need of care, then Home Instead Milton Keynes are here to help you or your loved one.	Email: <a href="mailto:sarah.marquiss@homeinstead.co.uk">sarah.marquiss@homeinstead.co.uk</a> Telephone: <b>01908 774333</b>
<a href="#">Inter-Action</a>	Uses programmes centred around the	Email: <a href="mailto:info@interactionmk.org.uk">info@interactionmk.org.uk</a>

<a href="#">MK</a>	<p>arts to bring joy and purpose to all communities and especially to improve the life chances of people with support needs or disabilities or in challenging or vulnerable circumstances. Their programmes of inclusive arts successfully bring people of all backgrounds together in shared creative activity.</p>	<p>Telephone: <b>01908 318285</b>  <a href="#">Contact form</a>  <a href="#">Facebook</a>  <a href="#">Twitter</a></p>
<a href="#">MK Macular Society</a>	<p>This group is for anyone with the disease, as well as friends, families, and carers.  The Milton Keynes support group is currently meeting via telephone, every second Tuesday, 2pm - 4pm.</p>	<p>MK Telephone:  Advice and information: <b>0300 3030 111</b>  Email: <a href="mailto:help@macularsociety.org">help@macularsociety.org</a>  <a href="#">Contact form</a>  <a href="#">Facebook</a></p>
<a href="#">MK CIL</a>	<p>Information Centre for any disability related enquiry, for those who are disabled and their networks of support. Continue to support people who are claiming benefits, asking for reconsiderations and help with appeals. General advice and support on offer. Drop in open between 10am - 4pm.</p>	<p>Telephone: <b>01908 231 344</b>  Email: <a href="mailto:info@mkcil.org.uk">info@mkcil.org.uk</a>  <a href="#">Contact form</a>  <a href="#">Facebook</a></p>
<a href="#">MK SENDIAS</a>	<p>Milton Keynes SENDIAS (formerly Parent Partnership) is a statutory service offering confidential and impartial information, advice and support. The service supports children, young people (0-25) with special educational needs and/or disabilities as well as their parents/carers. Support is provided through the following:</p> <ul style="list-style-type: none"> <li>• Telephone advice line</li> <li>• Email</li> <li>• Meetings (virtually via MS Teams)</li> <li>• Factsheets on website</li> </ul>	<p>Email: <a href="mailto:mksendias@milton-keynes.gov.uk">mksendias@milton-keynes.gov.uk</a>  Telephone: <b>01908 254518 (Mon - Fri 10am - 3pm)</b>  <a href="#">Facebook</a></p>
<a href="#">MENCAP</a>	<p>Aim to provide a range of services for those with Learning Disabilities from round the clock care to helping someone access the activities within their local community.</p>	<p>Helpline: <b>0808 808 1111 (Mon - Fri)</b>  Email: <a href="mailto:helpline@mencap.org.uk">helpline@mencap.org.uk</a></p>
<a href="#">Millbrook Healthcare</a>	<p>Delivery of equipment such as mobility aids or disability aids, provided to people of all ages in the community setting, including residential homes and nursing homes. Services include delivery and installation, servicing and maintenance, and collection of equipment that has been ordered by a prescriber, GP, nurse, therapist or a social services provider.</p>	<p>Telephone (MK): <b>0333 240 8995</b>  General enquiries: <b>0800 988 2210</b>  Email: <a href="mailto:miltonkeynescontactus@millbrookhealthcare.co.uk">miltonkeynescontactus@millbrookhealthcare.co.uk</a></p>

<a href="#">RNIB</a>	Supporting and helping those with sight loss and visual impairments. Offering a helpline to those who need information, services and products.	Helpline: <b>0303 123 9999</b> Email: <a href="mailto:helpline@rnib.org.uk">helpline@rnib.org.uk</a>
<a href="#">SARC (Sensory Advice Resource Centre)</a>	SARC provides services for adults and children with a sensory loss living in Milton Keynes. Services include: <ul style="list-style-type: none"> <li>• BSL services, advice and support</li> <li>• Hearing aid support</li> <li>• Monthly drops ins for those with hearing loss (currently suspended by you can contact them to make an appointment - 10/02/2022)</li> <li>• Support, advice and information for people with sight loss</li> <li>• Visual impairment support group advice and signposting</li> <li>• Monthly drop in to try equipment for those with visual impairments. Every 4th Friday, 10am - 3pm.</li> </ul>	Email: <a href="mailto:sarcmk@bid.org.uk">sarcmk@bid.org.uk</a> Telephone: <b>01908 401135</b> Text: <b>07803 452617</b> Skype: <b>sarc.office</b>

cont.	<ul style="list-style-type: none"> <li>• Alternatively, you can book an appointment.</li> </ul>	
<a href="#">Spectrum Community Arts</a>	A not-for-profit organisation operating in Milton Keynes and surrounding areas, providing performing arts workshops for people with disabilities and additional needs through weekly clubs and bespoke workshops. Offering both Zoom and In person sessions. Have a look at their timetable to see what sessions they have on offer <a href="#">here</a> .	Email: <a href="mailto:admin@spectrumca.co.uk">admin@spectrumca.co.uk</a> Telephone: <b>07741 280382</b> <a href="#">Contact form</a> <a href="#">Facebook</a>
<a href="#">Talkback UK</a>	Based in Buckinghamshire and covering Milton Keynes, Talkback offers autism and learning disability services to people, providing the opportunity for continued personal development. So they can build meaningful friendships and create the confidence to embrace new experiences. Services and programmes include: <ul style="list-style-type: none"> <li>• <a href="#">Equip</a> - offers young people (16 - 25 years) personal support programmes in colleges and the community</li> <li>• <a href="#">Personal development and skills</a> - for adults (21 years +) and covers life skills, wellbeing, sport, relationships, arts, DIY and more.</li> <li>• <a href="#">Employability support</a></li> <li>• <a href="#">Your Voice</a> - to help people speak for themselves, as well as advocacy support and services for professionals</li> <li>• <a href="#">Transitions</a> - working with those in schools (14 years +) to help them transition and deal with the fears of adulthood</li> <li>• <a href="#">Sports</a> and <a href="#">Performing Arts Academies</a> - offers maintenance of physical and mental wellbeing, builds confidence and provides expression and personal growth.</li> </ul>	Telephone (MK): <b>01494 434448</b> Email: <a href="mailto:talkback@talkback-uk.com">talkback@talkback-uk.com</a>

## Domestic and Sexual Abuse

List of key helplines for support services across MK and Beds can be found [here](#).

Organisation	Service	Contact details
<a href="#">AVMKAASS (Aylesbury Vale and Milton Keynes Sexual Assault Service)</a>	<p>Supporting individuals whose lives have been affected by sexual assault and abuse, providing advice, support and counselling. Support and services include:</p> <ul style="list-style-type: none"> <li>• <a href="#">Information, advice and guidance</a></li> <li>• <a href="#">Helpline and telephone support</a></li> <li>• <a href="#">Counselling</a></li> <li>• <a href="#">Advocacy</a></li> <li>• <a href="#">Independent sexual advisor</a></li> <li>• <a href="#">Thrive2gether peer support group</a></li> </ul> <p>Face-to-face services are suspended, but are continuing to provide our services by telephone and video conferencing. You can <a href="#">refer yourself</a> or <a href="#">refer someone else</a> to our services. AVMKAASS and SAFE! have come together to provide a <a href="#">specialist service</a> tailored to the needs of Children and Young People living in Milton Keynes.</p>	<p>Email: <a href="mailto:support@avmksaass.org.uk">support@avmksaass.org.uk</a>                      Helpline: <b>01296 719772</b></p>
<a href="#">SAFE! Support for Young People Affected by Crime</a>	<p>SAFE! Provides support to children and families around the Thames Valley who have been affected by crime or abuse through 1-2-1 and group sessions. They do this through 3 core services:</p> <ul style="list-style-type: none"> <li>• <a href="#">Young Victim Support Service</a> - provides supported to children 5 - 18 years who have been harmed by an experience of victimisation</li> <li>• <a href="#">Building Respectful Families</a> - provides support to families experiencing Child on Parent violence</li> </ul>	<p>Telephone: <b>01865 582 495 / 0800 133 7938</b>                      Email: <a href="mailto:safe@safeproject.org.uk">safe@safeproject.org.uk</a>                      You can refer online <a href="#">here</a>.                      Telephone (SASH MK): <b>07546 561186</b></p>

cont.	<ul style="list-style-type: none"> <li>• <a href="#">SASH MK</a> - offers support after sexual harm to children and families living in Milton Keynes</li> </ul> <p>SAFE! Also offers training for professionals.</p>	
<a href="#">Sanctuary Hosting</a>	<p>Sanctuary Hosting helps homeless asylum seekers and refugees, as well as people fleeing domestic abuse and human trafficking / modern day slavery by placing them in spare rooms with our volunteer hosts.</p>	<p>Telephone: <b>07926 930848</b>                      Email: <a href="mailto:info@sanctuaryhosting.org">info@sanctuaryhosting.org</a>  <a href="#">Contact form</a>  <a href="#">Facebook</a></p>
<a href="#">Victims First</a>	<p>Supporting those who are considered victims of crime / abuse and those that have witnessed crime.                      To refer yourself or someone else please complete this <a href="#">Self referral form</a>.</p>	<p>Telephone: <b>0300 1234 148</b>                      Email: <a href="mailto:victimfirst@thamesvalley.pnn.police.uk">victimfirst@thamesvalley.pnn.police.uk</a>  <a href="#">Self referral form</a></p>
<a href="#">Volunteering</a>	<p>MK Volunteer Drivers' Service can support</p>	<p>Telephone: <b>07765 291 616 / 01908 670</b></p>

<a href="#">Matters</a>	victims of domestic abuse who need transport. They can help those who are fleeing domestic abuse and/ or the moving of belongings.	<b>309</b> Email: <a href="mailto:miltonkeynes@volunteeringmatters.org.uk">miltonkeynes@volunteeringmatters.org.uk</a>
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## Financial and employment support

Organisation	Service	Contact details
<a href="#">Age UK</a>	Age UK is providing telephone advice for benefit checks and form filling. Get in touch with a team member and someone will call back with more information.	Telephone: <b>01908 550 700</b>
<a href="#">Aspire Oxford</a>	Offering support to ex-offenders, as well as those at risk of homelessness, poverty and disadvantage with housing, mentoring, job searches and a range of other support services.	Telephone: <b>07717 893585</b> Email: <b>Tom</b> <a href="mailto:tom.bartlett@aspireoxford.co.uk">tom.bartlett@aspireoxford.co.uk</a> / <a href="mailto:info@aspireoxford.co.uk">info@aspireoxford.co.uk</a>

<a href="#">Citizens Advice MK</a>	Citizens Advice MK provides free advice, advocacy, support and mediation to meet the needs of people who are living in severe hardship, struggling to overcome difficult family and financial circumstances. They also offer a virtual Digital Drop In Service to access free, confidential, independent and impartial advice. Mon - Thurs, 10am - 3pm.	Adviceline: <b>0808 278 7991</b> <a href="#">Third party referrals here</a> Email: <a href="mailto:advice@mkcab.org.uk">advice@mkcab.org.uk</a> Universal credit helpline: <b>0800 144 8444 (Mon - Fri, 8am - 6pm)</b>
<a href="#">MK Money Lifeline</a>	Offers free confidential money advice to anyone in the Milton Keynes area. Services are provided by a team of trained volunteers who give advice in accordance with the training provided by Community Money Advice. Hold drop-ins to help you deal with money worries, benefit applications or budgeting advice, via the following venues and times: <ul style="list-style-type: none"> <li>• <b>Frank Moran Centre - Tuesdays 10am - 12pm</b></li> <li>• <b>Water Eaton Church Centre - Tuesdays 1.30pm to 3.30pm</b></li> </ul>	Email: <a href="mailto:office@mkmoneylifeline.org.uk">office@mkmoneylifeline.org.uk</a> Telephone: <b>0300 123 5198</b>
<a href="#">Turn2Us</a>	Offer a range of advice related to benefits and other financial matters. Their website has an <a href="#">online search</a> tool for grants accessible by individuals/ families and various entitlement checks.	<a href="#">Contact form</a> Helpline: <b>0808 802 2000</b> Email: <a href="mailto:info@turn2us.org">info@turn2us.org</a> <a href="#">Facebook</a>
<a href="#">WorksForUs</a>	Looking for work? WorksForUs offer free Careers advice service and online workshops/courses are open to everyone living or working in Milton Keynes who are looking for employment. (NOTE: all courses are	Email: <a href="mailto:info@worksforus.org.uk">info@worksforus.org.uk</a> Telephone: <b>07852963744</b> Open: Mon - Thurs, 9am - 4.30pm, Friday 9am - 3pm <a href="#">Contact form</a>



	currently being run online via Zoom). One-to-one <b>individual careers support</b> on the phone, email, via Zoom or face to face for pre-booked appointments only.	<a href="#">Facebook</a>
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## Food Provision and Delivery

Organisation	Service	Contact details
<a href="#">Age UK Milton Keynes</a>	Dinner service available. Delivering freshly cooked 3-course dinners + treats to older residents who are lonely and isolated with little or no support. This is a chargeable service at £5.50 per meal. Delivers Tuesdays and Thursdays. Delivery free of charge.	Helpline: <b>01908 550700</b> (Open: Mon-Fri 9am - 4pm) Email: <a href="mailto:info@ageukmiltonkeynes.org.uk">info@ageukmiltonkeynes.org.uk</a> <a href="http://www.ageukmiltonkeynes.org.uk">www.ageukmiltonkeynes.org.uk</a>
<a href="#">Age UK (Independent Living Service)</a>	Operating as usual delivering services to those over 55 years old. This is a paid for service at £18.50ph. Offer pension collection, food shopping, cleaning, relief care, handy work/gardening, prescription collection (PT) and foot care. Staff will be wearing PPE - they are taking new referrals, you can self refer.	Carrera Fensome- Independent Living Service Manager Telephone: <b>01908 557 874</b> (Self refer or refer others)
<a href="#">DREAMSAI</a>	Providing cooked meals that can be delivered and also food parcels (including, fresh food, tins, essential items). Anyone can access this support - are currently supporting elderly, families and homeless.	Email: <a href="mailto:admin@dreamsai.org">admin@dreamsai.org</a> Telephone: 07864 982 635 Social media: <a href="#">Facebook</a> , <a href="#">Twitter</a>
<a href="#">SOFEA Community Larders</a>	Cost: An individual membership has a one off joining fee of £10.00 and then there is £14.00 per month Direct Debit thereafter. A Family Membership has a one off joining fee of £10 and then is £28 per month thereafter. Community Larder Locations (read below for more information and individual contact details): <ul style="list-style-type: none"> <li>• Tinkers Bridge</li> <li>• Coffee Hall</li> <li>• Great Linford</li> <li>• Newport Pagnell</li> </ul>	Telephone: <b>01908 366122 / 07377181472</b> <a href="#">Contact form</a> <a href="#">Facebook</a>

cont.	<ul style="list-style-type: none"> <li>• Moorlands</li> <li>• Westcroft</li> <li>• Water Eaton</li> </ul>	
<a href="#">Foodbank Xtra</a>	Foodbank Xtra is for those who receive benefits, free school meals for children, those in severe debt / crisis, unemployed, homeless or at risk of homelessness and other vulnerable situations.	Helpline: <b>0300 303 4933</b> (10am - 4pm, Mon - Fri) For a call back you can also TEXT: <b>'Help'</b> to <b>07874 964 505</b>

	<p>Collection Centres:</p> <ul style="list-style-type: none"> <li>• Frank Moran Centre, MK3 6PA</li> <li>• Kings Community Centre, MK12 5LY</li> <li>• Spotlight Centre (Lakes Estate), MK2 3QR</li> <li>• The Rowans Family Centre, MK11 2BD</li> <li>• Moorlands Family Centre, MK6 4LP</li> <li>• Hedgerows Family Centre, MK6 4NP</li> <li>• MK Christian Centre, MK6 2TG</li> <li>• Oakgrove Parish Council Office, MK10 9SG</li> <li>• Unity Park, MK9 1LR</li> <li>• Great Linford Parish Office, MK14 5HA</li> </ul>	Email: <a href="mailto:thefoodbank@mkcc.org.uk">thefoodbank@mkcc.org.uk</a>
<a href="#">Hubbub / Food Connect</a>	Food Connect is a zero emissions redistribution service run by Hubbub. They use a small fleet of e-cargo bikes and an e-van to share surplus food from local businesses with the community.	Email: <a href="mailto:helen@hubbub.org.uk">helen@hubbub.org.uk</a> / <a href="mailto:hello@hubbub.org.uk">hello@hubbub.org.uk</a> Telephone: <b>07813 780 125</b>
<a href="#">Kings Community Centre</a>	<p>Services available:</p> <ul style="list-style-type: none"> <li>• <a href="#">Top up shop</a> - Cupboard food and baby food. 10 items for £2. Baby formula for £4. Supporting anyone suffering financial hardship. Wednesdays 12.30pm - 2pm.</li> <li>• <a href="#">Foodbank</a> - Monday - Friday 12.30pm - 2.30pm.</li> <li>• <a href="#">Community Larder</a> - Wednesday 10am - 11.30am</li> </ul>	Email: <a href="mailto:office@kccmk.co.uk">office@kccmk.co.uk</a> Phone: <b>01908 411300</b> Address: <b>Kings Community Centre, Creed Street, Milton Keynes, England MK12 5LY</b>

cont.	<ul style="list-style-type: none"> <li>• <a href="#">Lunch drop in</a> - Free service providing hot meals, sandwiches and cakes. Sit-in or take away option. Thursday 11.30pm - 1pm.</li> </ul>	
<a href="#">MK Community Fridge</a>	<p>A network of community fridge projects aimed at promoting the reduction of food waste and sharing of good food. There is no charge and everyone is welcome. Community fridges are located in:</p> <ul style="list-style-type: none"> <li>• <a href="#">Coffee Hall</a> (Tues 10am - 2pm, Thurs 10am - 2pm, Sat 12pm - 2pm)</li> <li>• <a href="#">Conniburrow (Big Local)</a> (Weds, Fri, Sat 12.30pm - 2.30pm)</li> <li>• <a href="#">Great Linford Community Fridge</a> (Mon &amp; Fri 11am - 12.30pm)</li> <li>• <a href="#">Netherfield Vineyard Community Fridge</a> (Tues 5pm - 7pm, Thurs 10 - 12pm)</li> <li>• <a href="#">Westcroft Community Fridge</a> (Tues 2pm - 4pm)<a href="#">Wolverton</a> (Weds 6pm</li> </ul>	<p>General email: <a href="mailto:mkcommunityfridge@gmail.com">mkcommunityfridge@gmail.com</a> <a href="#">Facebook</a> Coffee Hall: <b>Sean Perry - 07851 280141</b> <a href="mailto:Sean.perry@woughtoncommunitycouncil.gov.uk">Sean.perry@woughtoncommunitycouncil.gov.uk</a> Conniburrow: <b>Leigha Britnell</b> <a href="mailto:hub@biglocalconniburrow.org">hub@biglocalconniburrow.org</a> <a href="#">Facebook</a> Great Linford: <b>Donna Nicholls - 07369 245452</b> <a href="mailto:thelittlebookshopcafe@gmail.com">thelittlebookshopcafe@gmail.com</a> <a href="#">Facebook</a> Netherfield: <b>Maggie Ferguson - 07703 619574</b> <a href="mailto:Maggie.Ferguson@woughtoncommunitycouncil.gov.uk">Maggie.Ferguson@woughtoncommunitycouncil.gov.uk</a> Westcroft: <b>Karen Wheeler - 07891 818259</b> <a href="mailto:karen.wheeler@shenleybrookend-pc.gov.uk">karen.wheeler@shenleybrookend-pc.gov.uk</a> Wolverton: <b>Helen Innes - 07813 780125</b> <a href="mailto:MKCommunityFridge@gmail.com">MKCommunityFridge@gmail.com</a> <a href="#">Facebook</a></p>

- 7.30pm, Sat 12pm - 2pm)

<a href="#">MK Coronavirus Community Support</a>	Providing support through the coronavirus pandemic for anyone who has no other available support. Collecting <b>food parcels</b> , medication, <b>shopping</b> , a hot meal every day and a friendly chat from a volunteer on your estate. Covering 80 of 80 estates.	<a href="#">Facebook</a> Request support here: <a href="http://www.MK19CV.org">www.MK19CV.org</a>
<a href="#">MK Council</a>	MK Council has a dedicated page that signposts the latest COVID-19 information and advice, and where to get support from the council and elsewhere, including health advice, rules and restrictions and looking after your health and wellbeing. They are also working in partnership with Foodbank Xtra to bring food to people in need. There is also support for businesses.	Telephone: <b>01908 691691</b> (Mon, Tues, Thurs, Fri 9am - 5.15pm) (Weds 10am - 5.15pm) Out of hours telephone: <b>01908 226699</b> <a href="#">Facebook</a> <a href="#">Twitter</a>
<a href="#">MK3 creating community and helping each other</a>	Facebook group for those living in MK3 for the local community to reach out and for those in need to ask for help. Run by St. Mary's Outreach Children's Pastor, Bletchley area.	Contact: <b>Maryann Brooks (Community Pastor) - 07951376967</b>
<a href="#">MK Dons SET - Community Larder</a>	There is a community larder available from MK Dons stadium in partnership with SOFEA / Fareshare. Membership: £10 per year – annual joining fee Individual membership from £3.50 per week Family Membership from £7 per week. Every <b>Friday 10am - 12pm</b>	Email: <a href="mailto:delia.graves@mkdonsset.com">delia.graves@mkdonsset.com</a>
<a href="#">St Mark's Meals</a>	Food boxes containing ingredients and a recipe card for a family of four to make a hot meal from. 'Kettle Boxes' for families in temporary accommodation. Can be picked up from schools and family centres.	Contact form: <a href="#">Contact - St Mark's MK (stmarksmk.com)</a> <a href="#">Facebook</a>

<a href="#">Water Eaton Community Larder</a>	The Community Larder is a membership programme where anyone can buy their shopping for as little as £3.50 per week. Tuesdays 1pm - 4pm.	Address: <b>Water Eaton Church Centre. MK2 3RR</b> Email: <a href="mailto:larder@bletchleyfennystratford-tc.gov.uk">larder@bletchleyfennystratford-tc.gov.uk</a> Telephone: <b>07435 884980</b>
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## Homelessness

Organisation	Service	Contact details
<a href="#">Bus Shelter MK</a>	Temporary home and offer person-centric support for people experiencing homelessness who want to get their lives back on track. You can self-refer or refer someone experiencing homelessness.	Email: <a href="mailto:info@thebussheltermk.org">info@thebussheltermk.org</a> Telephone: <b>01908 429889</b> <a href="#">Contact form</a> <a href="#">Facebook</a>
<a href="#">Citizens Advice MK - Homelessness Prevention Support Service</a>	The service offers advice to anyone in Milton Keynes who is worried about losing their home. Our specialist advisers are on hand to provide free, confidential, and impartial advice on: <ul style="list-style-type: none"> <li>• Debt and financial problems</li> <li>• housing rights, homelessness, and legal proceedings</li> <li>• universal credit and other welfare benefits</li> </ul>	Telephone: <b>0808 278 7991</b> (Mon – Fri, 9am – 5pm) Video chat option <a href="#">here</a> . Self-refer via a contact form <a href="#">here</a> .
<a href="#">Connection Support</a>	Milton Keynes includes housing support, mental health, supported accommodation, homelessness and adult autism support. Empowering people to change their lives now and create resilience for the future. Services in Milton Keynes include: <ul style="list-style-type: none"> <li>• Orchard house - provide supported accommodation to vulnerable homeless single people with medium to high mental health needs</li> </ul>	Email: <a href="mailto:mkenquires@connectionsupport.org.uk">mkenquires@connectionsupport.org.uk</a> Telephone: <b>01908 101330</b>

cont.	<ul style="list-style-type: none"> <li>• Next steps accommodation service - for people identified with low-level support needs who have previously been homeless and require support and interventions to sustain a tenancy.</li> <li>• Acute home support - provides support for people who are currently on an acute mental health ward in the Campbell Centre and are to be discharged back into the community</li> <li>• Acute Admissions Avoidance service - provide support to people with a mental health diagnosis</li> <li>• Housing support service - offer housing related-support to help you avoid homelessness or to sustain a tenancy, and maintain your independence</li> </ul>	
<a href="#">Depaul UK</a>	Depaul UK in Milton Keynes offers services to prevent youth homelessness and help	Telephone: <b>0330 555 0180</b> Email (Nightstop):

	<p>rebuild family relationships. Services in Milton Keynes includes;</p> <ul style="list-style-type: none"> <li>• <a href="#">Nightstop MK</a></li> <li>• <a href="#">Reconnect</a></li> </ul>	<p><a href="mailto:nightstop.mk@depaulcharity.org.uk">nightstop.mk@depaulcharity.org.uk</a>  Email (Reconnect):  <a href="mailto:reconnect.mk@depaulcharity.org.uk">reconnect.mk@depaulcharity.org.uk</a>  <a href="#">Facebook</a></p>
<p><a href="#">MK Council - Housing Solutions and Homelessness Advice</a></p>	<p>How much help you can get will depend on circumstance: you may get housing or personal advice to help you find or keep your home. If they cannot provide you with housing, they will always offer advice and guidance on what you can do  If you are threatened with homelessness please complete the <a href="#">online Housing Concerns Form here</a>.</p>	<p>Telephone: <b>01908 253481</b>  Out of hours emergency line: <b>01908 226699</b>  MK Council Homeless Prevention Team: <b>01908 253481</b></p>

<p><a href="#">MK Homelessness Partnership</a></p>	<p>MKHP works together with public, private and voluntary sector organisations in Milton Keynes to address the key issues of homelessness with a shared vision to end homelessness in Milton Keynes, achieving homes for all. By enabling wider sector engagement and a joined-up approach, they share good practice and advocate change in order to accomplish better outcomes for people who have or are experiencing homelessness. This is done through a number of programme areas centred around health and wellbeing and homes.</p>	<p>Email: <a href="mailto:info@mkhp.co.uk">info@mkhp.co.uk</a>  Telephone: <b>01908 382368</b>  <a href="#">Facebook</a>  <a href="#">Twitter</a></p>
<p><a href="#">Nightstop MK</a></p>	<p>Nightstop MK offers emergency accommodation for young people facing homelessness. This accommodation is in the homes of trained and vetted volunteers, who are supported by professional staff. The community-focused approach provides a safe and warm environment that may be more suitable for young people than traditional homeless shelters.</p>	<p>Email:  <a href="mailto:nightstop.mk@depaulcharity.org.uk">nightstop.mk@depaulcharity.org.uk</a>  Telephone: <b>0330 555 0180</b>  <a href="#">Facebook</a></p>
<p><a href="#">Sanctuary Hosting</a></p>	<p>Sanctuary Hosting helps homeless asylum seekers and refugees, as well as people fleeing domestic abuse and human trafficking / modern day slavery by placing them in spare rooms with volunteer hosts</p>	<p><a href="#">Contact form</a>  Email: <a href="mailto:info@sanctuaryhosting.org">info@sanctuaryhosting.org</a>  Telephone: <b>07926 930848</b>  <a href="#">Facebook</a></p>
<p><a href="#">Streetlink</a></p>	<p>Route for members of the public to connect people who are rough sleeping (18 years and over) with local support services.</p>	<p><a href="#">Facebook</a>  <a href="#">Twitter</a></p>
<p><a href="#">Winter Night Shelter MK</a></p>	<p>A year round charity helping many people at their point of crisis. WNS provides:</p> <ul style="list-style-type: none"> <li>• Assessments and support from a dedicated welfare team, including help to access ID and eligible benefits</li> </ul>	<p>Welfare team phone: <b>07549 609427</b> (referrals, guest applications and welfare issues)  Welfare team email:  <a href="mailto:welfare@wnsmk.org">welfare@wnsmk.org</a></p>

cont.	<ul style="list-style-type: none"> <li>• Practical help, including food, clothing, sleeping bags, access to showers and laundry facilities Help to find longer term accommodation and employment pathways</li> <li>• Wellbeing and mental health support, including referrals to medical and dental care, addiction counsellors and support groups</li> <li>• A community club to help find connection and combat isolation</li> <li>• Emergency winter accommodation during the coldest months</li> </ul> <p><b>Food Provision and Community Club</b> - provides hot meals and food supplies to take away. Also have clothing, sleeping bags and toiletries available. Mon - 10am - 2pm, Tues - 10am - 12.30pm, Weds - 10am - 12.30pm.</p> <p>If you need support or someone to talk to come and join WNS for a cup of tea on Tuesday and Wednesday mornings. Our friendly volunteers run the free Community Club cafe and provide a listening ear. They have social activities and free services such as hairdressing/barbers, mobile GP surgeries and access to well-being therapists.</p>	Address: <b>Unity Park Station, 401 Elder Gate, Milton Keynes, MK9 1LR</b>
<a href="#">YMCA MK</a>	Provides supported housing for young adults, aged 18 - 35, in Milton Keynes, as well as providing practical, emotional and employment support to help their residents. You can self-refer or go through the council.	Telephone: <b>01908 295 600</b> Email: <a href="mailto:hello@mkymca.com">hello@mkymca.com</a>

## Isolation and Loneliness

Organisations	Service	Contact details
<a href="#">Age UK - Walking Befrienders</a>	Free service for over 55's in Milton Keynes. Volunteer befrienders accompany an older person on a short walk near their home. Walking is a great way to improve your health.	Telephone: <b>01908 550700</b> Email: <a href="mailto:info@ageukmiltonkeynes.org.uk">info@ageukmiltonkeynes.org.uk</a>
<a href="#">British Red Cross</a>	This free service provides emotional support from trained volunteers 7 days a week between 10am and 6pm.	Helpline: <b>0808 196 3651</b>
<a href="#">Carers MK</a>	Support to carers of those who care for those with illness, physical disability, frailty, learning disability, mental health issues, addiction or additional needs. Support is offered through: <ul style="list-style-type: none"> <li>• Support groups</li> <li>• Counselling</li> <li>• Training and workshops (and more)</li> </ul>	Telephone: <b>01908 231703</b> Email: <a href="mailto:mail@carersmiltonkeynes.org">mail@carersmiltonkeynes.org</a> <a href="#">Facebook</a>
<a href="#">Homestart</a>	Home-Start provides direct support through our local Home-Start network – families (usually with at least one child under five) are introduced and	Telephone: <b>01327 353139</b> (Daventry & South Northants) Email: <a href="mailto:admin@homestart-">admin@homestart-</a>

	<p>matched to an available volunteer. Home-Start's volunteers work alongside families just like yours to give compassionate and confidential support. The support Home-Start volunteers give is not judgemental, it's just compassionate, confidential and as individual as you are.</p> <p>Home-Start run groups which provide support, and social connection for parents.</p>	<p><a href="http://davsns.org.uk">davsns.org.uk</a>  <a href="#">Facebook</a></p>
<p><a href="#">Keeping the Kindness</a></p>	<p>A community based project whose aim is to bring out the best in people long after the lockdowns and pandemic. also supporting other local projects like Tina's Tummy Love and tidying up the local streets.</p>	<p>Email: <a href="mailto:lynda_gilbert@hotmail.com">lynda_gilbert@hotmail.com</a></p>

<p><a href="#">MK Macular Society</a></p>	<p>This group is for anyone with the disease, friends, family, carers. Services offered via phone, online and conference calls. Offering practical and emotional support. Services include: help using tech, skills of seeing (how to use the remaining vision) as well as a befriending service and counselling.</p>	<p>Telephone: <b>01908 319 292</b>  Email: <a href="mailto:mkmacsoc@gmail.com">mkmacsoc@gmail.com</a></p>
<p><a href="#">MK Lymphoma Support Group</a></p>	<p>Support group offering support and advice. Meetings are held at the Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes MK6 3EB from 2pm. The group usually meets on the first Thursday of most months from 2pm.</p>	<p>Telephone:  Rosa Antoniou-Savva: <b>01908 641663</b>  Michael Howard: <b>07745 909490</b>.  Helpline: <b>0808 808 5555</b> (Mon - Fri 10am - 3pm)  <b>Email:</b> <a href="mailto:information@lymphoma-action.org.uk">information@lymphoma-action.org.uk</a>  LiveChat is available Mon - Fri, 10am - 3pm</p>
<p><a href="#">Salvation Army MK</a></p>	<p>The Salvation Army operates in Conniburrow, Milton Keynes and holds weekly clubs as opportunities for the community to connect.</p> <ul style="list-style-type: none"> <li>• CAMEO (Come and meet each other) Lunch Club - Monday, 12pm</li> <li>• Kids Club - Monday, 6pm (term time)</li> <li>• Tender Tots: Parent &amp; Toddler Group - Thursday, 9.45am - 11.15am</li> <li>• Soup &amp; Sweet Lunch and Fellowship - Friday, 12pm - 1.30pm</li> </ul>	<p>Email:  <a href="mailto:Milton.Keynes@salvationarmy.org.uk">Milton.Keynes@salvationarmy.org.uk</a>  Telephone: <b>01908 606 916</b></p>
<p><a href="#">SOBS</a></p>	<p>A self-help organisation which exists to meet the needs and overcome the isolation experienced by those bereaved by suicide of a family member or anyone close to them. Support given online, by email or phone.</p>	<p>Helpline: <b>0300 11 5065</b> (9am - 9pm Mon - Sun)  Email: <a href="mailto:email.support@uksobs.org">email.support@uksobs.org</a></p>

<p><a href="#">Volunteering Matters</a></p>	<p>'Getting Together Matters' project, both online and over the phone activities for anyone 50+. FREE to join. There are a range of classes, creative writing, exercise classes, Bridge, Quizzes etc.</p>	<p>Telephone: <b>0808 196 6831</b>  Email:  <a href="mailto:gtm@volunteeringmatters.org.uk">gtm@volunteeringmatters.org.uk</a></p>
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## Mental health

Service Map of NHS Mental Health Services in MK [here](#)  
 Children and young people mental health pathways (for individuals [here](#) and for professionals [here](#))

Organisations	Service	Contact details
<a href="#">Alzheimer's Society</a>	<p>Support to those with a diagnosis of Dementia and Alzheimer's, as well as friends, family and carers of those with a diagnosis. Services include:</p> <ul style="list-style-type: none"> <li>• <b>Carers information and support</b> - offer information on various topics, including benefits, carers assessment, caring and equipment, get support, health and wellbeing, money and legal matters, working carers, advanced care planning. For carers and unpaid carers, Available via telephone, home visits or online</li> <li>• <b>Dementia information service</b> - dementia support workers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. For those with dementia, carers of people with dementia and people with memory concerns. Available via telephone, home visits or online.</li> </ul>	<p>Dementia Connect            Support line: <b>0333 150 3456</b>            Telephone (MK): <b>01908 232612</b>  <a href="#">Contact form</a>  <a href="#">Facebook</a></p>

cont.	<ul style="list-style-type: none"> <li>• <b>Online activity group - Bletchley</b> - online informal activity groups give you or someone you know, who is affected by dementia, the opportunity to take part in a variety of activities. The groups focus on socialising and getting to know others who may be sharing similar experiences.</li> <li>• <b>Online Carers support group</b> - peer support group gives you the opportunity to meet with others who understand some of what you are going through. Run by a facilitator, these online sessions offer a chance for people affected by dementia to ask questions, get information and share experiences in a safe and supportive environment.</li> <li>• <b>Singing for the brain online - Heron Lodge</b> - online singing group where you can meet new people in a friendly, fun and social environment. Singing can improve your brain activity, wellbeing and mood. For those with dementia and their families, carers and friends</li> </ul>	
<a href="#">Arthur Ellis Mental Health</a>	<p>Support, resources and guidance on those with mental health and wellbeing difficulties.            121 support is provided by a trained mentor. You can refer a child or young person (8 - 25 years) by a parent / guardian. If you are self-referring, you must gain consent first. <a href="#">Refer here</a>. (£25 per session)            You can <a href="#">self-refer here</a> if you are 18 years or over, (£36 per session)            Also offers 121 provision for schools, education, college or GP network. Arthur Ellis also supports businesses with online resources, training and courses.</p>	<p>Email: <a href="mailto:justask@arthurellismhs.com">justask@arthurellismhs.com</a>  <a href="#">Facebook</a></p>



<a href="#">CAMHS Milton Keynes (Child and Adult Mental Health Service)</a>	Supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties. Young people can self-refer by phone or email.	Telephone: <b>01908 724228</b> (Mon - Fri 9am - 5pm) Existing patients call: <b>01908 724544</b> Email: <a href="mailto:cnw-tr.mkspcamhsspa@nhs.net">cnw-tr.mkspcamhsspa@nhs.net</a> <a href="#">Twitter</a>
<a href="#">Chadwick Lodge/Elysium Healthcare</a>	Secure Mental Health Unit for people detained under The Mental Health Act and who have a history of offending behaviour. For men and women 18+.	01908 593000 <a href="mailto:chadwicklodge@elysiumhealthcare.co.uk">chadwicklodge@elysiumhealthcare.co.uk</a>
<a href="#">Early Intervention in Psychosis Team - Milton Keynes</a>	Provides assessment and treatment for people experiencing their first episode of psychosis. Support to family and significant others. Works with other agencies to support the person. You have to be referred from an agency.	Telephone: <b>01908 725885</b>
<a href="#">Kooth</a>	Kooth offers free and anonymous online counselling and emotional wellbeing support to every child or young person between 11 and 19. 'Your online mental wellbeing community'	<a href="#">Sign up here.</a>
<a href="#">MK Talking Therapies (IAPT)</a>	<a href="#">Self referral.</a> Psychological therapies. Free NHS confidential, providing psychological treatment for depression and anxiety disorders. Telephone sessions available.	Telephone: <b>01908 725099</b> (Mon - Fri 9am - 5pm) Email: <a href="mailto:cnw-tr.iaptmiltonkeynes@nhs.net">cnw-tr.iaptmiltonkeynes@nhs.net</a> <a href="#">Facebook</a>
<a href="#">Milton Keynes Urgent Care Team (ASTI)</a>	Milton Keynes Urgent Care Team (ASTI) is a community team which assesses people who have severe and/or enduring mental illness. The ASTI service provides a single point of access into mental health service for people of all ages.	Telephone: <b>01908 724365</b> (Mon - Fri 9am - 5pm)

cont.	Referrals are accepted from any individual experiencing severe and/or enduring mental health difficulties or who are having a mental health crisis. Their family and carers and any other partner may refer also. These should be done over the phone or in writing.	
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<a href="#">Mind BLMK</a>	<p>Support services working across communities to support positive mental health and wellbeing. Milton Keynes services include:</p> <ul style="list-style-type: none"> <li>• <a href="#">Peer support</a> - people who have an experience of mental ill health can spend time together, connect, share experiences and ideas of what can help. <ul style="list-style-type: none"> <li>○ Monday - Mixed Peer Support Group (10am - 1130am) Womens Peer Support Group (1pm - 2.30pm)</li> <li>○ Tuesday - Mens Peer Support Group (6.30pm - 8pm)</li> <li>○ Wednesday - Young Persons Support Group (6pm - 7.30pm)</li> </ul> </li> <li>• <a href="#">Bereavement by Suicide Support Service</a> - offer you a safe and non-judgmental space to talk about how you feel, to ask questions and to find a way forward</li> <li>• <a href="#">Peer Mentoring</a> - a goal orientated 1-2-1 service. People will work with a trained mentor – all of whom have a lived experience of mental health challenges –</li> </ul>	<p>Telephone: <b>0300 330 0648</b> (9am - 4.30pm) Email: <a href="mailto:mk@mind-blmk.org.uk">mk@mind-blmk.org.uk</a></p> <p>Crisis telephone (MK): <b>01525 722 225</b> (5pm - 11pm) Crisis cafe address: <b>226 Queensway, Fenny Stratford, Bletchley, Milton Keynes, MK2 2TE</b> Crisis cafe email: <a href="mailto:crisiscafe@mind-blmk.org.uk">crisiscafe@mind-blmk.org.uk</a></p>
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cont.	<p>- to plan and carry out steps towards achieving goals to enhance their wellbeing or address a particular challenge they are facing such as improving social confidence, using public transport, accessing education, voluntary work, and employment. Access through an <a href="#">online referral form here</a>.</p> <ul style="list-style-type: none"> <li>• <a href="#">Crisis Cafe</a> - safe, non-judgemental spaces that for adults (18+) can come to if they find themselves in crisis or mental distress in the evenings. Operated through a drop-in service - appointment not required. Open 365 days from 5pm - 11pm.</li> <li>• <a href="#">Crisis Recovery Service</a> - aims to provide support for individuals in mental health crises who would like to address their immediate mental health needs, as well as manage their wellbeing in the long term. For adults (18+). Via self-referral or 3rd party referral.</li> </ul>	
<a href="#">NSPCC</a>	<p>Offers support, guidance, resources and training around safeguarding children and young people. Offers specific pages around online safety, SEND support and talking to children and young people about coronavirus.</p>	<p>Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> Helpline: <b>0808 800 5000</b> <a href="#">Report a concern</a> Childline: <b>0800 1111</b> (18 and under)</p>
<a href="#">Our Frontline</a>	<p>Our Frontline is a resource to support frontline health, care, emergency and key workers which offers round the clock one to one confidential mental health and bereavement support, by call or text.</p>	<p>Text: <b>FRONTLINE</b> to <b>85258</b> Telephone: <b>0800 069 6222</b> (7am - 11pm)</p>
<a href="#">Relate MK</a>	<p>Relationship counselling and therapy. in Milton Keynes. Offers the following services:</p> <ul style="list-style-type: none"> <li>• Counselling - couples, individuals, families, young people</li> </ul>	<p>Telephone: <b>01908 310010 / 07484096166</b> / <b>07484096479</b> (Mon - Fri 9am - 5pm)</p>

cont.	<ul style="list-style-type: none"> <li>• Sex therapy</li> </ul>	Email:
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	<ul style="list-style-type: none"> <li>• Family Mediation</li> <li>• Couples therapy for depression</li> <li>• Employment Assistant Programme (EAP)</li> </ul> <p>Also has dedicated resources and guidance for mental health through Covid-19. Operating remotely through appointment only.</p>	<a href="mailto:appointment@relatemk.org">appointment@relatemk.org</a>
<a href="#">Rethink Mental Illness</a>	<p>Recognise gaps in service provision and respond to these by developing and delivering services that provide high-quality care and support to people severely affected by mental illness.</p> <p>Milton Keynes Community Service aims to support you to lead an independent life in the community and work towards your recovery. They provide a range of community-based services, including running open sessions in different locations, community based activities, workshops and one- to-one working.</p>	<p>Email: <a href="mailto:mkds@rethink.org">mkds@rethink.org</a>  Telephone: <b>01908 585085</b>  (Mon - Fri 10am - 4pm)</p>
<a href="#">Samaritans</a>	<p>Offer support to those who are struggling with their mental health and feel isolated. Offer online support and telephone services to those in need.</p> <p>Use login to access chat / forums and email to talk to a trained counsellor.</p>	<p>Helpline: <b>116 123</b> (365 days a year, 24/7)  Email: <a href="mailto:miltonkeynes@samaritans.org">miltonkeynes@samaritans.org</a>  Telephone (MK branch): <b>0330 094 5717</b></p>
<a href="#">Service Six</a>	<p>A specialist provider of outcome based professional therapeutic support, diversionary and activity services for thousands of hard-to-reach disadvantaged children, young people, adults and families.</p> <p>Make a referral <a href="#">here</a>.</p>	<p>Phone: <b>01933 277520</b>  Email: <a href="mailto:referrals@servicesix.co.uk">referrals@servicesix.co.uk</a></p>
<a href="#">SHOUT</a>	<p>Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Also offers resources.</p>	<p>Text: <b>85258</b>  <a href="#">Facebook</a></p>

<a href="#">The Advocacy People</a> (previously SeAp)	<p>Providing free advocacy services and support for those who need to be heard.</p>	<p>Telephone: <b>0330 440 9000</b>  Email: <a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a>  Text: <b>80800</b>, start message with PEOPLE</p>
<a href="#">The Mix</a>	<p>A drop in service in Milton Keynes supporting emotional health and mental wellbeing, encouraging new friendships and accessing of services. No appointment needed. Monday 2pm - 4.30pm at Unity Park Station, MK9 1LR.</p>	<p>Email: <a href="mailto:hello@themixmk.com">hello@themixmk.com</a> Telephone: <b>07840 515 290</b></p>
Wellbeing Cafes	<p><a href="#">Conniburrow Wellbeing Cafe</a> - Wednesdays, 10:30 – 2.30pm. will offer tea, coffee, soft drinks, sandwiches, toasties and paninis and cakes, offer craft activities and respond to local need.</p> <p><a href="#">Grapevine Wellbeing Cafe</a> – Coffee Hall Fridays, 10am – 1pm. Here you can have a friendly cuppa, chat and toastie, as well as learn about or get involved with their gardening club and their Friendship Shed.</p>	<p>Conniburrow Wellbeing Cafe contact details  Email: <a href="mailto:glpc@great-linford.gov.uk">glpc@great-linford.gov.uk</a>  Telephone: <b>01908 606613</b></p>

## Neurodivergent support

Organisation	Service	Contact details
AS Meet up	We are a social group for adults (over 18s) with Autism who meet once a month (every third Wednesday) at The Sportsmans bar Shenley Leisure centre and via zoom on the first Wednesday, both start at 7.30 pm, face to face until 9.30 pm zoom until about 9. It is purely a social group coordinated voluntarily by Jane Lynds. Up to 20+ members meet face to face and our zoom meet ups are usually joined by about 6/8 folk.	Email: <a href="mailto:jane.lynds@hotmail.co.uk">jane.lynds@hotmail.co.uk</a> Telephone: <b>07713075690</b>

cont.	There is no set agenda, just friendly, supportive chat with signposting if requested, in an autism aware environment. Contact Jane if you want more details or want to join us	
<a href="#">Aspects Youth Club</a>	Aspects is a Youth club for children and/or young people aged 11 years to 19 years with ASD from across Milton Keynes. There is no transport available for this service therefore parents/carers will be required to transport their child/young person. There will also be the opportunity for parents/carers to meet, chat and offer mutual support. Sessions are on Tuesdays from 3.45 to 5.30pm at the Broughton Pavilion. £1.00 per week.	Telephone: Norman Cummings <b>01908 254042 / 07946470918</b>
<a href="#">Autism Bedfordshire</a>	Autism Bedfordshire offers information and guidance, support for adults and support for children and young people with a diagnosis of Autism, through different types of activities and groups, led by specialist trained staff. Skills Development courses and Daytime social groups are run in central Milton Keynes. <a href="#">Adult services application form here.</a>	Email: <a href="mailto:enquiries@autismbeds.org">enquiries@autismbeds.org</a> Telephone: <b>01234 350704 (Mon - Fri, 9am - 5pm)</b> <a href="#">Contact form</a>
<a href="#">Autism Early Support</a>	Specialists in early intervention for children with autism or communication difficulties, working with families and practitioners across the UK to offer structured assessments, practical support and advice, training and consultancy in response to your and your child's needs.	Telephone: <b>01296 711547 / 07422 574160</b> Email: <a href="mailto:outreach@autismearlysupport.org.uk">outreach@autismearlysupport.org.uk</a> <a href="#">Facebook</a>
<a href="#">Milton Keynes Integrated Autism Service (MKIAS)</a>	The Milton Keynes Integrated Autism Service (MKIAS) covers assessment, diagnosis and post-diagnostic support for people aged 16+.	Email: <a href="mailto:Access.Team@Milton-Keynes.gov.uk">Access.Team@Milton-Keynes.gov.uk</a> Telephone: <b>01908 253772 (Mon - Fri 8.30am - 5pm)</b>

cont.	If you believe that you or a family member may have autism, please visit your local GP in the first instance.	
<a href="#">National Autistic Society</a>	Supporting those with a diagnosis of Autism Spectrum Disorder / Autism Spectrum Condition and families. Provides resources for individuals and families as well as helpful advice and tips. Local NAS MK Branch meet up information can be <a href="#">found here</a> .	Email (MK): <a href="mailto:NASMiltonKeynesBranch@nas.org.uk">NASMiltonKeynesBranch@nas.org.uk</a> Helpline: <b>0808 800 4104</b>
<a href="#">Spectrum Community Arts</a>	Spectrum's workshops are specifically created for people with disabilities and additional needs. Sessions include sensory props, images and Makaton to support communication. We have both in-person and virtual weekly sessions so everyone can join in the fun! View the timetable and weekly clubs <a href="#">here</a> , both in person and virtually.	Telephone: <b>07741 280382</b> Email: <a href="mailto:jade@spectrumca.co.uk">jade@spectrumca.co.uk</a>
<a href="#">Talent Unlimited MK</a>	TUMK are a group of adults with autism who want to develop their skills and talents in an appropriate, safe environment. We aim to market the goods and talents of members. Pre covid times and hopefully again soon, we met/meet weekly every Friday afternoon at Unity house. During COVID we zoomed and met outdoors to sustain the group in difficult times. We also hold regular open sessions. Currently we are planning our return to Unity House and the creative opportunities this space gives the group. Our long-term aim is to be able to have/share a hub dedicated to autism. If you would like to know more, please contact Jane Lynds who chairs the TUMK steering group as a not-for-profit organisation.	Email: <a href="mailto:jane.lynds@hotmail.co.uk">jane.lynds@hotmail.co.uk</a> <a href="#">Contact form</a> Telephone: <b>07713075690</b>

## Other

Organisation	Service	Contact details
<a href="#">Arts for Health</a>	Arts for Health Milton Keynes uses arts and creativity to improve health and well-being. We deliver a series of art workshops for many different groups of people facing health challenges, including people with dementia and young people going through a difficult time. Our longest running programme is Arts on Prescription, which offers	Email: <a href="mailto:info@artsforhealthmk.org.uk">info@artsforhealthmk.org.uk</a> Telephone: <b>01908 996124</b>

	free 12 week art courses for adults with mental and physical health issues. Since the start of the Arts on Prescription programme, over 300 people have participated and evaluation of the programme shows that participants report improvements to their health and wellbeing through taking part. If interested in taking part, please email us or download a referral form from our website.	
<a href="#">Aspire</a>	Offering support to ex-offenders with housing, mentoring, job searches and a range of other support services. If you know someone with a criminal conviction who needs assistance, do get in touch.	Contact: Tom <a href="mailto:tom.bartlett@aspireoxford.co.uk">tom.bartlett@aspireoxford.co.uk</a> Telephone: <b>07717 893585</b>
<a href="#">British Red Cross</a>	Refugees, asylum seekers and other vulnerable migrants can get free emergency support from us or signposting to relevant partner organisations.	Thames Valley Refugee Support Helpline: <b>0300 333 5393</b> Email: <a href="mailto:tvrefugeesupport@redcross.org.uk">tvrefugeesupport@redcross.org.uk</a>
<a href="#">Citizens Advice</a>	Vulnerable adults dedicated helpline.	Telephone: <b>01908 545191</b>

<a href="#">Lead the Way</a>	Dog walking service in MK.	Telephone: <b>07772069863</b> Email: <a href="mailto:enquiries@leadtheway-online.co.uk">enquiries@leadtheway-online.co.uk</a>
<a href="#">Potential Plus UK</a>	Supporting children with a higher learning potential. Their telephone advice service offers a half hour dedicated appointment to speak to a trained and experienced Potential Plus UK advisor. Also offer support, assessments for children and online advice and resources. Also offer coaching and mentoring for schools. Online web chat is available.	Telephone: <b>01908 646433</b> Email: <a href="mailto:amazing.children@potentialplusuk.org">amazing.children@potentialplusuk.org</a> <a href="#">Contact form</a>
<a href="#">The Advocacy People</a> (previously SeAp)	Providing free advocacy services and supporting those who need to be heard.	Telephone: <b>0330 440 9000</b> Email: <a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a> Text: <b>80800, start message with PEOPLE</b>

## Physical Health

Organisation	Service	Contact details
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<a href="#">ARC Milton Keynes</a>	<p>This is a service provided in partnership by <a href="#">CNWL</a> and We Are With You as a free and confidential service for people who live in Milton Keynes.</p> <p>The service helps people break a cycle of addiction to substances such as heroin, cocaine, and new psychoactive substances as well as long term alcohol or gambling addictions.</p>	<p>Telephone: <b>01908 250730</b>  Email: <a href="mailto:cnwl.arc-mk@nhs.net">cnwl.arc-mk@nhs.net</a></p>
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<a href="#">BucksVision</a>	<p>Supporting those experiencing or living with sight loss / visual impairments. Operating their services remotely and offering their befriending service over the phone.</p>	<p>Telephone: <b>01296 487556</b>  Email: <a href="mailto:reception@bucksvision.co.uk">reception@bucksvision.co.uk</a></p>
<a href="#">Green Gym CMK</a>	<p>Join the Green Gym every Tuesday as they carry out gardening tasks in central Milton Keynes. Great way to get out in the fresh air and meet others.</p> <p>Meet at 10.45am at Fred Roche Gardens. No experience necessary, all training and tools provided. Take your own drink and snack.</p>	<p>Email: <a href="mailto:info@cmkgreengym.org.uk">info@cmkgreengym.org.uk</a>  Telephone:  <a href="#">Facebook</a></p>
<a href="#">Lymphoma Action</a>	<p>Offering support for those with lymphoma and their families. Both online and via the phone. Guidance around Covid-19, free helpline, signpost to support groups and buddy system.</p>	<p>Freephone helpline:  <b>0808 808 5555</b></p>
<a href="#">MK CIL</a>	<p>An information centre which provides a very wide range of free and confidential information on any disability related issue for people with a disability, their families, carers, and anyone else with an interest in the field of disability.</p>	<p>Email: <a href="mailto:info@mkcil.org.uk">info@mkcil.org.uk</a>  Telephone: <b>01908 231344 (Mon, Weds, Fri, 10am - 4pm)</b></p>
<a href="#">Milton Keynes Lymphoma Support Group</a>	<p>Support group offering support and advice, can't have physical meetings but keeping in touch via phone and email. Welcome new members.</p>	<p>Telephone:  Rosa: <b>01908 641663</b>  Lesley: <b>01908 665018</b></p>
<a href="#">PSP Association</a>	<p>Progressive Supranuclear Palsy (PSP) is a neurological condition caused by the premature loss of nerve cells in certain parts of the brain. Support and advice available online, there is also a <a href="#">local support group</a> who are running zoom meetings online.</p>	<p>PSPA Helpline: <b>0300 0110 122</b>  Email: <a href="mailto:helpline@pspassociation.org.uk">helpline@pspassociation.org.uk</a></p>
<a href="#">RNIB</a>	<p>Supporting and helping those with sight loss and visual impairments. Offering a helpline to those who need information, services and products.</p>	<p>Helpline: 0303 123 9999  Email: <a href="mailto:helpline@rnib.org.uk">helpline@rnib.org.uk</a></p>

<a href="#">SARC (Sensory Advice Resource)</a>	<p>Providing support, advice and specialist assessment of people with sight and hearing loss living in Milton Keynes. Will be hoping to deliver information sessions over Zoom.</p>	<p>Telephone: <b>01908 401135</b>  Email:</p>
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<a href="#">Centre)</a>		<a href="mailto:sarcmk@bid.org.uk">sarcmk@bid.org.uk</a> SMS: <b>07803 452617</b>
<a href="#">Spinal Injuries Association (SIA)</a>	<p>In the UK 2,500 people sustain a spinal cord injury every year. Our range of services support everyone who needs to access expert information, advice and support when they need it most. This is done through the advice line, education and training sessions, and support sessions which are carried out in hospitals, specialist centres, online or in people's homes.</p>	Support line: <b>0800 980 0501</b> <a href="#">Facebook</a> Email: <a href="mailto:sia@spinal.co.uk">sia@spinal.co.uk</a>