

Local Support Services



MK STOREHOUSE, Unit 5 Hollin Lane, Stacey Bushes, Milton Keynes, MK12 6HT

Phone: 07546 705894

www.mkstorehouse.org

MK storehouse provides donated clothing for adults and for children of school age upwards free of charge to families and individuals who are struggling financially. Please contact the school for more information or a referral.



THE FOOD BANK, 14 Burners Lane, Kiln Farm, Milton Keynes, MK11 3HB

Phone: 01908 322800

www.mkfoodbank.org.uk

MK Food Bank provides short term crisis support and care for families and individuals in Milton Keynes. Contact the Food Bank for a voucher.

Clients can receive a food parcel 6 times within a rolling 12 month period.



**MILTON KEYNES
COMMUNITY FRIDGE**

MK COMMUNITY FRIDGE

Email: [mkcommunityfridge@gmail](mailto:mkcommunityfridge@gmail.com)

Check webpage for locations and opening times

www.mkcommunityfridge.org

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 have a number of locations across Milton Keynes.



**CITIZENS ADVICE BUREAU, Acorn House, 361 Midsummer Blvd,
Milton Keynes MK9 3HP**

Phone: 0808 278 7991

Email: administration@mkcab.org.uk

www.miltonkeynescab.org.uk

Free confidential and independent advice, information, and practical assistance including the following areas:

- debt
- employment
- housing
- consumer issues
- family
- benefits
- managing your finances
- saving money on your energy bills
- doing things online

Help with Universal Credit **0800 328 5644 Open Monday to Friday 8am-6pm**



CHILDREN AND FAMILY CENTRES

www.milton-keynes.gov.uk/children-s-centres

Milton Keynes Council offers support and activities for families from Children and Family Centres across Milton Keynes. These centres are hubs of activities and services for families and the local community. All the Children and Family Centres offer a range of services for families from pregnancy to 5 years old. The Family Centres also have services for families with children up to the age of 19 years, support the community with sessions and support for adults.

Worried about a child MASH (Multi-Agency Safeguarding Hub): 01908 253169/253170

ESWT (out of hours): 01908 265545

Safeguarding concern about an adult: 01908 252835



UNITY MK (formerly Winter Night Shelter) Unity Park Station, 401 Elder Gate, Milton Keynes, MK9 1LR

Phone: 07549 609427

Email: welfare@unitymk.org

www.unitymk.org

The shelter offers legal and housing support, addiction support, access to food and clothing aid, assistance obtaining ID and accessing bank accounts, help with accommodation and employment applications, life skills and employment skills training, homelessness prevention initiatives.



RELATE MILTON KEYNES, 47 Aylesbury St, Wolverton, Milton Keynes MK12 5HX

Phone: 01908 310010 or 07484 096166

Email: appointment@relatemk.org

www.relatemk.org

Relate offers professional relationship advice.

You don't have to be married or even have a partner, they offer support to individuals, partners, families and young people. They offer support to improve relationships. There are lots of different reasons why people use the service for help, for example, communication difficulties, issues following separation or divorce, bereavement/loss, retirement, sexual problems, changes in the family.



HARRY RAINBOW, Suite 645, Milton Keynes Business Centre, Foxhunter Drive, Linford Wood, Milton Keynes, Mk14 6GD

Phone: 01908 016676

Email: info@harrysrainbow.co.uk

www.harryrainbow.co.uk

Harrys Rainbow supports children bereaved of a parent or sibling in Milton Keynes predominantly but can support those outside of the area too, providing they are able to access our services which are based in Milton Keynes. The main parent or carer of a bereaved child or young person can register to access the service at any time following the death and there is no cut off time or time limit to our provision.



**WILLEN HOSPICE, Willen Hospice, Milton Road, Willen Village,
Milton Keynes, MK15 9AB.**

Phone General Enquiries: 01908 663636

Phone Supporter care team: 01908 303050

Email: info@willen-hospice.org.uk.

www.willen-hospice.org.uk/

Willen Hospice cares for end of life patients and their families in Milton Keynes and the surrounding areas. The Hospice is run by local people for local people. They deliver calm, compassionate care in a tranquil environment, helping people to really make the most of the time they have left with their loved ones.



MK ACT, Milton Keynes

Helpline: 0344 375 4307

Email: info@mk-act.org

www.mkact.com

Helping people escape domestic violence. Providing support and accommodation and emergency refuge.

24/7 Rape and Sexual Abuse Support Line

Open 24/7 - 365 days per year, specialist staff are available to listen, answer questions and offer emotional support for anyone aged 16 years via telephone or online chat.

Phone: 0808 500 2222

www.247sexualabusesupport.org.uk



Victim Support

Provides emotional and practical support for people affected by crime and traumatic events.

Phone: 0808 168 9111

www.victimsupport.org.uk



**THE SAMARITANS Milton Keynes, 161 Fishermead Blvd,
Fishermead, Milton Keynes MK6 2AB**

**Phone: Freephone day or night 365 days of the year
116 123 or 0330 094 5717**

www.samaritans.org/branches/milton-keynes/

Or www.samaritans.org

Samaritans can be contacted for all sorts of support

You could be going through something new or have been struggling to cope for some time, either way, they are available if you feel you need some extra support.

Common reasons people contact them:

- relationship and family problems
- loss, including loss of a friend or a family member through bereavement
- financial worries
- job-related stress
- college or study-related stress
- loneliness and isolation
- depression
- painful and/or disabling physical illness
- heavy use of or dependency on alcohol or other drugs
- thoughts of suicide



**MIND BLMK, The Rufus Centre, Steppingley Road, Flitwick,
Bedfordshire, MK45 1AH**

Phone: 0300 330 0648

Email: hq@mind-blmk.org.uk

www.mind-blmk.org.uk

This service works across Bedford, Luton, and Milton Keynes supporting positive mental health and well-being. They provide information and advice on a huge range of mental health topics.



NHS
Phone: 111
www.111.nhs.uk

Use this service for help with symptoms or injury, dental help, a prescription or medical information, mental health support, help with an existing medical condition.

You can also use this service to speak to someone if you need to discuss complex medical problems, discuss worries about long-term conditions, get end-of-life care, or report a death or report child protection or vulnerable adult concerns.



**Central and
North West London**
NHS Foundation Trust

HEALTH VISITORS HUB: 01908 725100

Monday-Friday 9:30-4:30

Email: cnw-tr.0-19adminhub.mk@nhs.net

www.cnwl.nhs.uk/services/community-services/milton-keynes-0-19

This service is available for all pregnant women, children, families and young people in Milton Keynes. The services are provided within the integrated 0-19 team and include Health Visiting and School Nursing. They aim to help to empower parents, children and young people to make decisions that affect their and their family's health, development and wellbeing.

Early Years Speech & Language Therapy Team: 01908 725299



CARERSMK, Suite 1.05a, Challenge House, Sherwood Drive, Bletchley, Milton Keynes, MK3 6DP

Phone: 01908 231703

Email: mail@carersmiltonkeynes.org

www.carersmiltonkeynes.org

Carers MK supports unpaid carers of all ages, from all backgrounds and in all caring roles. This includes young carers, young adult carers, parents of children with a physical or learning disability, older carers, carers from diverse communities, LGBTQ+ carers and those looking after someone with a mental health condition. Carers MK also provides support for unpaid carers and the person they care for whilst in Milton Keynes University Hospital.



Young Carers MK is the young carers service within Carers MK. They work with young people aged 8-19 who live within Milton Keynes and have a caring role. They have a brilliant team of dedicated support workers who tailor their approach to suit the needs of the young person they are working with and tackle anything that rises around their caring role.



SPECTRUM COMMUNITY ARTS, Billington Road, Leighton Buzzard, LU7 4AJ

Phone: 07741 280382

www.spectrumca.co.uk

Spectrum Community Arts Ltd is a not-for-profit organisation providing performing arts workshops for people with disabilities and additional needs. Spectrum delivers weekly out of school clubs and bespoke workshop programmes for Special Schools, SEND departments within mainstream schools, charities, adult day services and other organisations.

The aim is to enable participants to develop their self-esteem and self-expression in a safe, encouraging environment. They strongly believe that the performing arts is a fun and exciting way to do this and a perfect platform to nurture and develop individual skills and abilities.

SEN

Autism advice

<http://www.autism.org.uk>

CAMHS

<https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/milton-keynes-camhs-1>

Dyslexia advice

If you are concerned that your child may have traits of dyslexia, some useful websites are listed below. If you would like to speak to your child's class teacher and the SENDCo to discuss this further, please make an appointment to do so.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/SEND/send-resources/dyslexia>

<http://www.bdadyslexia.org.uk>

<http://www.dyslexiaaction.org.uk>

Milton Keynes SENDIAS

Milton Keynes SEND Information, Advice and Support Service (SENDIAS) provides support for parents and carers of children with special educational needs.

<https://www.milton-keynes.gov.uk/sendias>

Milton Keynes Local Offer

Local Authorities have a duty to publish a Local Offer, setting out in one place information about provision they expect to be available in their area across education, health and social care for children and young people in their area who have SEN or are disabled, including those who do not have EHC plans.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>