



Directory for people in later life

clubs, societies and other organisations that provide services and support to people over 50 in Milton Keynes

Together, we can improve later life in Milton Keynes

Age UK Milton Keynes is a local, independent charity that has been working with and for older people in Milton Keynes since 1978 and the number of people we help is constantly growing. Every year we help over 10,000 people and their families.

We provide practical and emotional support that enables older people to live independently. Our Information & Advice Service provides free, confidential and independent advice on matters that affect older people and their families. We provide toenail cutting, housework and shopping, gardening, handyman, relief care sitting service and technology help services, as well as befriending and lunch clubs where people can socialise and make friends. We are dedicated to the needs of older people and those who care for them.

Our seven shops and three furniture stores generate vital income that allows us to meet the needs of local older people. As a charity we need to constantly fundraise and rely on donations and legacies from the public to survive.

Money raised in Milton Keynes stays in Milton Keynes

Please contact us on 01908 550700 or visit our website www.ageukmiltonkeynes.org.uk for more information about the support and help we provide.

Thank you

Denise Stygal-Watson, Executive Director

We try to ensure that the Directory is accurate. We cannot take responsibility for any inaccuracies and apologise for any inconvenience caused. No recommendation of third parties should be inferred.

Please let us know if there is any information that needs amending or adding, by telephone, email or letter.

If you would like to give a donation towards the cost of producing this Directory, please send it to Age UK Milton Keynes, The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes MK6 3EB marked 'Directory'. Thank you.

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ADVICE AND INFORMATION

AGE UK MILTON KEYNES AND GENERAL INFORMATION

Information and advice by telephone, email or letter. This includes signposting to Age UK Milton Keynes and local services. Mon-Fri 9am-4pm **A:** The Peartree Centre, 1 Chadds Lane, Peartree Bridge, MK6 3EB **T:** 01908 550700 **F:** 01908 557899

E: info@ageukmiltonkeynes.org.uk **www.ageukmiltonkeynes.org.uk**

ADVOCACY

Free service for those aged 60+. Our advocacy service offers support and encouragement to help older people represent their own interests. They can help with a range of issues including finances, housing, consumer issues, health care, complaints procedures, community care provision and disputes with utility providers. Advocates will make calls, write letters on your behalf, and fill in forms. Visits are usually made to your home. **T:** 01908 557875 **E:** maggie.peters@ageukmiltonkeynes.org.uk

COMMUNITY HOME VISITING

Free service. CHVs can help fill in benefits forms and deal with correspondence. They can make telephone calls on your behalf, give information and help with form filling. **T:** 01908 550700

AGE UK

Age UK, the National Charity, based in London. Offers information and advice, supports research and funds campaigns. **T:** 0800 169 2081 or 0800 1696565 **www.ageuk.org.uk**

ERGSY

Free and helpful short videos on health, money, welfare and the law for 60+. **www.ergsy.com**

INDEPENDENT AGE

Free information and advice for older people and their families on care, support, money, benefits, health and mobility. Also provide a friendship service through phone calls and visits. **A:** 18 Avonmore Rd, London, W14 8RR **T:** 0800 3196789 Mon- Fri 8am-8pm; Sat-Sun 9am-5pm **E:** advice@independentage.org **www.independentage.org**

MEDIATION WORKS MK

Free impartial, confidential and independent advice. Mediation can relate to community issues, housing or workplace disputes. **A:** Acorn House, 379 Midsummer Blvd, CMK, MK9 3HP **T:** 01908 545199 **E:** mediation@mkcab.org.uk **www.mediationworksmk.org.uk**

MILTON KEYNES CENTRE FOR INTEGRATED LIVING (MKCIL)

Drop-in and information centre providing information on any disability related issues. Mon-Fri, 10am-4pm **A:** 330 Saxon Gate West, CMK, MK9 2ES **T:** 01908 231344 **Minicom:** 01908 231505 **E:** info@mkcil.org.uk **www.mkcil.org.uk**

MILTON KEYNES CITIZENS ADVICE BUREAU (CAB)

Free, confidential, impartial advice. BSL interpreters available. Drop in: Tue & Fri 9.30am-2pm **A:** Acorn House, 361 Midsummer Blvd, CMK, MK9 3HP **T:** 01908 604475 (Tue, Wed, Thu. Phone number not always available –email in first instance) **E:** advice@mkcab.org.uk **www.miltonkeynescab.org.uk**

CAB run advice sessions in locations around MK. These are by appointment only.

Bradwell Parish Council (For residents of Bradwell Common, Bradwell & Heelands) Alternate Tues, 9.30am & 12:30pm **A:** Parish Council Office, 21 Glovers Lane, Heelands, MK13 7LW **T:** 01908 604475 (see above)

Broughton Pavilion (For residents of Brooklands, Broughton, Broughton Gate, Kents Hill, Middleton, Milton Keynes Village, Monkston, Monkston Park & Oakgrove) Wed 9.15am-12noon **A:** Broughton Pavilion, 139 Tanfield Lane, Broughton, MK10 7NJ **T:** 01908 604475 (see above)

Newport Pagnell Town Council (For residents of Newport Pagnell) Tue 9.15am-12.15pm **A:** Town Council Offices, 80 High St, Newport Pagnell, MK16 8AQ **T:** 01908 604475 (see above)

Olney Town Council (For residents of Olney) Alternate Thu 9.30am-12.30pm **A:** Olney Centre, High St, Olney, MK46 4EF **T:** 01234 711679

Shenley Church End Parish Council (For residents of Shenley Church End, Crownhill, Grange Farm, Medbourne, Oakhill & Oxley Park) Alternate Tues 9.30am-12.30pm **A:** Parish Council Office, 19a Shenley Rd, Shenley Church End, MK5 6AB **T:** 01908 604475 (see above)

Spotlight Centre (For residents of Bletchley and Water Eaton) Thu 10am-1.30pm **A:** Spotlight Centre, Serpentine Court, Bletchley, MK2 3QL **T:** 01908 645021

Stantonbury Parish Council (For residents of Bancroft, Bancroft Park, Bluebridge, Bradville, Oakridge Park and Stantonbury) Thu 9.15am-12.15pm **A:** Stantonbury Parish Council, 126 Kingsfold, Bradville, MK13 7DX **T:** 01908 604475 (see above)

Wolverton Library (For residents of Wolverton) Thu 9.30am-12.30pm **A:** Wolverton Library, Creed St, Wolverton, MK12 5LY **T:** 01908 604475 (see above)

The CAB provide a weekly advice service at the Campbell Centre (appointments made through centre staff); Milton Keynes County Court (regarding possession hearings for tenants and mortgage holders); Macmillan Cancer Advice Service (for help with welfare benefits) **T:** 01296 316954 (through Stoke Mandeville Hospital); Solicitor Clinics (free 20/30min sessions with local solicitors)

MILTON KEYNES COMMUNITY LANGUAGE SERVICE (Milton Keynes Council)

Interpreters and signers in over 60 languages. **T:** 01908 691691(9-5) 01908 311773 Emergency (24 hour **E:** info@milton-keynes.gov.uk **www.milton-keynes.gov.uk**

MILTON KEYNES EQUALITY COUNCIL

The Equality Council is working within MK for a just society that gives everyone an equal chance by empowering them to learn, work, live and develop free from discrimination. **T:** 01908 606828 **E:** enquiries@mkequalitycouncil.org.uk **www.mkequalitycouncil.org.uk**

MILTON KEYNES IRISH WELFARE SUPPORT GROUP

Advice on form filling, English and Irish benefits and information on returning to Ireland. **A:** Manor Fields, Watling Street, Fenny Stratford, MK2 2HX **T:** 07986089898 **E:** mkiwsg@hotmail.com

PAKISTANI & KASHMIRI MUSLIM WELFARE ASSOCIATION MK

Community association offering advice on a range of issues, including health care and immigration. Also offer translation services. **E:** info@pkmwa.org.uk **www.pkmwa.org.uk**

Q ALLIANCE

Information, support, counselling and representation for lesbian, gay, bisexual and trans (LGBT+) people. Older people can be referred to relevant social groups. **E:** communications@qalliance.org.uk **www.qalliance.org.uk**

SSAFA Milton Keynes

The Armed Forces charity that helps veterans, service personnel, and their families. SSAFA provides experienced, friendly advice and have a variety of practical services covering a range of social, family and financial issues. **T:** 01908 217181 (MK office) **E:** office@ssafa-milton-keynes.org.uk **www.ssafa.org.uk/buckinghamshire**

WOUGHTON ADVICE SERVICE

Free and confidential advice on debt, form filling and general issues. For the residents of Netherfield, Beanhill, Coffee Hall, Eaglestone, Leadenhall, Peartree Bridge, Tinkers Bridge. Drop in or make an appointment. Mon-Fri 11am-2pm **A:** Woughton Community Council, 33-37 Farthing Grove, Netherfield, MK6 4JH **T:** 01908 395681 **E:** reception@woughtoncommunitycouncil.gov.uk

BEFRIENDING

AGE UK MILTON KEYNES BEFRIENDING SERVICE

Free service. Volunteers visit your home on a regular basis for a friendly chat. They can also help fill in forms and chat through concerns you may have. **T:** 01908 550700

AGE UK CALL IN TIME

National scheme which offers free friendship calls for 60+. **T:** 08004 346105 **www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending**

HOME TO HOME CALLS

Daily telephone befriending service. Calling for a chat or medical reminders. From £10.50 per week. **E:** via website **www.hometohomecalls.com**

SILVERLINE

Free confidential helpline for information, friendship and advice for older people. **T:** 08004 708090 **E:** info@thesilverline.org.uk **www.thesilverline.org.uk**

FINANCE

AFTAID (Aid for the Aged in Distress)

Grants for 65+ on low incomes for purchasing equipment that will aid an older person, eg. scooters, raiser/recliners, washing machines. **T:** 0870 803 1950 **E:** info@aftaid.org.uk
www.aftaid.org.uk

CHARIS

National charity offering schemes supporting those who are struggling to pay their bills and have other essential needs. **T:** 01733 421021 **E:** admin@charisgrantsunit.com
www.charisgrants.com

CHRISTIANS AGAINST POVERTY

National free financial advice charity offering money courses, debt help and job clubs. Some clubs and courses available in Milton Keynes. **T:** 01274 760720 **Freephone** 0800 3280006 **E:** info@capuk.org **www.capuk.org**

HM REVENUE AND CUSTOMS

Tax Credits – **T:** 0300 300 3900 **Textphone** 0300 3939
National Insurance **T:** 0300 200 3500 **Textphone** 0300 200 3519
Income Tax – **T:** 0300 200 3300 **Textphone** 0300 200 3319
Open Mon-Fri 8am-8pm; Sat 8am-4pm Webchat available through website **www.gov.uk**

JOBCENTRE PLUS

Provides resources to enable job-seekers find work. **A:** Southgate House, 449-499
Midsummer Blvd, MK9 3BN **T:** 0800 1690190

MK COMMUNITY BANK, SWAN CREDIT UNION

Local co-operative providing affordable financial services. Drop-in session Tue & Fri 10am-12noon **A:** Foundation House, The Square, Wolverton, MK12 5HX **T:** 03030 300147 (Mon-Fri 8am-4pm; Wed 8am-12noon) **E:** enquiries@mkcommunitybank.org.uk
www.swancreditunion.org.uk

MK MONEY LIFELINE

Free and confidential debt advice service, from simple queries to negotiating with creditors. Mon, Tue, Thu 10am-4pm; Wed 9am-12noon **A:** Acorn House, 391A Midsummer Blvd, MK9 3HP **T:** 03001 235198 **E:** office@mkmoneylifeline.org.uk **www.mkmoneylifeline.org.uk**

MONEY MATTERS

Free money advice provided through the Grace Church. Mon-Thu 11am-4pm **A:** Middleton Primary School, Noon Layer Drive, MK10 9EN **T:** 01908 281380 **E:** office@gracechurchmiltonkeynes.org **www.gracechurchmiltonkeynes.org**

NATIONAL DEBTLINE

National charity offering a range of debt advice, including how to deal with Court actions. Mon-Fri 9am-8pm; Sat 9.30am-1pm **T:** 08088 084000 **Webchat** via the website
www.nationaldebtline.org

PENSION WISE

Free, impartial government guidance to help you understand your pension and your pension options. **T:** 08001 383944 **www.pensionwise.gov.uk**

STEPCHANGE

National charity offering free debt and whole-of-market advice on equity release and mortgages. Mon-Fri 8am-8pm; Sat 8am-4pm **T:** 0800 1381111 **Live Chat** via the website **E:** via the website **www.stepchange.org**

TAXAID

The charity advises under 60s earning less than £20,000 a year, whose tax problems can't be resolved with the HMRC. Mon-Fri 10am-12noon **T:** 0345 1203779 **www.taxaid.org.uk**

TAX HELP FOR OLDER PEOPLE

Free, independent tax advice for those over 60 earning less than £20,000 a year. Mon-Fri 9am-5pm **A:** Unit 10, Pineapple Business Park, Salway Ash, Bridport, Dorset, DT6 5DB **T:** 01308 488066 **E:** taxvol@taxvol.org.uk or via website **www.taxvol.org.uk**

THE MONEY ADVICE SERVICE

Free and impartial money advice service, set up by the government. Offers guides, tools and calculators in a range of areas, including debt, budgeting, pensions, redundancy, paying for care and benefits. Mon-Fri 8am-8pm; Sat 9am-1pm **T:** 08001 387777 **Webchat** via the website **E:** enquiries@moneyadvice.org.uk **www.moneyadvice.org.uk**

THE PENSION ADVISORY SERVICE (GOV.UK)

Offering free information and advice about pensions. Mon-Fri 9am-5pm **A:** 11 Belgrave Rd, London, SW1V 1RB **T:** 0300 1231047 Helpline for Women: 0345 6000806 **E:** via website **Webchat** via website during opening hours & Tue 7-9m **www.pensionsadvisoryservice.org.uk**

TURN2US

National charity helping people in financial hardship gain access to welfare benefits, charitable grants and support. Mon-Fri 9am-8pm **E:** via website **www.turn2us.org.uk**

LEGAL HELP AND FUTURE PLANNING

AGE UK MILTON KEYNES – See page 2 for details

AGE CO FUNERAL PLANS

Provided through Dignity, there are four plans to choose from. Can buy online. **T:** 08000 223243 **www.ageuk.org.uk**

CIVIL LEGAL ADVICE

Free legal information and advice on common legal issues, including housing, debt, domestic abuse, discrimination. Funded by legal aid. Mon-Fri 9am-8pm; Sat 9am-12.30pm **T:** 03453 454345 **Text** 'legalaid' and your name to 80010 to have a CLA call you back **www.gov.uk/civil-legal-advice**

COMPASSION IN DYING

Answering questions regarding end-of-life right, POA and Advance Decisions (Living Will). Mon-Fri 10am-4pm **T:** 08009 992434 **E:** info@compassionindying.org.uk

EVANS MEDIATION & PARALEGAL SERVICES LTD.

Working with Age UK Milton Keynes to provide help with Power of Attorney, health, welfare, property and financial affairs. Wed 10am-1pm **A:** Snack and Chat Cafe, First Floor, The Food Centre, 791 Avebury Blvd, MK9 3JT **T:** 01908 240450 (Maureen Evans) or 07715 841210 **E:** evans.mps@hotmail.com

FUNERAL PAYMENTS

Those on a low incomes may be eligible for financial help from the Social Fund to pay for a funeral. **T:** 0800 7310469 **Textphone:** 0800 7310464 (Mon-Fri 8am-6pm) **www.gov.uk/funeral-payments**

MILTON KEYNES COUNCIL BEREAVEMENT TEAM

Can offer advice and information about funerals. T: 01908 568112 E: crownhill@milton-keynes.gov.uk

SOLICITORS FOR THE ELDERLY

Independent, national organisation of lawyers providing specialist legal advice for older people and their families. T: 08445 676173 E: admin@sfe.legal www.sfe.legal

THE MONEY ADVICE SERVICE

Free and impartial service set up by the government. Offers advice on funeral plans, POA, wills and what to do when somebody dies. Mon-Fri 8am-8pm; Sat 9am-1pm T: 08001 387777 **Webchat** via the website E: enquiries@moneyadviceservice.org.uk www.moneyadviceservice.org.uk

Explaining Wills

There are a number of ways to make a Will, including buying packs in shops, however it is often best to have it drafted by a trained solicitor.

- Some trade unions (eg. UNISON, PCS) offer free or discounted Will writing.
- A free Will writing service may be a part of your house or car insurance if you have paid extra for legal cover.
- March and October are Free Wills Months for 55+. During this time you can apply to solicitors for free Will writing. Applications are through the website only, by putting in your postcode which brings up a list of participating solicitors. www.freewillsmoth.org.uk
- November is Will Aid month. The service is free, but there is a suggested donation. T: 0300 0309588 www.willaid.org.uk
- The National Free Wills Network works with national charities to provide free will writing for those 55+ in return for a bequest. Many charities are involved including: **Shelter:** 03445 152062; **Alzheimer's Research:** 03001 115555; **Cancer Research:** 03001 237733; **Independent Age:** 0207 6054451 Independentage.org; **Guide Dogs:** 08009 530113

VIOLENCE, SAFETY AND SECURITY

ACTION FRAUD

Report fraud and cyber crime. Also offers support and advice on prevention. T: 03001 232040 www.actionfraud.police.uk

ACTION ON ELDER ABUSE

Free and confidential information, advice and support for concerned individuals and professionals. Mon-Fri 9am-5pm T: 0808 808 8141 (the helpline number will not show up on your phone bill) E: enquiries@elderabuse.org.uk www.elderabuse.org.uk

AGE UK MILTON KEYNES INDEPENDENT LIVING SERVICE

Supplies and fits Police approved keysafes, small boxes kept on the outside of someone's home, containing a key to the house. People who need to gain access can unlock the box using a code number that is only given to trusted individuals, such as family members and care workers T: 01908 557874

MKACT

Local charity working with families and helping them move on from domestic abuse. Safe emergency accommodation in Milton Keynes and counselling service. Mon-Fri 9am-5pm

T: 03443 754307 or 080820 000247 (24 hour National Domestic Violence Helpline) **E:** info@MK-ACT.org **www.mkact.com**

THAMES VALLEY POLICE

For information on local police stations, and those involved in policing your area, please call **101**. This is also the number to call for non-emergency crimes eg. anti-social behaviour and hate crimes. **Textphone:** 18001 101
In an emergency, call **999 Textphone:** 18000
www.thamesvalley.police.uk

VICTIM SUPPORT

Offering independent advice, regardless of whether the crime has been reported or when the crime took place. **T:** 0808 1689111 (Mon-Fri 8am-8pm; Sat-Sun 24hr) Next Generation Text (for deaf/hard of hearing) 18001 08081689111 **E:** via website **www.victimsupport.org.uk**

SOCIAL AND LEISURE

LUNCH CLUBS AND CAFES

AGE UK MILTON KEYNES FRIENDSHIP CLUBS

friendship clubs give older people the chance to meet and make new friends while enjoying activities and refreshments. **T:** 01908 550700 or 01908 557873 **E:** info@ageukmiltonkeynes.org.uk

ASPLEY GUISE: OPEN HOUSE

Short service and lunch. 1st Thursday of month, 11.30. St Botolphs Church, Aspley Guise. Rev Graham Bradshaw **T:** 01908 583169

BEANHILL: COFFEE MORNING

Friendly drop in for Woughton area residents. Fri 10am-12noon **A:** Moorlands Centre, Dodkin, MK6 4LP **T:** 01908 679819 **E:** moorlandsfamilycentre@milton-keynes.gov.uk

BLETCHLEY: TEA & COFFEE

Local residents are welcome to drop-in for tea or coffee, meet friends and make new ones! Mon-Fri 10am-4pm **A:** The Frank Moran Centre, Melrose Ave, MK3 6PB **T:** 01908 370348 **E:** michael.mcgann@westbletchleycouncil.gov.uk

BLETCHLEY: WESTFIELD CAFE

Drop-in with refreshments. Mon-Sat 10am-12 noon **A:** Westfield Rd, MK2 2RA **T:** 01908 375795

CONNIBURROW: CAMEO LUNCHEON CLUB

Fellowship, board games, a meal and entertainment in a Christian setting. Mon 10.30am-2pm **A:** Salvation Army Centre, Ramsons Ave, MK14 7BA **T:** 01908 606916 **www.salvationarmy.org.uk/milton-keynes**

DOSTI LUNCH CLUB

Vegetarian lunch for older Asian people. Tue 10am-2pm **A:** The Guildhall, City Church, 300 Saxon Gate West, CMK, MK9 2AD **T:** 01908 604391 (Mr Bhabutta)

HANSLOPE: ST JAMES THE GREAT CHURCH COMMUNITY LUNCH

Home-cooked soup and pudding. Lunch welcomes people of all ages. 3rd Thu of the month 12.30-1.30pm . Fr Gary Ecclestone **A:** St James Church, MK19 7LT **T:** 01908 337936
E: fr.gary@btinternet.com

KSI MUSLIM COMMUNITY OF MK

Halal meal. Fri 1.30-2.30pm (after prayers) **A:** Zainabia Islamic Centre, Peveler Drive, Granby, MK1 1NL **T:** 01908 644988 (Kassam Ali Ravjani)

LOUGHTON: COFFEE PLUS

Informal coffee morning with occasional speakers. Wed 10.30-11.30am **A:** Loughton Baptist Church, Bradwell Rd, MK5 8AJ **E:** grahamsuej@aol.com (Sue Graham)

MILTON KEYNES AFRICAN & CARIBBEAN LUNCH CLUB

Friendship, activities and lunch. 2nd & 4th Wed of month 11am-3pm **A:** Old Bath House Community Centre, Wolverton, MK12 5HX **T:** 01908 376713 (Elaine)

MILTON KEYNES IRISH WELFARE SUPPORT GROUP

Hot meal, raffle and bingo. Wed 12noon-3pm **A:** Manor Fields, Watling Street, Fenny Stratford, MK2 2HX **T:** 07986 089898 **E:** mkiwsg@hotmail.com

NEWPORT PAGNELL: BETHANY LUNCH CLUB

Friendship, games, exercises, lunch and tea. Transport available within Newport Pagnell. Wed 11am-2pm **A:** Lovat Hall, Newport Pagnell Baptist Church, MK16 0EJ **T:** 01908 618898
E: info@npbc.org.uk www.npbc.org.uk

NEWPORT PAGNELL: FOOD 4 THOUGHT

Friendship, tea, singing and praise. Transport available within Newport Pagnell. 2nd Sun of the month 4-5.30pm **A:** Lovat Hall, Newport Pagnell Baptist Church, MK16 0EJ **T:** 01908 618898 **E:** info@npbc.org.uk www.npbc.org.uk

NEWPORT PAGNELL: LUNCH CLUB

Transport provided if required. 3rd Sat of the month 11am-2pm **A:** The Brooklands Centre, Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com
www.thebrooklandscentre.co.uk

SENIOR FRIENDS CLUB OF WOBURN SANDS

Drop-in coffee morning, make friends and have a chat. Wed 10am-12noon **A:** Woburn Sands Library (back entrance) MK17 8QH

STOKE GOLDINGTON TUESDAY COFFEE MORNING

Social group open to all in Stoke Goldington and surrounding area. Tue 10.30am-12 noon **A:** Reading Room, High St, MK16 8NR

STONY STRATFORD BAPTIST CHURCH DROP-IN

Lunch, card and board games and a thought for the day. Open to all. Thu 12noon-3.30pm **A:** Horsefair Green, MK11 1JW (opposite Budgens) **T:** 01908 567168
E: office@stonystratfordcommunitychurch.co.uk

WAVENDON OPEN HOUSE

Social group, quizzes, activities, speakers and refreshments. Other events throughout the year. 2nd Monday of the month 2-2.30. **A:** St Marys Church, Walton Road Wavendon. MK17 8LW **T:** 01908 582839 **A:** St Marys Church, Walton Road Wavendon. MK17 8LW
E: trendalls.mk@btinternet.com

WOLVERTON: DIMENSIONS SENIORS LUNCH CLUB

Activities, games, crafts, speakers and occasional trips. Limited transport provided. 4th Fri of the month 11.15am **A:** 63 Stratford Rd, MK12 5LT **T:** 01908 221381
E: admin@faithdimensions.com

CLUBS AND ORGANISATIONS

BANCROFT PARK: ROMAN PARK RESIDENTS OVER 50s CLUB

Social activities, quizzes and games including monthly lunches. For residents of Bancroft Park and Blue Bridge only, but outings are open to non-members. Tue 2-5pm **A:** Residents Club, 1 Constantine Way, MK13 0RA **T:** 01908 220293 (Roman Park)
E: romanparkmanagement@gmail.com

BEANHILL: RECYCLED TEENAGERS

Woughton area residents only. Mon 12noon-2pm **A:** Moorlands Centre, Dodkin, MK6 4LP **T:** 01908 679819 **E:** moorlandsfamilycentre@milton-keynes.gov.uk

BLETCHLEY: FRANK'S 55+ DROP-IN

For residents in MK3 who wants to pop in for a tea, chat. Occasional trips and visits. Mon & Thu 10am-12.30pm **A:** The Frank Moran Centre, Melrose Ave, MK3 6PA **T:** 01908 370348
E: michaelmcgann@westbletchleycouncil.gov.uk

BLETCHLEY: LADIES OF LEISURE

With speakers, crafts and cream teas. Alternate Wed 2-4pm **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

BLETCHLEY: LIVING IN THE MOMENT GROUP

Sessions providing a relaxed and social environment for older community. With tea and speakers. 1st & 3rd Wednesday of the month 1.30-2.30pm **A:** West Bletchley Council Offices, 221 Whaddon Way, MK3 7DZ **T:** 01908 648257 **E:** admin@westbletchleycouncil.gov.uk

BLETCHLEY: O5O BLETCHLEY

Social activities, lunches and visits. 3rd Mon of the month 2-4pm **A:** Rectory Cottages, Church Green Rd, MK3 6BJ **T:** 01604 862439 (Mrs Joan Lamberts - chair)

BLETCHLEY: TUESDAY FELLOWSHIP

With speakers, quizzes and musical afternoons. Tue 2.30-4pm **A:** Water Eaton Church Centre, Drayton Rd, MK2 3RR **T:** 01908 379302 (Monica Austin) **E:** malcolmaus19@gmail.com

BLETCHLEY: WESTFIELD CAFE

Mon-Sat 10-12 drop in cafe. (Drop in afternoon activities through the week Mon- Fri 2-4) Open to all residents **A:** Westfield Road MK2 2RA **T:** 01908 375795

BRADVILLE HALL RECYCLED TEENAGERS

Social group with tea & cake. Occasional outings including Christmas Panto. Mon 2-4pm **A:** Mercers Drive Community Centre, Bradville, MK13 7AY **T:** 01908 316938 (Barbara)
E: bradvillehall@live.co.uk

BRADVILLE HALL THE WEDNESDAY PEOPLE

Bring your own lunch, free tea & cakes. Month free lunch provided (subject to funding). Social group with "Giggly Bingo". First week session is free. Wed 11.30am-2pm **A:** Mercers Drive Community Centre, Bradville, MK13 7AY **T:** 01908 316938 (Barbara)
E: bradvillehall@live.co.uk

HAVERSHAM JUBILEE CLUB

Social club with speakers, afternoon tea. Occasional lunches out and outings in collaboration with others. 2nd Wed of the month 3-5pm **A:** Haversham Social & Community Centre, Manor Drive, MK19 7AN **T:** 01908 310113 (Lesley Gilbert) **E:** Lesley@harveygilbert.co.uk

LAVENDON OLD PEOPLE'S WELFARE

For 60+ retired residents, widows and widowers in Lavendon and Cold Brayfield. Formed 100 years ago, offers seasonal outings, lunches and teas, weekly exercise class, History Group meetings, newsletter, annual party. **T:** 01234 241899 **E:** paulinemontague@hotmail.co.uk

LIONS CLUB INTERNATIONAL, BRITISH ISLES & IRELAND

The world's largest service club organisation helping local communities. **T:** 08458 339502 **E:** enquiries@lionsclubs.co **www.lionsclubs.co**

Lions Club of Bletchley, Milton Keynes

Raises and provides funds for local, national and international projects. 1st Tue of the month 7.30-10pm **A:** Shenley Leisure Centre, Burchard Cres, MK5 6HF & 3rd Tue 7.30-10pm **A:** Inn on the Lake, Bond Ave, Bletchley, MK1 1PA **T:** 0845 833 9592 **E:** secretary@lcbmk.co.uk **www.lcbmk.co.uk**

Lions Club of Milton Keynes, Stony Stratford

Charitable aid to those in need in northern Milton Keynes, outlying villages and to local groups. 1st, 2nd & 3rd Wed of the month 8-10pm **A:** Abbey Hill Golf Centre, Two Mile Ash, MK8 8AA **T:** 0845 8336783 **www.stonylions.org.uk**

Newport Pagnell & Olney Lions Club

Community service, fundraising and distribution to various charities and good causes. 1st Mon of the month 7.30-10pm **A:** The Two Brewers, High St, Olney, MK46 4BB **T:** 01234 712217 (Bob Benbow) **E:** bob.benbow@btinternet.com

Lions Club of Milton Keynes Central

Charitable aid to people in need in Milton Keynes. 1st Thurs of the month 7.30pm-10pm **A:** Great Holm Fire Station, Haddon MK8 9AP **T:** 0845 8336783 **www.stonylions.org.uk**

MEN IN SHEDS MK

A place for older men to meet, socialise and engage in activities of mutual interest such as woodwork and model making. Mon, Wed from 10am; Fri 10am-4pm **A:** Unit 30 Burners Lane, Kiln Farm, MK11 3HB **T:** 01908 267126 **E:** info@meninshedsmk.org.uk

MEN IN SHEDS WEST BLETCHLEY

For 55+ men from the MK3 area. Mon-Fri 10am-12.00pm. Paul **A:** Rickley Park Changing Room 3, MK3 6HF **T:** 07798915221 **E:** meninshedswb@outlook.com (email before arriving)

MILTON KEYNES HINDU ASSOCIATION

Supporting the Hindu community of MK. **A:** Ferry Meadows Close, Broughton, MK10 9QY **T:** 03003 651008 **E:** info@mkha.org **www.mkha.org**

MOTHERS' UNION North Bucks Eastern Area

Support for women and men of all ages. **T:** 02072 225533 **E:** via **www.mothersunion.org**

NETHERFIELD: THE WISE ONES

For 50+. Drinks, chat and hobbies. Occasional speakers. Wed 10-11.15am **A:** Netherfield Chapel, MK6 4YP **T:** 07931 459968 (Sarah Wilson) **E:** sarah2869@tiscali.co.uk

NEWPORT PAGNELL: OUSE VALLEY TREFOIL GUILD

For anyone over the age of 18 who has made, or is willing to make, the Scout or Guide Promise. We meet on the 2nd Monday of the month 7.30 - 9.30 at different venues with a

varied programme of visiting speakers, various activities and outings. **E:** jmdp@talktalk.net
T: 01908 698087 (Mary Du Puy - Secretary).

NEWPORT PAGNELL: BROOKLANDS CENTRE

For retired residents of Newport Pagnell and surrounding villages. Friends Group organise outings, meals out and short breaks. Wheelchair adapted minibuses.

Monday Friends Group Friendship group with tea and biscuits. 10.30am-12noon

Tuesday Pop-in Centre Activities, friendship, snacks and lunch for 50+ 9.30am-3.15pm

Seated Exercise Group Armchair exercises, games, light lunch. Thu 10am-1.30pm

Gardening Club 2nd Thu of the month 10-11am

A: Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com

www.thebrooklandscentre.co.uk

OLDBROOK : TIME OUT (OVER 60s)

Thu 2-3.30pm. Friendship group. Games / Quizzes/ Exercise /Speakers/ Refreshments .

Transport for some local areas. **A:** MK Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG

T: 01908 670655 10am-4pm.

ROTARY INTERNATIONAL IN GREAT BRITAIN AND IRELAND

Working for communities. Clubs in Milton Keynes, Bletchley, the Brickhills, Grand Union and Wolverton & Stony Stratford **T:** 01789 765411 Mon-Thu 8.45am-5pm; Fri 8.45am-4.30pm

E: via **www.rotarygbi.org**

ROYAL BRITISH LEGION

The RBL supports serving members of the Armed Forces, veterans and their families.

Everyday 8am-8pm **T:** 0808 802 8080 **E:** info@britishlegion.org.uk **www.britishlegion.org.uk**

SIKH SOCIETY MILTON KEYNES

Charity supporting the local Sikh population. Free Punjabi classes. **A:** Gurudwara Baba Zorawar Singh Baba Fateh Singh Ji, Phoenix Drive, Leadenhall, MK6 5LU

T: 01908 231663 **E:** sikhsocietymk@gmail.com **www.sikhsocietymk.co.uk**

STOKE GOLDINGTON, RAVENSTONE & WESTON UNDERWOOD SENIOR CITIZENS' CLUB

Social club, speakers, games, outings. 2nd Tue of the month 2.30-4.15pm **A:** alternates between Weston Underwood & Stoke Goldington Reading Room

STONY STRATFORD: STONY FRIDAY SOCIAL CLUB

Social club with activities, speakers, quizzes. Occasional events at other times. Fri 2-4pm

A: Methodist Church Hall, Silver Street, MK11 1JS **T:** 01908 565752 (Dot Clarke)

TAMIL SENIORS CLUB

Social group run by the MK Tamil Forum, support, discussions, outings, cultural activity. New members welcome. Wed 10am-2pm **A:** Community Centre, Conniburrow, MK14 7AJ

WILLEN PARK: LOVAT FIELDS VILLAGE FRIENDS

Weekly meetings and over 30 activity groups e.g. card making, computers, dancing, Pilates, singing. Non-resident Friends 55 + (membership fee). Fitness suite extra. **A:** Japonica Lane, Willen, MK15 9ED **T:** 01908 351300

WOLVERTON & DISTRICT SENIOR CITIZENS TRUST

Coffee morning, occasional speakers, annual outing and Christmas Lunch. Thu 10-11.30am

A: Foundation House, MK12 5HX - Radcliffe St entrance (upstairs - lift available) **T:** 01908 318311 - Bernard Dackcombe

WOMEN'S INSTITUTES: BUCKINGHAMSHIRE FEDERATION

WI groups in Buckinghamshire offering a range of events. **T:** 01494 526685

E: HQ@bucksfwi.org.uk **www.bucksfwi.org.uk**. Contact them to find group best for you.

WORKS FOR US

Provides free training, guidance and work experience opportunities. Courses range from empowerment skills to craft sessions. Mon-Thu 9am-4.30pm **A:** The Point 602 Midsummer Boulevard MK9 3NB **T:** 01908 200186 **Mob:** 07852964744 **E:** info@worksforus.org.uk **www.worksforus.org.uk**

GENERAL INTEREST

BLETCHLEY: BINGO

Try your luck at Bingo. Tue 2-4pm **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

BLETCHLEY: WHIST

Friendly whist group. Mon & Thu 2-4pm **A:** Westfield Centre, Westfield Rd, MK2 2RA **T:** 01908 375795

BLETCHLEY: BINGO

Wed & Fri 2-4pm **A:** Westfield Centre, Westfield Rd, MK2 2RA **T:** 01908 375795

NEWPORT PAGNELL: BINGO GROUP

Social afternoon for retired people. Transport can be provided. Tuesday 1.30-3.30pm **A:** The Brooklands Centre, Ousebank St, MK16 8AN **T:** 01908 614749
E: brooklands.centre@btinternet.com **www.thebrooklandscentre.co.uk**

BOOK CLUBS

CENTRAL MILTON KEYNES LIBRARY

Please note that some of the clubs may be closed to new members. Please contact CMK Library for further information. **A:** 555 Silbury Blvd, CMK, MK9 3HL **T:** 01908 254050
www.milton-keynes.gov.uk/libraries

MK Borrowers - 1st Thu of the month 6.15-7.30pm

Reading Group BucksVision MK - 2nd Thu of the month 2-3pm

Reading Supremes - 2nd Thu of the month 6.15-7.30pm

VIP Reading Group - For the Visually Impaired. Members listen to books on MP3 discs. 2nd Thu of the month 2-3pm

NEWPORT PAGNELL: BOOK CLUB

Discussing the book of the month. Last Fri of the month 10-11am **A:** Brooklands Centre, Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com
www.thebrooklandscentre.co.uk

NEWPORT PAGNELL: BRING YOUR OWN BOOK

All ages welcome – just turn up on the night and bring your favourite book. Please contact the library for further information and check website before turning up. 1st Mon of the month 5.30-6.45pm **A:** Newport Pagnell Library, St John St, Newport Pagnell, MK16 8HQ (Entry via the Riverside door) **T:** 01908 610933 **E:** www.milton-keynes.gov.uk/libraries

NEWPORT PAGNELL: SPECKLED BAND BOOK CLUB

Friendly group that reads a range of fiction and non-fiction. New members welcome. 2nd Thu of the month (except August) 8pm-9pm **A:** Royal British Legion, 1 Ousebank St, MK16 8AN **E:** velmaramone@yahoo.com (Valerie)

STONY STRATFORD LIBRARY

Have the facility to loan books to those who want to set up their own reading groups. Please contact the library for more information. **A:** 5-7 Church St, MK11 1BD **T:** 01908 561562

DANCE AND MUSIC

BLETCHLEY: TEMPO DANCING CLUB

Ballroom and sequence dancing. All ages welcome. Wed 8-10pm **A:** Sycamore Hall, Drayton Rd, MK2 3RR **T:** 01908 374158 (Mrs J Robinson)

BLETCHLEY: WEST BLETCHLEY COMMUNITY ASSOCIATION

A: 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

Country Dancing Mon 10.30am-12 noon.

U3A Folk Dance Club (members) alternate Wed 2-3.30pm.

Smart Rockers Rock and Roll for all. Wed 6-9pm

U3A Line Dancing (members) Thu 10-12 noon.

MILTON KEYNES CITY ORCHESTRA

Regular performances of classic music in locations around the city. **T:** 01908 684116
www.mkco.org

MUSIC AT MILTON KEYNES CITY CHURCH

A diverse range of concerts by professional and local musicians. Also can join the Chamber Choir or the Cornerstone Church Choir. **A:** 300 Saxon Gate West, CMK, MK9 2ES **T:** 01908 246486 **E:** boyntonmusic@btinternet.com www.cornerstonemusicmk.co.uk

MUSIC CENTRE

Midsummer Players - Adult Orchestra - new players welcome. Opportunities to perform during the year. Mon 8pm (term time)

Adult Wind Band - Welcomes new members. Wed 7.30pm

A: Music Faculty, Rivers Centre, Humber Way, West Bletchley, MK3 7PH **T:** 01908 253520

E: music@milton-keynes.gov.uk

NEW BRADWELL: MILTON KEYNES DANCE CENTRE

Beginners and experienced dancers can join a range of dance classes, from the lindy hop to line dancing. **A:** 132 Newport Rd, MK13 0AA **T:** 01908 227772 **E:** mail@mkdc.org

www.mkdc.org

NEWPORT PAGNELL: DANCE ADDICTION

Tea Dances. Thu 2-4.15pm & last Sat of the month 7.30-11pm **A:** Lovat Hall, Silver St, Newport Pagnell, MK16 0EJ **T:** 01908 618898 **E:** info@npbc.org.uk

THE STABLES

Live music venue, with over 300 concerts yearly in all genres from classical to world music. Also hold music workshops. **A:** Stockwell Lane, Wavendon, MK17 8LU **T:** 01908 280800 **E:** stables@stables.org www.stables.org

WOBURN SANDS BIG BAND SOCIETY

Swing era music played on high quality sound equipment. 3rd Thu of the month 7.30pm

A: Ellen Pettit Memorial Hall, MK17 8RL. David Higgs **T:** 01908 583937 or Mike Kearney 07436 868590 www.wsbigband.net

WOLVERTON: IRIS SCHOOL OF DANCE

Get fit, have fun and meet new people while learning the Waltz, Quick Step, Rock Jive, Cha Cha Cha and more! Wed 8.45-9.45pm **A:** York House, Stony Stratford . Portfield Community Centre, Newport Pagnell.

WOLVERTON TOWN BAND

Brass band for anyone who plays, or keen to learn, a brass instrument. Sessions Mon & Thu evenings. **A:** The Old Bath House, 205 Stratford Rd, MK12 5RL **T:** 07847 622462
E: info@wolvertontownband.org.uk www.wolvertontownband.org.uk

ARTS, CRAFTS AND KNITTING

ARTS GATEWAY MK

Supports creative hubs for members to rent space, and equipment. Also run workshops on the arts. Membership £15pa. **A:** 20 Burners Lane, Kiln Farm, MK11 3HB **T:** 01908 241122
E: info@artsgatewaymk.org.uk www.artsgatewaymk.org.uk

BEANHILL: CREATIVE STITCHES

Friendly craft group for Woughton area residents. Tue 4-5pm **A:** Moorlands Centre, Dodkin, MK6 4LP **T:** 01908 679819 **E:** moorlandsfamilycentre@milton-keynes.gov.uk

BLETCHLEY ART GROUP

Painting group. 1.30-4pm **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

BLETCHLEY: HANDCRAFTS @ Westfield Cafe

Craft group. Tue 2-4pm **A:** Westfield Rd, MK2 2RA **T:** 01908 375795

BLETCHLEY: KNIT AND NATTER

Friendly knitting club. Wed 10.30am-12.30pm **A:** Bletchley Library, Westfield Rd, Bletchley, MK2 2RA **T:** 01908 372797 **E:** bletchley.library@milton-keynes.gov.uk

BLETCHLEY: MARQUETRY

Making pictures in coloured and grained wood. Thu 10am-12 noon **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

BLETCHLEY: THE MARC CRAFTERS

Craft session for adults for MK3 residents. Mon 1-4pm; alternate Fri 1-3pm **A:** Frank Moran Centre, Melrose Ave, MK3 6PB **T:** 01908 370348

BLETCHLEY: TREFOIL GUILD UK

Guild with members doing a variety of crafts. 4th Wednesday of the month 2-4pm **A:** Freeman Memorial Church, Buckingham Rd, MK3 5HH **E:** mccutcheon838@btinternet.com (Carol 'Scottie' McCutcheon)

CENTRAL MILTON KEYNES: KNIT AND CHAT

Sociable knitting and crochet with tea and cakes. Mon 10am-12noon; 2nd & 4th Weds of the month 2-4pm **A:** Snack & Chat Cafe , First Floor, The Food Centre, 791 Avebury Blvd, MK9 3JT **T:** 01908 225934 (Janet) or 01908 579606 (Joyce)

FISHERMEAD: COMMUNITY CRAFT CLUB

A range of crafts are available, including woodworking, fret-sawing and sewing machine projects. Just pop in! Thurs 12.30-2.30pm **A:** Trinity Centre, Fishermead Boulevard, MK6 2LA. **T:** (office) 01908 660401

KINGSTON: KNIT AND NATTER

Everyone is welcome. Wed 1-3pm **A:** Kingston Library, Winchester Circle, Kingston, MK10 0BA **T:** 01908 282720 **E:** kingston.library@milton-keynes.gov.uk

MILTON KEYNES ARTS CENTRE

10 week courses on ceramic making, drawing, painting and jewellery. Also hold exhibitions. **A:** Parklands, MK14 5DZ **T:** 01908 608108 (Mon-Sat 10am-4pm)
E: hello@miltonkeynesartscentre.org www.miltonkeynesartscentre.org

MILTON KEYNES SOCIETY OF ARTISTS

For local amateur and professional artists. Opportunities to learn new techniques at workshops. **E:** mksa-queries@btinternet.com www.mksa.org.uk

NEWPORT PAGNELL: ART CLASS

Art class for 55+. Materials provided. Wed 1.30-3.30pm & Fri 2-4pm **A:** Brooklands Centre, Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com
www.thebrooklandscentre.co.uk

NEWPORT PAGNELL: CRAFT AND CHAT

Beginners and experts welcome. Every Friday 2-4pm **A:** Newport Pagnell Library St John St, MK16 8HQ **T:** 01908 610933 **E:** newportpagnell.library@milton-keynes.gov.uk

NEWPORT PAGNELL: KNIT AND NATTER

Beginners and experts welcome. Every Wed 2-4pm **A:** Newport Pagnell Library St John St, MK16 8HQ **T:** 01908 610933 **E:** newportpagnell.library@milton-keynes.gov.uk

SNACK & CHAT: KNIT AND NATTER

Beginners and experts welcome. Every Mon 10am – 12noon and 2nd and 4th Friday 10am – 12noon. **A:** Age UK Milton Keynes CMK Offices, 791 Avebury Blvd, MK9 3JT **T:** 01908 240450
E: info@ageukmiltonkeynes.org.uk

STOKE GOLDINGTON: SEWING CIRCLE

Friendly craft group with a cuppa. Everybody and any handicrafts welcome. Just drop-in with your project, if you have one. £1 per session. Thu 10am-12noon **A:** Reading Room, High St, MK16 8NR

STONY STRATFORD: KNIT AND NATTER

Drop-in club to knit and crochet – beginners and experts are all welcome. 1st & 3rd Tue of the month 2-3.30pm **A:** Stony Stratford Library, 5-7 Church St, MK11 1BD **T:** 01908 562562

WESTBURY ARTS CENTRE

Workshops on painting, machine sewing, papercrafts and felting. Studio spaces available. **A:** Foxcovert Rd, Shenley Wood, MK5 6AA **T:** 01908 501214 **E:** admin@westburyartscentre.co.uk
www.westburyartscentre.co.uk

WESTCROFT: KNIT AND NATTER

Beginners and experts welcome. Wed 1.30-3pm **A:** Westcroft Library, 10 Barnsdale Drive, Westcroft District Centre, MK4 4DD **T:** 01908 507874 **E:** westcroft.library@milton-keynes.gov.uk www.miltonkeynes.gov.uk/libraries

WOLVERTON: KNIT AND NATTER

Beginners and experts welcome. Tue fortnightly 1-2pm **A:** Wolverton Library, Town Hall, Creed St, Wolverton, MK12 5LY **T:** 01908 312812 **E:** wolverton.library@milton-keynes.gov.uk www.miltonkeynes.gov.uk/libraries

HOLIDAYS

AGE UK

Working with Silver Travel Advisor, the site which helps find the perfect holiday for mature travellers. From short UK breaks, to escorted tours worldwide. Offers via the national charity's website only.

www.ageuk.org.uk

TOURISM FOR ALL

Information and advice on accessible hotels and attractions in the UK and overseas for people with disabilities and health problems. Membership may be required. **T:** 0845 124 9971 **E:** info@tourismforall.org.uk www.tourismforall.org.uk

OPEN BRITAIN

One stop shop for accessible tourism in the UK, helping to find accessible destinations and places to stay, visit, eat and drink. **T:** 0845 1249971 **E:** via info@tourismforall.org.uk www.openbritain.net

CULTURE AND VOLUNTEERING

BLETCHLEY PARK

Site of the British code-breaking activities of WWII. Varied exhibitions and events along with a permanent collection. **A:** The Mansion, Bletchley Park, MK3 6EB **T:** 01908 640404 **E:** enquiries@bletchleypark.org.uk www.bletchleypark.org.uk

CINEWORLD

New and international movies, with live broadcasts from the Royal Opera House and the National Theatre. www.cineworld.co.uk

COMMUNITY ACTION MILTON KEYNES

Information and placement service for those interested in becoming volunteers. Drop-in Thu 10am-12noon **A:** Acorn House, 351 Midsummer Blvd, CMK, MK9 3HP **T:** 01908 661623 **E:** info@communityactionmk.org www.communityactionmk.org

COWPER & NEWTON MUSEUM/THREE HARES GALLERY

House and gardens of the 18th century poet William Cowper. The Three Hares Gallery exhibits works by local artists. **A:** Orchard Side, Market Place, Olney, MK46 4AJ **T:** 01234 711516 **E:** info@cowperandnewtonmuseum.org.uk www.cowperandnewtonmuseum.org.uk

DO-IT

A website listing local volunteering opportunities. www.do-it.org

GALLERY 200

Space for artists and organisations to exhibit at MK College **A:** 200 Silbury Blvd, CMK, MK9 1LT **T:** 01908 637270 **E:** liam.cunningham@mkcollege.ac.uk

ISLAMIC ARTS, HERITAGE & CULTURE MILTON KEYNES

Sharing the rich history of Islam through a study of its art and material culture. Workshops, exhibitions and public events. www.mkiac.org

MILTON KEYNES MUSEUM

Experience how life used to be from the Victorian period onwards. Regular events. **T:** 01908 316222 **E:** info@mkmuseum.org.uk www.miltonkeynesmuseum.org.uk

MILTON KEYNES THEATRE

Plays, musicals, dance and opera. Also runs show-based workshops. **A:** Marlborough Gate, CMK, MK9 3NZ **T:** 0844 8717627 (Customer Service) or 0844 8717652 (Booking) www.atgtickets.com/venues/milton-keynes-theatre

MK ARTS FOR HEALTH

Displaying art from the local community in exhibition space around the hospital. **A:** Facilities Directorate, MKHU, Standing Way, Eaglestone, MK6 5LD **T:** 01908 996124 **E:** info@mkartsforhealth.org.uk www.mkartsforhealth.org.uk

MK CITY DISCOVERY CENTRE

Learn about the urban geography of the city. With an archive, library and talks. **A:** Bradwell Abbey, Alston Drive, MK13 9AP **T:** 01908 227229 **E:** information@mkcdc.org.uk www.mkcdc.org.uk

MK GALLERY

Regular events and exhibitions. Also Friday Night Films and Saturday Live Music. **A:** 900 Midsummer Blvd, MK9 3QA **T:** 01908 676900 **E:** info@mkgallery.org www.mkgallery.org

ODEON CINEMA

Films and occasional classics. Special Silver Cinema sessions for 55+ with tea and biscuits www.odeon.co.uk

STANTONBURY THEATRE

Full theatre programme. Disabled access. **A:** Stantonbury, MK14 6BN **T:** 01908 324466 **E:** theatre@stantonbury.org.uk www.stantonburytheatre.co.uk

TECTON ARTS CENTRE

Promoting the work of local artists by providing a space for exhibitions and workshops. **A:** Tecton Building, 46a Church Street, Fenny Stratford, MK2 2NY **T:** 07535 438924 **E:** tk@building-tectonics.co.uk www.tectonartcentre.com

THE NATIONAL MUSEUM OF COMPUTING

Conserving, restoring, reconstructing and giving a hands-on experience of historic computers. **A:** Block H, Bletchley Park, MK3 6EB **T:** 01908 374708 www.tnmoc.org

THE VENUE MK

Theatre supporting community and professional groups. Milton Keynes City Orchestra regularly perform. **A:** Walton High, Fyfield Barrow, MK7 7WH **T:** 01908 528808 **E:** info@thevenuemk.com www.thevenuemk.com

LIFELONG LEARNING

MILTON KEYNES ADULT EDUCATION / COMMUNITY LEARNING MK

Courses for leisure and examinations at venues around MK. Day, evening and weekend short courses and workshops in arts, fashion, computer skills, cookery, language (Including Sign Language). **A:** Rivers Centre, Trent Rd, West Bletchley, MK3 7BB **T:** 01908 556700 **E:** communitylearning.mk@milton-keynes.gov.uk **www.milton-keynes.gov.uk/schools-and-lifelong-learning**

MILTON KEYNES UNIVERSITY OF THE THIRD AGE (MK U3A)

Educational and recreational opportunities for older people. A comprehensive range of special interest groups. Open Meetings with speakers on 4th Wed of the month at MKCC Strudwick Drive, Oldbrook, MK6 2TG **A:** 11 Winchester Circle, Kingston, MK10 0BA **T:** 01908 281717 **E:** info@mku3a.org **www.mku3a.org**

THE PARKS TRUST

Short adult education courses available on subjects such as tree and fungi identification. Regular talks. **T:** 01908 233600 **E:** education@theparkstrust.com **www.theparkstrust.com**

WORKERS EDUCATIONAL ASSOCIATION Southern Region

Adult education courses in subjects including art, history and science. At various locations in Milton Keynes. **T:** 0300 3033464 **E:** southern@wea.org.uk **www.wea.org.uk**

TECHNOLOGY

AGE UK MILTON KEYNES TECHNOLOGY HELP SERVICE

For those aged 55+. Training and support using smart devices, including setting up equipment, problem solving, and try before you buy, at home or drop in **T:** 01908 550700 **E:** phil.wharburton@ageukmiltonkeynes.org.uk

AGE UK MOBILE PHONES

Range of three simple mobile phones designed for older people. Clear charges. **T:** 08006 696644

BEANHILL: IT COURSES

IT courses for Woughton area residents. **A:** Moorlands Centre, Dodkin, MK6 4LP **T:** 01908 679819 **E:** moorlandsfamilycentre@milton-keynes.gov.uk

BLETCHLEY: THE MARC

MK3 residents can learn computer skills using the centre's PCs. Mon-Fri 10am-4pm **A:** The Frank Moran Centre, Melrose Ave, MK3 6PB **T:** 01908 370348 **W:** **FB:** The Marc (Melrose Avenue Resource Centre)

MILTON KEYNES ADULT EDUCATION

Computer training courses available for over-65s, in Bletchley and CMK. **A:** Rivers Centre, Trent Rd, West Bletchley, MK3 7BB **T:** 01908 556700 **E:** communitylearning.mk@milton-keynes.gov.uk **www.milton-keynes.gov.uk/schools-and-lifelong-learning**

NEWPORT PAGNELL: COMPUTER CLASS

Drop in session for 55+. Tuesday 9.30am-12pm **A:** The Brooklands Centre, Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com **www.thebrooklandscentre.co.uk**

PENSIONERS AND RETIREMENT

NATIONAL FEDERATION OF OCCUPATIONAL PENSIONERS

Formerly Unite. Work both nationally and locally. **T:** 01582 721652 **E:** info@nfop.org.uk **www.nfop.org.uk**

MILTON KEYNES OLDER PERSONS' FORUM

The Older Persons' Forum exists to represent the views of older people in Milton Keynes on matters of concern that are brought to its attention and to find out the views of older people from representatives of relevant groups and through at least two Open Meetings per year.

T: 01908 375710 (Jan Lloyd) 01908 231344 (Kim Burchell) **E:** kim.burchell@mkcil.org.uk

SENIOR VOICE MILTON KEYNES

An independent group of people over 60 years of age which acts as a focus for the views of older people in Milton Keynes and represents those views to service planners and providers.

Supported by Age UK Milton Keynes. **T:** 01908 550700

HEALTH AND HEALTHCARE

The NHS website has a comprehensive listing of local NHS services and support. By putting in your postcode, you can find your nearest doctors' **surgery, pharmacy and dentist**. If you don't have access to the internet, call 111 for the same information. **www.nhs.uk**

GENERAL

AGE CO INCONTINENCE PRODUCTS (Age UK)

Provided by Choice Shops and offering a sensitive, helpful and discreet service. Disposable and washable products available. Mon-Thurs 8-6pm; Fri 8-5.30 Sat 9am-1pm **T:** 08000 461501

AGE UK MILTON KEYNES HOSPITAL AFTERCARE SERVICE

Provides practical and emotional support to people following hospital admission or attendance at A&E for up to six weeks depending on need. **T:** 01908 996073 **E:**

HAS@ageukmiltonkeynes.org.uk

AGE UK MILTON KEYNES TOENAIL-CUTTING SERVICE

For older people and people with a physical or learning disability, who can no longer cut their own toenails. Diabetics or those with other health issues may be subject to a higher charge.

The service is charged per visit. **T:** 01908 557883 **E:**

christine.southgate@ageukmiltonkeynes.org.uk

HEALTHWATCH: MK

Works with health and care services for those who use the services. **A:** Suite 113 MK Business Park, Linford Wood, MK14 6GB **T:** 01908 698800 **E:** info@healthwatchmiltonkeynes.co.uk

www.healthwatchmiltonkeynes.co.uk

NHS ORGANISATIONS

MILTON KEYNES UNIVERSITY HOSPITAL

A: Standing Way, Eaglestone, Milton Keynes MK6 5LD **T:** 01908 660033 (Switchboard) Check website for direct contact with department required **www.mkhospital.nhs.uk**

BLMK CCG

Consortium of GP practises in Milton Keynes that commissions services. **A:** Sherwood Place, Sherwood Drive, Bletchley, MK3 6RT **T:** 01908 278660 **Text Relay Users** 18001 01908 278660 **E:** miltonkeynes.ccg@nhs.net

COMMUNITY BASED FALLS PREVENTION SERVICE

Advice, practical help, specialist assessment for people who have fallen, are at risk or are worried about falling. People can be assessed in their own homes and free exercise classes may be arranged. Run by B-Well Therapy Ltd for MKC. Mon-Fri 8.30am-5pm **T:** 01908 686751 **E:** spa@mkfalls.co.uk

CONTINENCE SPECIALIST NURSE

Help and advice - do not suffer in silence. Self-referral or through healthcare professionals. Individuals would be asked to attend the clinic; housebound clients may have home visits by District Nurses. **A:** Whalley Drive Clinic, Whalley Drive, Bletchley, MK3 6EN **T:** 01908 724688 **Text Relay** 18001 01908 724688 **E:** cnw-tr.mkcontinenceservice@nhs.net

MILTON KEYNES PODIATRY SERVICE

Assessment, treatment and advice for people with skin and nail problems and those with diabetes. Self-referral or through healthcare professionals. **A:** Bletchley Therapy Unit, Whalley Drive, Bletchley, MK3 6EN **T:** 01908 650451 **E:** podiatry.referrals@mkchs.nhs.uk

MILTON KEYNES SPECIALIST MEMORY SERVICE

Offering comprehensive assessments testing an individual's cognitive function. Following diagnosis support, information and possible interventions will be arranged. Referral via GP. **T:** 01908 801020 www.cnwl.nhs.uk/service/milton-keynes-memory-assessment-service/

PATIENT ADVICE AND LIAISON SERVICE (PALS)

Takes feedback and helps resolves issues, concerns and complaints about care and services received at MK Hospital. **A:** The Complaints Team, Milton Keynes University Hospital NHS Foundation Trust, Standing Way, MK6 5LD **T:** 01908 995954 **E:** PALS@mkuh.nhs.uk

STAYING STEADY MILTON KEYNES

Specialised assessment and treatment for those who have fallen or are at risk of falling. Working in partnership with other services. Self-referrals or via health professionals. Mon-Fri 8.30am-4.30pm **T:** 01908 650405 **E:** fallsprevention.service@nhs.net

URGENT CARE CENTRE

Drop-in open daily 24/7, advice and treatment for minor ailments and injuries. No appointment needed. **A:** Hospital Campus, Standing Way, Eaglestone, MK6 5NG **T:** 01908 303030

SOCIAL SERVICES AND COMMUNITY CARE

ADULT SOCIAL CARE ACCESS TEAM (ACCESS)

Contact the Adult Social Care Team for information and advice on assessments, public health or safeguarding. Mon-Fri 9am-5.15 **A:** Civic Offices, 1 Saxon Gate East, CMK, MK9 3EJ **T:** 01908 253772 **Emergency Out of Hours number** 01908 725005 Mon-Fri 5pm-9am. W/ Ends B/Hol - 24 hours **E:** access@milton-keynes.gov.uk

Complaints about Social Care

A: Civic Offices, 1 Saxon Gate East, CMK, MK9 3EJ **T:** 01908 691691 **E:** customerservices@milton-keynes.gov.uk

ACCESS SERVICES

Short term, rapid response community rehabilitation and therapies to avoid hospital admission or to support after discharge. Referral by health or social care professionals via ACCESS who arrange assessments and care plans.

Early Stroke Rehabilitation Team (ESRT) – providing therapy led, community based rehabilitation to help facilitate early supported discharge from hospital.

Rapid Assessment and Intervention Team (RAIT) – facilitate rehabilitation for people in their own homes through appropriate nursing and therapeutic interventions for up to six weeks.

Rapid Response Services – an over-night service, working with Community Alarm, MKDoc and ambulance services to avert a crisis at home and prevent hospital admissions.

Reablement and Hospital Discharge Team (RHDT) – Working to ensure individuals and their carers are offered social care support and assessment.

Home First Reablement – T: 01908 254455 . Referrals via ACCESS only

Reablement at Home Team (RaHT) – providing support with personal care tasks while promoting independence. For up to six weeks.

Windsor Intermediate Care Unit (WICU) – Nurse led unit offering nursing and therapy support for those who require a period of rehabilitation.

Milton Keynes Community Occupational Therapy Service

Assessments are made of the individual's needs. They recommend or provide equipment such as handrails and bathing equipment, and assess whether you need alterations to your home.

ACCESS - Mon-Fri 8.30am-5pm **A:** Civic Offices, 1 Saxon Gate East, CMK, MK9 3EJ **T:** 01908 253772 **Emergency Out of Hours number** 01908 725005 – Mon-Fri 5pm-9am. W/Ends B/Hol - 24 hours **E:** ascat@milton-keynes.gov.uk

COMMUNITY CARE SERVICES

There are two Day Centres run by Milton Keynes Council that offer a safe and stimulating environment for older people. Community Care Assessment is needed via ASCAT **T:** 01908 253772

Kitchener Centre, Timpsons Row, Olney, MK46 4JJ. Lunch, activities, help with personal care. **T:** 01234 713307. Referrals via ASCAT only or self funding accepted, if criteria is followed.

Manor Road Day Care Centre, Manor Rd, Bletchley, MK2 2HP. Lunch, activities and entertainment. **T:** 01908 368108

LOCAL GOVERNMENT AND SOCIAL CARE OMBUDSMAN

Complaints about the standard of care received, whether funded privately or by local authorities. **T:** 03000 610614 (Mon-Fri 8.30am-5pm) **E:** via website www.lgo.org.uk/adult-social-care

SENSORY LOSS LIVING

ACUITIS TINNITUS SUPPORT GROUP:MK

Quarterly meetings for sufferers of Tinnitus. 30 Silbury Boulevard CMK, MK9 3AG **T:** 01908 533171 **E:** anna.thomas@acuitis.co.uk or atish.keshav@acuitis.co.uk

SENSORY ADVICE RESOURCE CENTRE (SARC) Milton Keynes

Offering resources and support to adults who are profoundly deaf, hard of hearing, sight impaired or have dual sensory loss. Home visits to help with using, fitting and maintaining NHS hearing aids and regular drop-ins around Milton Keynes. Funded by MKC. **A:** 275 Upper Fourth St, Witan Court, CMK, MK9 1EH **T:** 01908 401135 **SMS** 07803 452617 **Skype** sarc.office **E:** sarcmk@bid.org.uk www.sarc-bid.org.uk

Resource centre drop-in

Contains a range of trial equipment for people with sensory loss, including lamps, clocks, amplified telephones, writing aids and loop listeners. **4th Fri** of the month 10am-3pm . **A:** 275 Upper Fourth St, Witan Court CMK MK9 1EH(Appointments can be made for other times)

Drop in Service for Deaf People

Advice, information and signposting for those who communicate in BSL. Also deals with complaints, form filling, and telephone support. **2nd & 4th Tues** of the month **A:** CIL City Church, 300 Saxon Gate West, CMK, MK9 2ES

Hard of Hearing Support Group

Provides a supportive environment for those who feel isolated – the aim is to encourage confidence and independence. Talks by experts. **1st & 3rd Tue** of the month 10.30am-12noon **A:** CIL City Church, 330 Saxon Gate West, CMK, MK9 2ES **T:** 01908 678472 **Skype** sarc.office (BSL on Thu & Fri) **E:** rosaliebloor@yahoo.co.uk or sarcmk@bid.org.uk

www.sarc-bid.org.uk

Hearing Aid Support Service

Provides support to help you make the most of your hearing aids. Home visits can be arranged. Drop-in services are available at the following:

Olney Centre, High St, MK46 4EF - **1st Thu** of the month 10.30am-12.30pm

Bletchley Library, Westfield Rd, MK2 2RA – **1st Fri** of the month 10-12.30pm

Stony Stratford, Community Church, Cofferridge Close, MK11 1JW . **1st Fri** of the month 2-4pm

Newport Pagnell, Methodist Church, High St, MK16 8AQ – **2nd Thurs** of the month 9.30am-12

West Bletchley Council, 221 Whaddon Way, MK3 7DZ – **2nd Fri** of the month 2-4pm

BLIND AND VISUALLY IMPAIRED

BUCKSVISION

Provides information , social activities and support for people in Milton Keynes and Buckinghamshire. **A:** 143 Meadowcroft, Aylesbury, Bucks HP19 3HH **T:** 01296 487556 **E:** reception@bucksvision.co.uk **www.bucksvision.co.uk** Check website for full details

Bucksvision MK Resource Centre

Tue 1-4pm & Wed 10am-1pm A: Based at Age UK Milton Keynes, The Peartree Centre, 1 Chadds Lane, Peartree Bridge, MK6 3EB **T:** 01908 395498 or 01296 487556

E: reception@bucksvision.co.uk. **www.bucksvision.co.uk**

Buckland Social Club

Social activities, speakers, entertainment, outings. For those living south of Monks Way. Alternate Thu afternoons 2-4pm **A:** Buckland Lodge, Netherfield, MK6 4JR **T:** 01296 487556

Ballroom Dancing

Last Thursday of each month (not December) 10am-12pm £5 **A:** Centrecom,602 Secklow Gate West,Central MK, MK9 3BJ

Eye For Art Club

Promotes access to all forms of arts and crafts for visually impaired people. Visits to exhibitions. **1st Thu** of the month, 9.30-12.30 **A:** Springfield Community Centre, Springfield Blvd, Springfield, MK6 3JH **T:** 01296 487556

Fitness Group

Members use the fully equipped gym. Possible wait for a volunteer driver. For visually impaired. **Mon mornings 9.30-11.00am A:** Oakgrove Leisure Centre, Middleton, MK10 9JQ **T:** 01296 487556

Lunch Bunch

Middy lunch, Mon once a month **A:** selected venues **T:** 01296 487556

Partridge Social Club

Social activities, speakers, entertainment, outings. For those living in south and CMK. Alternate Weds 2.00-4.00pm **A:** The Peartree Centre, Peartree Bridge, MK6 3EB **T:** 01296 487556

Reading Club

2nd Thursday each month in the afternoon. CMK Library

Singing

Every Tuesday (term time only) 3.15-4.15pm **A:** Centrecom, 602 Secklow Gate West, Central MK, MK9 3BJ

Tandem

Fridays 10am .Pre-arranged tandem cycling with trained volunteers as drivers/pilots. £4 **A:** Meet at Cycle Saviours **T:** 01296 487556

Wolverton Social Club

Social activities, outings, speakers, quizzes. For members living north of Monks Way. Alternate Tue 2-4.15pm **A:** Heron Court, Stantonbury Fields, MK14 6DQ **T:** 01296 487556

Walking Group

Longer walks monthly on alternate Sat and Sun. Shorter walks March – November 2nd Sun in the month **T:** 01296 487556

Yoga

Every Thursday 6.30pm-7.30pm. **A:** John Lewis Community Room within John Lewis Store in Centre MK

MACULAR SOCIETY

National Charity offering free information and advice for those with macular disease. Also has telephone befriending service, counselling and information on technology. **Helpline T:** 0300 3030111 **E:** help@macularsociety.org **General enquiries T:** 01264350551 **E:** enquiries@macularsociety.org **www.macularsociety.org**

MILTON KEYNES MACULAR SOCIETY SUPPORT GROUP

For those affected by central vision loss from any macular condition, together with their relations, carers and friends. Offering both practical and emotional support. Speakers on eye related topics and more general interest; social meetings with tea and cake, games or quiz. Also occasional outings and lunches. 2nd Tue of the month 2-4pm **A:** Centrecom, 602 North Row, CMK, MK9 3BJ **E:** www.macularsociety.org/groups/milton-keynes-support-group **T:** 01908 319292 or **T:** 0300 3030 111 **E:** mkmacsoc@gmail.com

MILTON KEYNES READER SERVICE

Free services for those finding reading or writing difficult due to sight problems or physical disabilities. Also have a shop-and-see service; facilitation service (to help clients take part in educational/cultural activities); transcription service. Mon-Thu 9am-2pm **A:** Margaret Powell House, 403 Midsummer Blvd, Central Milton Keynes MK9 3BN **T:** 01908 231123 **E:** mkreaderservice@yahoo.co.uk **www.miltonkeynesreaderservice.org.uk**

ROYAL NATIONAL INSTITUTE FOR THE BLIND (RNIB)

National charity that helps everyone affected by sight loss. Offers advice (including how to stay in work, using technology and benefits) as well as emotional support. Also has online shop. Mon-Fri 8.45am-5.30pm **A:** 105 Judd St, London, WC1H 9NE **T:** 0303 123 9999 (Helpline) **E:** Helpline.Mailbox@rnib.org.uk **www.rnib.org.uk**

SOUND NEWS MILTON KEYNES

Free weekly local news on cassette or digitally. **T:** 0300 3119988 **E:** sound.news@talk21.com **www.soundnews.org.uk**

DEAF AND HEARING IMPAIRED

ACTION ON HEARING LOSS

National charity helping people confronting deafness, tinnitus and hearing loss. **T:** 0808 808 0123 **Textphone** 0808 808 9000 **SMS** 0780 0000 360 **E:** informationline@hearingloss.org.uk
www.actiononhearingloss.org.uk

AGE UK

Advice line **T:** 0800 055 6112 Age UK hearing aid customer helpline (repairs) **T:** 0800 707 6172 **www.ageuk.org.uk**

AMPLIFON

Hearing care professionals can carry out free hearing tests and advise on types of hearing aids. The service is personalised and the tests can be carried out at home. **A:** 147 Queensway, Bletchley, MK2 2DY **T:** 01908 926288 Mon-Fri 9am-5pm; Sat-Sun 9am-1pm
www.amplifon.co.uk

ASSISTANCE DOGS

A coalition of seven assistance dog charities. Offers advice for those who want an assistance dog and those who already have one. **T:** 01844 348100 (text relay for hard of hearing 18001 01844 348100) **E:** info@hearingdogs.org.uk **www.hearingdogs.org.uk**

AUDIOLOGY DEPARTMENT, MKUH

Hearing assessment, hearing aids and other equipment for people who have hearing problems. Referral through GP or consultant. **T:** 01908 995199 (Mon-Fri 9am-4.30pm)
Minicom 01908 209313 **E:** audiology@mkuh.nhs.uk

EMERGENCY CALLS

Deaf and speech-impaired people can call emergency services by sending a 999 text message. The mobile needs to be registered at **www.emergency sms.org.uk**

FREE DIRECTORY ENQUIRIES

For the blind and visually-impaired. Just tell your phone company and they will make the service free.

FREE POST

Blind and visually impaired people can send mobility aids, books and letters in Braille, large print or audio 1st class for free. The packages must be unsealed, marked 'Articles for the Blind' and show a return address.

MILTON KEYNES ADULT EDUCATION

Classes to learn British Sign Language. **A:** Rivers Centre, Trent Rd, West Bletchley, MK3 7BB **T:** 01908 556700 **E:** communitylearning.mk@milton-keynes.gov.uk **www.milton-keynes.gov.uk/courses**

MILTON KEYNES ADULT HEARING SERVICE

For those with concerns about the health of their ears. Referral not necessary.

Wed 9am-12noon **A:** Eaglestone Health Centre, Standing Way, MK6 5AZ

Last Fri of the month 12noon-3pm **A:** Newport Pagnell Medical Centre, Queens Ave, MK16 8QT

3rd Thu of the month 9am-12noon **A:** Wolverton Health Centre, Gloucester Rd, MK12 5DF
www.cnwl.nhs.uk

MILTON KEYNES COMMUNITY LANGUAGE SERVICE

British Sign Language Communicators available for English-speaking people with hearing impairment. Other language translation available. Charged service. **T:** 01908 253253

E: interpreters@milton-keynes.gov.uk

NEXT GENERATION TEXT SERVICE

Deaf and speech-impaired people can use the Next Generation Text service, which translates phone calls into text on a smartphone, tablet or computer. www.ngts.org.uk

MENTAL WELLBEING

ADULT SOCIAL CARE ACCESS TEAM (ACCESS) Contact the Adult Social Care Team for information and advice on assessments, public health or safeguarding. Mon-Fri 9am-5.15pm
A: Civic Offices, 1 Saxon Gate East, CMK, MK9 3EJ **T:** 01908 253772 **Emergency Out of Hours number** 01908 725005 **E:** access@milton-keynes.gov.uk

ARTS FOR HEALTH MILTON KEYNES

Using arts and creativity to improve the health and wellbeing of those suffering with mild/moderate depression. **A:** Facilities Directorate, MKHU, Standing Way, Eaglestone, MK6 5LD **T:** 01908 996124 **E:** info@artsforhealthmk.org.uk www.mkartsforhealth.org.uk

ASTI Milton Keynes Assessment and Short Term Intervention Team

Assesses people who have severe and/or enduring mental illness and provides a single point of access into the mental health service. Mon-Fri, 9am-5pm **A:** Entrance 2, Eaglestone Health Centre, Standing Way, Eaglestone, MK6 5AZ **T:** 01908 725099

BE A BETTER YOU™

Hypnotherapist to help with issues such as smoking, phobias, improving memory, anxiety and pain management. Susan Foster PDCH BSCH **E:** Susan.Foster.Hypnotherapy@outlook.com

BIPOLAR UK

National charity providing information and advice for those affected by bipolar and other associated illnesses, their friends and family. A free and supportive online community is also available. **T:** 03333 233880 (Mon-Fri 9am-5pm) **E:** info@bipolaruk.org

www.bipolaruk.org

Bipolar UK Milton Keynes Support Group

Local support group offering guidance, information and social activities. **A:** The Old Bath House, 205 Stratford Rd, MK12 5RL. 2nd Tuesday of the month 7-9pm **T:** 03333 233880 **E:** miltonkeynes@bipolarukgroups.org.uk www.bipolaruk.org

MILTON KEYNES BEREAVEMENT SERVICE

Offering emotional and practical support in a safe and confidential environment. One to one counselling and home visits. Donations welcomed. 24-hour answerphone. **A:** West Bletchley Wellbeing Counselling Service, 221a Whaddon Way, MK3 7DZ **Mon** 12-2pm; **Tue** 7-9pm; **Thu** 2-4pm **T:** 07483 308032 **E:** mk.bs@virgin.net www.bereavementservicemk.org.uk

MK BEREAVED PARENTS GROUP

Informal gathering that offers support to parents who have lost a child of any age. 3rd Thu of the month from 7.30pm **A:** Peartree Centre, 1 Chadds Lane, Peartree Bridge, MK6 3EB **T:** 01908 660033 Ext.2703 **E:** mkbereavemedparentsgroup@hotmail.co.uk

MILTON KEYNES IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT)

A free, confidential NHS service providing psychological treatment for depression and anxiety disorders. Offering workshops, individual therapy sessions and telephone sessions. Referral via GP. **A:** Stantonbury Health Centre, Purbeck, MK14 6BL **T:** 01908 725099

www.cnwl.nhs.uk/service/Milton-keynes-talking-therapies/

MIND BLMK

Mind BLMK aims to support positive mental health and wellbeing. Referral by health professionals or by free assessment. Offering a range of information, support and services including counselling. Also regular wellbeing intervention workshops on yoga and mindfulness, exploring anger and other topics. Charges may apply. **T:** 01908 257830 **Mon** 9.30-2.30 **Tues, Wed, Thurs** 9.30-9.30 **Fri** 9.30-2.30 **E:** mk@mind-blmk.org.uk **www.mind-blmk.org.uk**

MINDFULNESS:MK

Learning skill to help deal with emotions and wellbeing. Regular workshops, courses and organised retreats. Also run yoga and pilates session. **T:** 01908 604605 **Mob:** 07548366601 **E:** booking@mindfulnessmk.com **www.mindfulnessmk.com**

RELATE MILTON KEYNES

Help with relationships, including specific sessions for older people involving the menopause, children leaving home and the impact of retirement on relationships. **A:** 47 Aylesbury St, Wolverton, MK12 5HX **T:** 01908 310010 **E:** appointment@relatemk.org **www.relatemk.org**

RETHINK Milton Keynes Community Support Services

One-to-one and group support and activities for people affected by mental illness. **Mon-Fri** 9am-5pm **A:** Room 2, 11 Winchester Circle, Kingston, MK10 0BA **T:** 01908 585085 **E:** mkds@rethink.org

SAMARITANS Milton Keynes

Available 24/7 as a telephone service for anyone who needs emotional support. Available for face-to-face chats, but please call before a visit. 10am-9.30pm **A:** 161 Fishermead Blvd, Fishermead, MK6 2AB **T:** 01908 667777 or 116123 (free number) **E:** jo@samaritans.org.uk **www.samaritans.org**

SANELINE

Out of hours helpline for people with mental health problems, their families and carers. Puts people in touch with local help and services. Online Support Forum available 24hrs a day. Every day 4.30pm-10.30pm **T:** 03003 047000 **www.sane.org.uk**

TALK FOR CHANGE

First point of contact for those wanting to access 'talking' therapies. Jointly run by NHS Milton Keynes & Mind BLMK. **T:** 01908 725099 **E:** support@talkforchange.org.uk **www.talkforchange.org.uk**

THE OLDER PERSON'S ASSESSMENT SERVICE (TOPAS)

Providing assessment and treatment for older people who have complex or acute mental health needs. **Referral via medical practitioners.** **A:** Waterhall Care Centre, Fern Grove, MK2 3QH **T:** 01908 274038

WEST BLETCHLEY WELLBEING COUNSELLING SERVICE

Community Counselling Service

Residents of West Bletchley MK3 who need some support and counselling can access up to eight sessions of free counselling. Self-referrals only.

Counselling Service

For other residents of Milton Keynes who feel they would benefit from help with a variety of emotional difficulties. Charged for service

A: 221a Whaddon Way, MK3 7DZ **T:** 01908 370860 **E:** ecounselling@wbwbcounselling.org.uk **www.wbwbcounselling.org.uk**

VOLUNTARY AND COMMUNITY HEALTH

ALZHEIMER`S SOCIETY

National charity offering help and support to those affected by dementia. Information is available on all aspects of dementia, from diagnosis to care. Online chat available. T: 03002 221122 E: via website www.alzheimers.org.uk

Alzheimer`s Society Milton Keynes

Offering information, activities and support for people with dementia, their carers, family & friends. For further information on any of the groups below, please contact the main office. Mon-Fri 9am-5pm A: Suite 433A, 2nd Floor, Margaret Powell House, 417 Midsummer Blvd, CMK, MK9 3BN T: 01908 232 612 E: miltonkeynes@alzheimers.org.uk
www.mkalzheimers.org.uk

DEMENTIA SUPPORT

Dementia support workers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. They offer support face to face, over the phone or in writing. Mon-Fri 9am-5pm

All Hands on Deck

Activity group for under 65s who have been diagnosed with dementia, their carers and family. Mon fortnightly 2-4pm A: Based at Margaret Powell House, 417 Midsummer Boulevard, Milton Keynes MK9 3BN

Carers Support Group

A peer support group for those who care for dementia sufferers. The sessions offer the chance to get information, ask questions and share experiences in a safe and supportive environment. Wed fortnightly 10.30am-12.30pm

A: Suite 433A, 2nd Floor, Margaret Powell House, 417 Midsummer Blvd, CMK, MK9 3BN

Activity Groups

Groups give people affected by dementia the opportunity to take part in structured activities. Run by a facilitator, the groups also offer a chance to relax and socialise.

Tue 10am-12noon A: Swiffen Harris Hall, London Rd, Stony Stratford, MK11 1JA

Last Tue of the month 2-4pm A: Shenley Wood Retirement Village, Chalkdell Drive, MK5 6GJ

Wed fortnightly 1.30-3.30pm A: Frank Moran Centre, Melrose Avenue, Bletchley, Milton Keynes MK3 6PA

Thu 1.30-3-30pm A: Springfield Centre, Springfield Blvd, Springfield, MK6 3JH

Singing for the Brain

Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a variety of familiar and new songs.

Mon fortnightly 2-3.45pm A: The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes MK6 3EB

Mon fortnightly 10.30am-12.15pm A: Heron Lodge Guide Centre, Bradwell Road, Loughton Lodge, Milton Keynes MK8 9AA

ARTHRITIS CARE

National charity helping people who live with arthritis. Also gives advice on work, diet and coping with pain. Online Forum available. T: 08088 004050 E: helplines@arthritiscare.org.uk
www.arthritiscare.org.uk Note: details due to change in August 2018

BOSOM PALS (MK)

Support for current and past patients with breast cancer. Speakers, events. Volunteer telephone support and visits. 1st Tue of the month 7.30-9.30pm A: The Peartree Centre, Peartree Bridge, MK6 3EB. 3rd Tue of the Month 2-4pm A: Dobbies, Belvedere Lane Watling Street, Milton Keynes MK17 9JH T: 01908 610598 or 07910732819 (Jaff Newton)

E: bosompalsmk@gmail.com www.bosompals-miltonkeynes.btck.co.uk

BRITISH LUNG FOUNDATION

For those with breathing problems. T: 03000 030555 (Mon-Fri 9am-5pm) www.blf.org.uk

BREATHE EASY MILTON KEYNES

Support group for people with chest and respiratory conditions. With speakers. 3rd Wed of the month 2-4pm A: Whaddon Medical Centre, 25 Witham Court, Bletchley, MK3 7QU

T: 0300 3030253

DIABETES UK

National help for people with Diabetes. T: 0345 1232399 E: helpline@diabetes.org.uk
www.diabetes.org.uk

DIABETES UK Milton Keynes Local Group

For people with diabetes and their carers. Speakers, annual plant sale. Raises money for research. 3rd Thu of the month 7.30-9.30pm A: Centrecom (behind the Library), 602 North Secklow Gate, Central Milton Keynes, MK9 3BJ T: 01908 661039 or Mob 07964161792 01908 243089 (Specialist Nurses) E: miltonkeynes.diabetesukgroup@gmail.com

www.miltonkeynes.diabetesukgroup.org

DIFFERENT STROKES MILTON KEYNES GROUP

Weekly exercise class tailored for stroke survivors of all ages, followed by social time with refreshments. Social events during the year. New members welcome with or without partners/carers. Tue 2-4pm A: Shenley Leisure Centre, Burchard Close, Shenley Church End, MK5 6HF T: 07724 137489 or 01908 201396 (Avril Pucci) E: avrilchristine49@yahoo.co.uk

EPILSEPSY ACTION

Member-led association improving the lives of everyone affected by epilepsy. T: 08088 005050 Mon-Fri 8.30am-5.50pm E: helpline@epilepsy.org.uk www.epilepsy.org.uk

Epilepsy Action - Milton Keynes

Coffee and chat in a relaxed setting. 1st Tue of the month 10.30am-12.30pm A: Eaglestone Restaurant, Milton Keynes Hospital, Standing Way, MK6 5DL T: 07871 451476

ICUSTEPS

For former intensive care patients and their relatives. The group aims to improve care and support during the long recovery after ICU. Drop-in available every six weeks. Dates on website. A: The Peartree Centre, Peartree Bridge, MK6 3EB E: via website

www.icusteps.org/support/miltonkeynes

LOOK GOOD FEEL BETTER

Workshops helping women regain their confidence after treatment through a specially designed routine showing skincare and makeup techniques. Referrals via MKUH. 3rd Thu of the month 12.30-3.30pm A The Peartree Centre, Peartree Bridge, MK6 3EB T: 01908 996563 (Macmillan Cancer Support Service) E info@lgfb.co.uk www.lookgoodfeelbetter.co.uk

LYMPHOMA ASSOCIATION Milton Keynes Support Group

Offers emotional support to people affected by Hodgkin or non-Hodgkin lymphoma. With guest speakers, discussions and other activities. 1st Thu of the month 2-4pm A: The Peartree Centre, Peartree Bridge, MK6 3EB E: information@lymphomas.org.uk

MACMILLAN CANCER SUPPORT

National Cancer Charity. Also offers an online community for those affected by cancer. T: 08088 080000 Mon-Fri 9am-8pm E: via website www.macmillan.org.uk

Macmillan Cancer Information and Support Service

For all those affected by cancer. Offering complementary therapy treatments, counselling, benefits advice and support, including hair loss support service and a 'singing club'. **A:** Macmillan Unit, Milton Keynes, General Hospital, Standing Way, Eaglestone, MK6 5LB **T:** 01908 996563 Mon-Fri 9am-5pm **E:** macmillan.info@mkuh.nhs.uk

MILTON KEYNES COMMUNITY CARDIAC GROUP

Provides support to people with cardiac conditions and/or COPD. The group organises safe 2hr exercise and relaxation sessions, led by health professionals. Social events throughout the year. Mon-Thu daytime; Tue & Thu evenings. **A:** Hinton Hall, 296a Whaddon Way, MK3 7GB **T:** 01908 632999 (Gill Robinson) **E:** enquiries@mkccg.org **www.mkcardiacgroup.org**

MKCCPP (Milton Keynes Cancer Patient Partnership)

Has a directory of Cancer Support Charities that can help locally. **E:** info@mkcpp.org **mkcpp.org/mk-cancer-resources-directory**

MILTON KEYNES PROSTATE CANCER SUPPORT

Patient group promotes awareness and provides support to those with prostate cancer and other prostate problems. Regular events and meetings with speakers. **A:** Shenley Wood Village, Chalkdell Drive, MK5 6GJ **T:** 01280 848329 **E:** info@prostatemk.org **www.prostatemk.org**

MILTON KEYNES MULTIPLE SCLEROSIS THERAPY GROUP

The centre offers a range of alternative therapies for those diagnosed with MS and certain other ailments. **A:** Milton Keynes Therapy Centre, 4 Hollin Lane, Stacey Bushes, MK12 6HT **T:** 01908 225907 **E:** mkmsttherapygroup@btconnect.com **www.mkmsttherapygroup.btck.co.uk**

MS SOCIETY Milton Keynes and District Branch

Regular events for those with MS and their carers. Grants also available.

T: 01908 239151 **E:** info@mkms.org.uk

www.mssociety.org.uk/near-me/branches/milton-keynes-and-district-branch

Drop-in – Friendly chat over tea, coffee and cakes. Last Tue of the month 10.30am-12.30pm

A: The Peartree Centre, 1 Chadds Lane, Peartree Bridge, MK6 3EB **T:** 01908 315373 (Marie Collins)

Swim Club – The society has exclusive use of a local pool for a swim or water aerobics sessions with a qualified instructor. Every Thu in term time 10.45am-12noon **A:** Leon Leisure Centre, Fern Grove, Bletchley, MK2 3HQ **T:** 01908 315373 (Marie Collins)

Get-Togethers – Meet others with MS and their carers for a friendly chat over tea and coffee. 2nd Fri of the month from 2pm **A:** Dobbies Garden Centre Coffee Shop, Belvedere Lane, Watling St, MK17 9JH **T:** 01908 236553 (Barbara Slater)

Social get-togethers – Get together and chat for those who can't make daytime events. 1st Thu of the month from 6pm **A:** The Moon Under Water Pub, Xscape, Central MK

NATIONAL OSTEOPOROSIS SOCIETY

Dedicated to improving the diagnosis, prevention and treatment of osteoporosis, offering a range of services for health professionals and the general public. **T:** 08088 000035 (service provided by trained nurses) Mon- Fri 9am-5pm **E:** nurses@nos.org.uk **www.nos.org.uk**

PARKINSON'S UK

Milton Keynes Support Group Last Wed of the month 2-4pm. For people with Parkinson's and their carers. Information, activities, support, fundraising events.

www.parkinsons.org.uk

NEWPORT PAGNELL MEMORY CLUB

2nd and 4th Thurs of the month 2.30-4pm at The Brooklands Centre, Ousebank St, Newport Pagnell MK16 8AN. For older people living independently with a diagnosis of dementia. Friendship, support and activities. £1.50 per session. **T:** 01908 614749

REIKI GROUP MK

Free monthly clinic offering 15 minutes of relaxing Reiki treatment. 2nd Thu of the month 7.30-9pm **A:** St Michael's Priory, Newport Rd, MK15 9AA **www.reikigroupmk.co.uk**

STROKE: MILTON KEYNES TALKBACK CLUB

For people with aphasia due to a stroke. Social activities help confidence and speech. Occasional outings, lunches. Fri 9.30am-12pm **A:** The Peartree Centre, Peartree Bridge, MK6 3EB **T:** 01908 672615 (Gill Norris) **E:** gill.norris@btinternet.com **T:** Stroke Assoc. Helpline: 0303 3033100 **www.stroke.org.uk**

WE'RE IN THE PINK

Breast cancer support group. Join for a chat and advice. Last Tue of the month 7pm **A:** Bucken House, Castle Rd, Lavendon, MK46 4JD **E:** via **www.wereinthepink.btck.co.uk**

WILLEN HOSPICE

Specialist end of life care for adults, focusing on symptom control, emotional and spiritual support, and help for carers. **A:** Milton Rd, Willen Village, MK15 9AB **T:** 01908 663636 (General Enquiries) or 01908 306962 (Advice line) **E:** info@willen-hospice.org.uk **www.willen-hospice.org.uk**

HOUSE, HOME AND INDEPENDENT LIVING

GENERAL

ADULT SOCIAL CARE ACCESS TEAM (ACCESS)

Contact the team for information and advice on assessments, public health or safeguarding. **A:** Civic Offices, 1 Saxon Gate East, CMK, MK9 3EJ **T:** 01908 253772 (Mon-Fri 9am-5.15pm) **Emergency Out of Hours number** 01908 725005 **E:** access@milton-keynes.gov.uk

ELDERLY ACCOMODATION COUNSEL – FIRSTSTOP

Information and advice for older people to help meet their housing and care needs. The website provides a national database of specialist housing and care services for older people. **A:** 3rd Floor, 89 Albert Embankment, London, SE1 7TP **T:** 0800 377 7070 **E:** via **www.housingcare.org**

HOUSING OMBUDSMAN SERVICE

Improving relations between tenants and landlords. Offers templates that can be completed for instigating complaints. **A:** Exchange Tower, Harbour Exchange Square, London E14 9GE **T:** 03001 113000 (Mon-Fri 9.15am-5.15pm) **E:** info@housing-ombudsman.org.uk **www.housing-ombudsman.org.uk**

MILTON KEYNES COUNCIL

Please note that the Council does not have a housing waiting list. They offer advice about individual housing options according to your circumstances. In exceptional circumstances, if there are no other options and you are in the highest housing need, you may be offered a homeless application or a housing options scheme application.

Housing Options Service

The Service aims to help MK residents to ensure their living conditions are safe, including:

Homelessness Prevention

Those threatened with losing their homes can get free advice and assistance from the Council. This includes help with tenancy rights in both social and private housing, welfare, court proceedings and supported accommodation.

Illegal Eviction and Harassment from Landlords

Illegal Eviction is where the landlord is making threats or forcing you to leave your property. Harassment includes behaviour where the landlord is threatening and violent, interfering with your possessions or entering your home without prior arrangement (unless an emergency). Both Harassment and Illegal Eviction are criminal offences, and the MKC can recommend and instigate action to protect residents.

T: 01908 253481 **E:** homeless.enquiries@milton-keynes.gov.uk **www.milton-keynes.gov.uk**

The Repairs Service Centre

Helps tenants in MK Council properties arrange general repairs. **T:** 08000 354466 (Mon-Fri 9am-5.15pm **or** 01908 254466 for Emergencies only **E:** mkcrepairs@milton-keynes.gov.uk For gas heating systems or hot water please contact: Wheldon Contracts and Services Ltd **T:** 01908 211559 **or** 0800 2946262

Private Sector Housing Team

Through the Council, the Team works with house owners and landlords, helping with disrepair and safety in private properties, privately rented accommodation and housing association properties. Home owners over 60 who can't afford essential repairs may be eligible for financial assistance. **T:** 01908 252664 **E:** privatesectorhousing@milton-keynes.gov.uk

Sheltered Housing

There are several standard Sheltered Housing schemes across MK designed for people over 60. They provide a safe, secure and supportive environment for those wanting to live independently. **T:** 01908 222616 **E:** sheltered.housing@milton-keynes.gov.uk

SHELTER

Housing advice helpline, offering support for all housing situations. Please note that Shelter no longer operates in Milton Keynes. **T: Emergency** 0808 1634044 **Helpline** 0808 3014692 **E:** info@shelter.org.uk **www.shelter.org.uk**

WINTER NIGHT SHELTER

Overnight accommodation for homeless and vulnerable people who would otherwise be sleeping rough. From December to March. **A:** The Ridgeway Centre, Featherstone Rd, Wolverton Mill South, MK12 5TH **E:** welfare@winternightsheltermk.com **www.winternightsheltermk.com**

ENERGY AND WATER

AGE UK MILTON KEYNES HOME ENERGY CHECKS

Free seasonal service for those aged 55+. Advice and practical energy-saving devices to reduce electricity, gas and water bills. **T:** 01908 557885 **E:** info@ageukmiltonkeynes.org.uk

ANGLIAN WATER

Supplies water to local homes and businesses. Contact them for information about water meters, burst pipes and other water related issues.

Billing & General Enquiries – 03457 919155 (Mon-Fri 8am-8pm; Sat 9am-1pm)

Water Supply and Sewerage, Leaks – Operation Team 03457 145145 (24hrs/7days)

Minicom 08009 175901 (24hrs/7days) **E:** customerservices@anglianwater.co.uk

www.anglianwater.co.uk

Anglian Water Assistance Fund

To support customers in financial hardship. Application via www.anglianwater.co.uk or via Charis Grants, who monitor the grants. T: 01733 421060

Watercare Services

Older people, those with health issues and disabilities can apply to register to have their water bills capped. T: 03457 919155 **Minicom** 08009 175901

BRITISH GAS ENERGY TRUST

The Trust aims to help those suffering from fuel poverty and award grants to clear energy debts and to purchase energy efficient white goods and boilers. T: 01733 421060 W: www.britishgasenergytrustorg.uk

ENERGY SAVING TRUST

Free, independent advice on saving energy in your home. T: 03001 231234 (Mon-Fri 9am-8pm) E: energy-advice@estorg.uk www.energysavingtrustorg.uk

NATIONAL ENERGY FOUNDATION

Independent national charity that helps people save energy and money. A: The National Energy Foundation, The National Energy Centre, Davy Ave, Knowlhill, MK5 8NG T: 01908 665555 E: info@nef.org.uk www.nef.org.uk

Explaining Energy Entitlements

Winter Fuel Payment: People born on or before 5 May 1953 are eligible for a payment of £100-£300 from the Government. Those on state pensions, pension credit, jobseekers and other benefits will be automatically eligible and do not have to apply. Those who are not on a state pension have to apply

Cold Weather Payment: Paid automatically to eligible older people when temperatures hit zero degrees Celsius for seven consecutive days.

Warm Home Discount: Those on Pension Credit may be eligible for a £140 rebate on their energy bills. Letters are sent out in December. For more information T: Pension Service via 0800 7310160

INDEPENDENT LIVING

AGE UK LIFEBOOK

The LifeBook is a free booklet where you can write important and useful information, from who insures your car to where you put the TV licence. It not only helps you be more organised and find important documents easily, but it could be invaluable to others in an emergency. T: 0345 685 1061 (quote ALL 721) www.ageuk.org.uk

AGE UK MILTON KEYNES TRUSTED TRADER SCHEME

Free listing of vetted local contractors who can help with decorating, electrics, gardening and landscaping, gutters, locksmiths, plumbing and heating, patio washing, stair lifts/mobility aids and general maintenance. Please visit our website for details or ring us. T: 01908 550700 E: info@ageukmiltonkeynes.org.uk

AGE UK MILTON KEYNES INDEPENDENT LIVING SERVICE

For those aged 55+. The service provides the support you need to help you carry on living independently. Visits can be as regular as needed, includes light housework, shopping, spring cleaning, handyperson and gardening, taking you to appointments or on visits. Charged at an hourly rate. T: 01908 557874 E: info@ageukmiltonkeynes.org.uk

AGE UK MILTON KEYNES DEEP CLEAN SERVICE

Undertaking intensive domestic cleaning to enable an older person to live in a hygienic and safe home. Jobs are assessed individually. **T: 01908 557874**
E: info@ageukmiltonkeynes.org.uk

CARERS TRUST THAMES

Charity offering charged for services to help people remain independent in their own home. Offering care, companionship and practical help, the services also including footcare and bathing service. **T: 01908 260444** **E: info@carerstrustthames.org.uk**
www.carerstrustthames.org.uk

COMMUNITY ALARM SERVICE AND TELECARE

24-hour emergency alarm service that supports independent living for anyone living in the borough of Milton Keynes. Other aids are also available, including fall detectors, medical dispensers and carbon monoxide detectors. Charges apply; those on means tested benefits may pay a reduced rate. **T: 01908 222616 or 01908 311773 (out of office number)** **Minicom 01908 252779** **E: community.alarm@milton-keynes.gov.uk**

DIALAPEST

Working for the Council to provide domestic pest control. **T: 03444 828350 (7 days a week 9am-5pm)** **www.dialapest.co.uk/council/council.php** or via **bPCA.org.uk**

ELECTRICAL SAFETY FIRST

ESF offer practical advice on how to check safety and what to do next. **T: 0203 4635100 (Answerphone service)** **E: enquiries@electricalsafetyfirst.org.uk**
www.electricalsafetyfirst.org.uk

ENVIRONMENTAL HEALTH & TRADING STANDARDS

Contact for Animals & Pest control; Footpath/slabs/pothole issues; Graffiti; Street Cleaning; Street Lights; Winter Maintenance **T: 01908 252398** **E: envservices@milton-keynes.gov.uk**

FRESH AND FROZEN MEALS DELIVERY

Various firms will deliver frozen meals to your home and cater for special dietary needs.

Apetito – T: 01908 217254 **E: via website www.apetito.co.uk**

Wiltshire Farm Foods – T: 01525 242220 **E: via website www.wiltshirefoods.com**

Oakhouse Foods – T: 0333 370 2516 **E: paige.richardson@oakhousefoods.co.uk** via website **www.oakhousefoods.co.uk**

LIVELIFE MILTON KEYNES

This service offers social, emotional and practical help to people who might be feeling lonely or anxious. Visit your GP surgery to pick up a leaflet or to speak to a member of staff.
T: 01908 973720

MAILING PREFERENCE SERVICES

To opt out of receiving direct junk mail. **T: 0207 2913310** **E: via www.mpsonline.org.uk**

ROYAL VOLUNTARY SERVICE

Volunteers help older people stay active and independent, by shopping, accompanying to appointments and paying bills. **T: 01908 787330**
E: bedsandbuckshub@royalvoluntaryservice.org.uk **www.royalvoluntaryservice.org.uk**

RUBBISH2GO

Rubbish removal service, provides an alternative to hiring a skip. All costs are calculated before the removal. Nicole **T: 01908 410880** **E: sales@rubbish2go.net** **www.rubbish2go.net**

TELEPHONE PREFERENCE SERVICE

TPS is a free service with the official central opt-out register which records clients preference not to receive unsolicited sales or marketing calls. Register for this service via any of the contact details provided. TPS also deal with complaints. **A:** DMA House, 70 Margaret St, London W1W 8SS **T:** 0345 0700707 **www.tpsonline.org.uk**

THE CINNAMON TRUST

National charity for the elderly, terminally ill and their pets. Volunteers help with looking after animals, from fostering to arranging long-term care. **A:** 10 Market Square, Hayle, Cornwall, TR27 4HE **T:** 01736 757900 (Mon-Fri 9am-5pm) **E:** admin@cinnamon.org.uk **www.cinnamon.org.uk**

TRADING STANDARDS MILTON KEYNES

Trading Standards points you to appropriate organisations. **T:** 03454 040506 **www.milton-keynes.gov.uk/environmental-health-and-trading-standards/tradingstandards**

WAVELENGTH

Provides televisions and radios for people who lonely and isolated people. Through third party referrals only. **T:** 0800 0182 137 **E:** info@wavelength.org.uk **www.wavelength.org.uk**

CARERS SUPPORT

AGE UK MILTON KEYNES RELIEF CARE SITTING SERVICE

For those aged 55+. Sitting service to enable those caring for an older person to have a much-needed break. Charged by the hour. **T:** 01908 557874 **E:** info@ageukmiltonkeynes.org.uk

CARERS MILTON KEYNES

Support, advice and information for carers. Various drop ins – see website for details. A carers discount card is available to use around MK. **A:** Margaret Powell House, 439 Midsummer Blvd, CMK, MK9 3BN. **T:** 01908 231703 (Mon, Tue, Thu, Fri 9am-5pm; Wed 9am-7.30pm; telephone support service on the 1st Sat of the month 9am-12.30pm) **E:** mail@carersmiltonkeynes.org **www.carersmiltonkeynes.org**

CARERS TRUST THAMES

Respite care service for carers. Help with personal care, specialist care (including dementia). **T:** 01908 260444 **E:** nbmk@carerstrustthames.org.uk **www.carerstrustthames.org.uk**

FAMILY AND FRIENDS CARERS - KINSHIP MILTON KEYNES

For grandparents who have taken legal parental responsibility or are going through the process. Occasional speakers. Local outings in the school holidays. Tue term time 10am-12 noon **A:** Kents Hill Community Centre, Frithwood Crescent, MK7 6HQ **T:** 01525 753422 **E:** grandparent.sg@ntlworld.com **www.grandparentsupportgroup.org.uk**

SPORT AND FITNESS

LEISURE CENTRES, EXERCISE AND SWIMMING

1LIFE

In partnership with the Milton Keynes Council, 1Life operates the following leisure centres. Activities and facilities vary according to site.

Brooklands Community Sports Pavilion

A: Countess Way, Brooklands, MK10 7HN **T:** 01908 049383 **E:** brooklands@1life.co.uk

Broughton Community Sports Pavilion

A: 139 Tanfield Lane, MK10 7NJ **T:** 01908 662054 **E:** broughton@1Life.co.uk

The Depot

A: The Pavilion, Newport Rd, MK6 3EA **T:** 01908 968565 **E:** WoughtonOTG@1Life.co.uk

Windmill Hill Golf Centre and Fitness Studio

A: 1Life Windmill Golf Centre and Health and Fitness Studio, Tattenhoe Lane, Bletchley, MK3 7RB

T: Golf 01908 6331113 **E:** WindmillhillGC@1life.co.uk

T: Fitness Studio 01908 368407 **E:** WAWindmillHillGC@1life.co.uk

Woughton Leisure Centre

Aerobics, swimming, badminton, table tennis, use of gym. 50+ sessions (small fee) on Tue & Thu 1-2pm. **A:** 1Life at Woughton Leisure Centre, Rainbow Drive, Chaffron Way, MK6 5EJ

T: 01908 660392 **E:** WoughtonLC@1Life.co.uk

Woughton on the Green Playing Fields

If you have been inactive for a long time or have pre-existing medical condition and are worried about exercising, AMKERS can help. Referral via your GP or health professional. **T:** 01908 253154 **E:** exercise.referral@milton-keynes.gov.uk

BLETCHLEY LEISURE CENTRE

Swimming pool, gym, dance studio and indoor cycling studio. Sports include squash, badminton and short mat bowls. Range of fitness classes for all ages, including Zumba Gold, Pilates, Yoga and Fitsteps. Membership or pay as you go **A:** Princes Way, Bletchley, MK2 2HQ **T:** 01908 377251 www.hertsmereleisure.co.uk

FABS

Fitness routines for over 50s. Various centres around Milton Keynes

www.moveitorloseit.co.uk

MIDDLETON POOL AND FITNESS CENTRE

Unstructured swimming sessions for 50+. Women only sessions. Check for times /sessions

A: Tickford St, Newport Pagnell, MK16 9BG **T:** 01908 610477

www.placesforpeopleleisure.org/centres/middleton-pool

MILTON KEYNES NORDIC WALKING

Friendly group of instructors passing on their passion for Nordic Walking. For all ages and levels of fitness. **T:** 02071 180607 **E:** via website www.miltonkeynesnordicwalking.co.uk

NEWPORT PAGNELL: BROOKLANDS CENTRE

Tai Chi For 50+. Tue 9.00-10am

Seated Exercise Group Armchair exercises, games, light lunch. Thu 10am-1.30pm

A: Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com

www.thebrooklandscentre.co.uk

SHENLEY LEISURE CENTRE

Range of specialist classes, including Yoga, Pilates and Zumba. Also badminton, squash, table tennis and tennis facilities. Forever Fit (50+) sessions available. **A:** Burchard Crescent, MK5 6HF **T:** 01908 502488 **E:** enquiries@shenleyleisurecentre.co.uk

www.shenleyleisure.org.uk

STANTONBURY ARTS & LEISURE CENTRE

Range of fitness sessions, including Zumba, yoga, swiss ball and Tai Chi. Also 50+Club Fri 3pm-5pm **T:** 01908 324466 **E:** customerservice@stantonbury.org.uk

www.stantonburyleisure.co.uk

WALKING FOR HEALTH

Range of walking groups to suit walkers of all fitness levels lasting 30, 60 or 90 minutes. **T:** 01908 253619 **E:** lisa.carvell@milton-keynes.gov.uk **www.walkingforhealth.org.uk**

BADMINTON AND TABLE TENNIS

BLETCHLEY TABLE TENNIS CLUB - TABLE TENNIS 4 ALL

Table tennis sessions organised by Professional Table Tennis Coach Stephen Baggaley. Total beginners welcome. £5 per session. Every Tuesday 10-11.30am. Contact: Stephen Baggaley **T:** 07815 123225 **A:** Bletchley Leisure Centre, Princes Way, Bletchley, Milton Keynes MK22HQ **E:** baggaley1@hotmail.com

KINGSTON TABLE TENNIS

Table tennis for players of all standards. **A:** Table Tennis Centre, Kingston District Centre, MK10 0AM **T:** 01908 282156 **www.mkttl.co.uk**

LOUGHTON: 50+ Drop in

For 50+ who know or want to learn how to play Badminton and socialise. Social activities including cycling and bowling. Mon 12.30-2pm; Wed 12noon-2pm **A:** The National Badminton Centre, Bradwell Rd, Loughton Lodge, MK8 9LA **T:** 01908 578300 **www.nbc.uk.com**

OLNEY: TABLE TENNIS CLUB FOR 50+

Come along to the evening open session Thu 7.30-9pm to see it in action and find out more about membership. Members only Mon & Fri 10-11.30am **A:** The Olney Centre, High St, MK46 0EF **T:** 01234 711679 or 01234 712461 (Lynda Batty) 01933 663631 (Secretary - Sheila French)

WOLVERTON: THE FEATHERS BADMINTON CLUB

Friendly non-League group. Wed 2-4pm from September to May **A:** Millmead Hall, MK12 5TN **T:** 01908 373966 (Janet Baldwin)

BOWLS CLUBS

BLETCHLEY: SHORT MAT BOWLS CLUB

Indoor bowls. Mon 2-4pm **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

LAVENDON: THE RASCALS (Short Mat Bowls Club)

Small and friendly group. Beginners welcome. Tue 7.30-9.30pm & Fri 10am-12 noon **A:** Lavendon Village Hall, MK46 4HA **T:** 01933 663558 (Dorothy Biggs)

MILTON KEYNES MOLES BOWLS CLUB

Green bowling for visually impaired people. Outdoors in summer. **A:** Bradwell Bowls Club, Bradwell, MK13 9AN Indoors in winter. **A:** Bletchley Leisure Centre, Princes Way, MK2 2HQ **T:** 01908 670270

SHERINGTON SHORT MAT BOWLS CLUB

Preference given to villagers, others welcome if there are vacancies. Mon 2-4pm & Fri 7-9pm **A:** Village Hall, MK16 9NZ **T:** 01234 211153 (Sheila Quinn)

STONY STRATFORD BOWLS CLUB

Lawn bowls April-September, with a full social programme of events during winter. Club can be visited each evening from 6pm. **A:** Ancell Trust Sports Ground, Ostlers Lane, Stony Stratford, Milton Keynes MK11 1AR **T:** 01908 507676 **E:** via website www.stonystratfordbowlsclub.co.uk

LOCAL SPORTS

BLETCHLEY: TAI CHI

Gentle exercise with trained Tai Chi teacher. Fri 11.30am-12.30pm. **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

BLETCHLEY: YOGA

Gentle exercise with yoga. Fri 9.30-11am. **A:** West Bletchley Community Centre, 3 Porchester Close, Bletchley, MK3 6BH **T:** 01908 374122

MILTON KEYNES SAILABILITY

Enables less-able people to sail with or without an instructor in a safe and supportive environment. No experience required. Volunteers with sailing experience welcome. Selected Sat/Wed, March-September **A:** MK Sailing Club, Caldecotte Lake, MK7 8NE **T:** 07910 086743 (Tim Harpin) or 07475781734 (Anna Ross)

E: sailabilitymk@gmail.com. www.mksailability.com

NEWPORT PAGNELL: BROOKLANDS CENTRE EXERCISE & ACTIVITIES GROUP

Seated exercises, games, light lunch. Transport available. Thu 10am-1.30pm **A:** Ousebank St, MK16 8AN **T:** 01908 614749 **E:** brooklands.centre@btinternet.com
www.thebrooklandscentre.co.uk

STANTONBURY: FRIDAY 50+ CLUB

Short mat bowls and swimming. Fri 3.15-5.15pm (school term-time only) **A:** Stantonbury Arts and Leisure Centre, MK14 6BN **T:** 01908 631458 (Mr R Patching) **E:** rpatching@yahoo.co.uk

STONY STRATFORD CROQUET CLUB

Become a member (various options) and learn to play croquet. Club days, Fun days and Matches **A:** Ancell Trust Sports Ground, Ostlers Lane, Stony Stratford, Milton Keynes MK11 1AR **T:** Roy Healey 01908 566345
E: roy.healey@btinternet.com www.stonystratfordcroquetclub.com

THE PARKS TRUST

Sports and activity clubs around MK, from water sports to archery. More information available on the website. **T:** 1908 233600 **E:** info@theparkstrust.com
www.theparkstrust.com

WAVENDON GATE: FRIENDLY NEIGHBOURHOOD CLUB

Non-league short mat bowls, cards, darts. Beginners welcome. 7-9.30pm. 1st, 2nd, 4th Tuesday of month – club night 3rd Tue of the month, meal out. **A:** Wavendon Gate Pavilion, Isaacson Drive, Wavendon Gate, MK7 7RZ **T:** 01908 540288 Marlene Lunny

WOLVERTON: YOGA

Yoga, meditation and relaxation for all abilities and ages. **A:** The Old Bath House, 205 Stratford Rd, MK12 5RL www.letschill.co.uk

TRANSPORT AND MOBILITY

BLUE BADGE SCHEME

For people with severe mobility problems to use for parking close to where they need to go. The scheme operates throughout UK, and is managed by local authorities. Application forms available from Milton Keynes Council. **T:** 01908 253449 **E:** bluebadge@milton-keynes.gov.uk. **www.milton-keynes.gov.uk/highways-and-transport**

BRITISH RED CROSS

MOBILITY AIDS

Short-term loans and aids to daily living e.g. wheelchairs, commodes and walking aids. Mon 2-4pm; Tue & Thu 1-3pm

TRANSPORT SUPPORT

Supports people providing transport for medical appointments and essential daily needs.

A: Unit 3 Joplin Court, Sovereign Business Park, Crownhill, MK8 0JP

T: 01908 578327 **www.redcross.org.uk**

CARVER CARE AND MOBILITY

Range of equipment available to aid independent living. Mobility scooters (new and second-hand), riser recliners, wheelchairs and stair-lifts. Also do repairs and servicing. Hiring wheelchairs is also available for a small deposit. **Bletchley Mobility Shop A:** 98 Queensway, MK2 2RX **T:** 01908 644133 **Newport Pagnell Shop A:** 26 High St, MK16 8AQ **T:** 01908 218191 **E:** mail@carvercare.co.uk **www.carvercare.co.uk**

VOLUNTEERING MATTERS DRIVERS SCHEMES

For help and support with transport to healthcare and other essential appointments and activities. Volunteer car drivers (DBS checked) provide safe and reliable transport for older people to get out and about, and access medical services or social activities. All drivers have received appropriate training. For information or if you would like to become a volunteer driver contact. **T:** 01908 670309 **E:** sarah.thurstans@volunteeringmatters.org.uk

DISABLED MOTORING UK

Promotes mobility for disabled people. Campaigns, supports and advises disabled drivers, passengers, scooter and wheelchair users. **T:** 01508 489449 **E:** info@disabledmotoring.org **www.disabledmotoring.org**

DRIVING MOBILITY

Independent organisation offering information about cars for people with medical conditions. Adaptations, driving lessons and assessments for older drivers available. **T:** 01872 672520 **E:** info@drivingmobility.org.uk **www.drivingmobility.org.uk**

MILTON KEYNES CENTRE FOR INTEGRATED LIVING (MKCIL)

Display area with living aids for the bathroom, kitchen and lounge, including a working stair lift. RADAR disabled toilet keys available (at a small charge). Mon-Fri 10am-4pm **A:** 330 Saxon Gate West, CMK MK9 2ES **T:** 01908 231344 **Minicom** 01908 231505 **E:** info@mkcil.org.uk

MILTON KEYNES COMMUNITY TRANSPORT

A door-to-door service for those with mobility impairments, or those for whom it would be unsafe to use the bus. Membership applies and bookings must be made 7 days in advance. Single or return fares. Minibuses with tail lifts and seatbelts are available for hire. **T:** 01908 252266 (Mon-Fri 8am-5pm) **E:** community.transport@milton-keynes.gov.uk

MILTON KEYNES COMMUNITY EQUIPMENT SERVICE

Operated by Millbrook Healthcare on behalf of Milton Keynes Council and Milton Keynes CCG. Access to equipment (hoists, hospital beds, toileting and bathing aids etc) is via District Nurses, Community Occupational Therapists or Physiotherapists (walking aids). **ASCAT**
T: Access Team on 01908 253772 **E:** ascat@milton-keynes.gov.uk. **MILLBROOK** **T:** 0333 2408995 **A:** Unit 3, Denbigh Hall, Bletchley, MK3 7QT
E: miltonkeynescontactus@millbrookhealthcare.co.uk

MILTON KEYNES WHEELCHAIR SERVICE

Provides assessments for manual and electronically powered wheelchairs. Referrals via health practitioners. **A:** Whalley Drive, Bletchley, MK3 6EN **T:** 01908 725377
E: mk.wheelchairs@mkchs.nhs.uk

NEWPORT PAGNELL EMERGENCY HELP SCHEME

For residents of Newport Pagnell who need transport to a clinical appointment. For information or to volunteer contact EHS chair John Gordon 01908 612060 . Call a co-ordinator on **T:** 01908 616718, 01908 615131, 01908 610575, 01908 612816
E: jandagordon@yahoo.co.uk

NHS TRANSPORT SERVICE

For free transport to and from appointments. Subject to conditions. **T:** 03001 000015

NATIONAL RAIL ENQUIRIES

For all enquiries for accessibility and journey planning **T:** 0800 0223720 Textphone/minicom 0845 60 50 600 www.nationalrail.co.uk/stations_destinations/disabled_passengers

OLDER AND DISABLED PERSON'S BUS PASS

Free bus travel in England 9.30am-11pm. Applications online or via the Civic Offices. **A:** Bus Card Section, Civic Offices, CMK, MK9 3HN **T:** 01908 254660 **E:** buscards@milton-keynes.gov.uk www.milton-keynes.gov.uk (Search for Older Persons Bus Pass)

PETS2PLACES



Transport and Mobility, Pet care / rehoming.

A pet taxi service to support you when you need to take your pets to the vets/groomers etc.
T: 07548926220 **E:** info@pets2places.co.uk www.pets2places.co.uk

TAXIS THAT TAKE WHEELCHAIRS

Wheelchair Taxi Bus Service **T:** 07802 847503

Skyline Taxis **T:** 01908 222111 (can take folding wheelchairs)

Bounds Cabs **T:** 01908 218218 (check availability during busy periods)

TRAVELINE

Information service on buses, coaches, trains and ferries. Uses the most up to date information on routes to make journey planning easier. **T:** 08712 002233 (Customer Services 01142211282) **Text Service** 84268 www.traveline.info

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Ambulance, Fire, Police emergencies	999	Age UK Milton Keynes	01908 550700
Anglian Water	03457919155	Environment Agency Floodline (24/7)	03459881188
Gas Emergencies	0800 111 999	Milton Keynes Council	MK 691691
Milton Keynes Hospital	01908 660033	Social Services (ASCAT)	01908 253772
Police: routine enquiries	101		

AGE UK MILTON KEYNES SHOPS

Our shops depend on your generous donations and all money raised enables us to provide essential support to older people in Milton Keynes.

Newport Pagnell

58a High St, Newport Pagnell, MK16 8AQ T: 01908 217941

Olney

18 High St, Olney, MK46 4BB T: 01234 240582

Woburn Sands

55 High St, Woburn Sands, MK17 8QY T: 01908 583138

Wolverton

7 Radcliffe St, Wolverton, MK12 5DQ T: 01908 221442

Wolverton Books

202 Stratford Rd, Wolverton, MK12 5RL T 01908 319620

Bletchley Home Store

43 Queensway, Bletchley, MK2 2DR T: 01908 645678

Furniture Store at Kiln Farm

6 Burners Lane, Kiln Farm, MK11 3HB T: 01908 263838

Stony Stratford Furniture Store

23 High St, Stony Stratford, MK11 1AA T: 01908 562830

West Bletchley

7 Melrose Ave , MK3 6PB T: 01908 415545

FURNITURE COLLECTION - We can collect larger items of saleable furniture from your home in the Milton Keynes area free of charge. T: 01908 263838



Age UK Milton Keynes

01908 550700

www.ageukmiltonkeynes.org.uk

Registered charity 1079773

The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes MK6 3EB