

Are you in or around MK? Living with cancer?

Recovering from cancer treatment? Caring for a cancer patient?

Here's some welcome help from the...

MKCPP

Milton Keynes Cancer Patient Partnership

Why we're sharing the caring for cancer in Milton Keynes

Dealing with cancer is hard. We know that because all of us patient and carer representatives in the MKCPP (Milton Keynes Cancer Patient Partnership) have been there. And our key partners – the dedicated, devoted cancer professionals – know that, too.

The NHS and a variety of excellent charities like Macmillan do a truly wonderful job in helping cancer patients, their carers, family and friends – with generic resources that cover most aspects of the cancer journey. But because the MKCPP's Sharing the Caring for Cancer in Milton Keynes project is **based locally**, working together with local health professionals we can provide you with even more information on groups and activities you might find helpful, based either in MK or nearby.

Needless to say if you know of any other organisations, groups, etc. that should be on this list, please drop us a note on **info@mkcpp.org**.

All details in this directory are correct as far as possible at the time of publication. Information will be checked and updated on a regular basis.

Please note that we cannot take responsibility for any inaccuracies, but should you find one we apologise for any inconvenience you may have experienced as a result. Please do not regard the listings in this directory as third party recommendations.

Most recent update: June 2nd, 2020.

THE DIRECTORY

1. CANCER AND RELATED RESOURCES

Adult Social Care Access Team

Civic Offices, 1 Saxon Gate East MK9 3EJ

Phone 01908 253772

Email ascat@milton-keynes.gov.uk

Reablement & Hospital Discharge Team

Phone 01908 363070

Email rdht@milton-keynes.gov.uk

Adult Social Care out of hours

Phone 01908 605650

Al's Pals

Cancer buddy scheme providing company for patients at hospital appointments, on the ward, plus referral to other services, support by phone at home and end of life support.

c/o MKUH Cancer Centre

Standing Way MK6 5LD

Contact Suzanne Brown CEO

Phone 07745 601047

Email info@alspalsmk.co.uk

<https://alspalsmk.co.uk/>

Beating Bowel Cancer

National charity for bowel cancer patients and their families providing information and support

Phone 020 8973 0000

E-mail info@beatingbowelcancer.org

Nurse helpline 020 8973 0011

Nurse email nurse@beatingbowelcancer.org

www.BeatingBowelCancer.org

Bedford Laryngectomy Club

Speech and language therapy department

Phone 01234 792275

Bloodwise

Leukaemia & Lymphoma Research MK Branch

Sophie Loveday

Phone 0207 504 2253

Email sloveday@beatingbloodcancers.org.uk

Bosom Pals MK

Breast & gynaecological cancers support group

Phone 01908 610598

<http://bosompals-miltonkeynes.btck.co.uk>

Bosom Pals Bedford

Breast Cancer support group for people in the Bedford area

Phone 01234 823496

<http://www.bosom-pals.org.uk/>

Bowel Cancer Screening Programme

How to take advantage of this programme

Phone 0800 707 6060

<http://cancerscreening.nhs.uk>

Breathe Easy Milton Keynes

Support group for people with lung disease

Whaddon Medical Centre

Witham Court,

Bletchley MK3 7QU

BLF Helpline 0300 303 0253

<http://blf.org.uk/BreatheEasy/Detail/Milton-Keynes>

Breast Care Unit MK Hospital

MK Hospital Phone 01908 660033

<http://bit.ly/1w7hACQ>

Breast Friends

Breast Cancer Support Group

Phone 01908 679534 / 696805

Email carole.allan@talktalk.net

British Thyroid Cancer Trust

National charity supporting thyroid cancer patients

Phone 01207 545 469

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

British Thyroid Foundation

Helping the wellbeing of people with thyroid conditions

Regular meetings held at The Pavilion

Open University MK

Phone 01908 210310

<http://thyroidmk.co.uk>

Carers MK

Supporting carers of people with an illness or disability who otherwise could not manage without them

Margaret Powell House

439 Midsummer Blvd MK9 3BN

Phone 01908 231703

Email: mail@carersmiltonkeynes.org

<http://carersmiltonkeynes.org>

Carers Trust North Bucks and Milton Keynes

Formerly known as Crossroads Care

Mount Mill,

Stratford Road, Wicken, MK19 6DG

Phone 01908 260444

Email: info@carerstrustnorthbucks.mk.org.uk

<http://carerstrustnorthbucks.mk.org.uk>

Carers, Young, Milton Keynes

Support for young people caring for an adult

Margaret Powell Hse,

439 Midsummer Blvd

MK9 3BN

Phone 01908 231703

Email mail@carersmiltonkeynes.org

Community Urology Service

Support and information for urological problems

Phone 01908 619912

District Nursing Service

Support for both patients and carers

Phone 01908 243933

<http://bit.ly/1uSBGgt>

Grove Hotel, The

Specialises in holiday breaks for cancer patients

2 Grove Road, East Cliff

Bournemouth BH1 3AU

Phone 01202 552233

<http://thegrovebournemouth.co.uk>

Hanslope & District Cancer Wellbeing and Support Group

Meets 3rd Monday of the month, 8:00 p.m.

Coffee area, St James Church, Hanslope

Phone 01908 510747 or 510330

Email john.e.sorrell@btinternet.com

or ah.kingston@btinternet.com

Head and Neck Social Group

Luton-based support group for people with head and neck cancers

Email web@hansg.co.uk

<http://hansg.co.uk>

Henry Allen Trust, The

Providing support and advice for families battling childhood cancer

Phone 01908 631377

Email dawn@thehenryallentrust.org.uk

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

Holidays for cancer patients

Useful information about choosing appropriate holiday destinations

when you have active disease

Disabled Holidays

Phone 0800 993 0796

<http://disabledholidaydirectory.co.uk/about/travelling-with-cancer.html>

Ileostomy Association

Support for patients and carers, ileostomy and internal pouches

Freephone 0800 018 4724

Email info@iasupport.org

<http://www.iasupport.org>

In The Pink

Breast cancer support group Based in Olney, Bucks

<http://wereinthepink.btck.co.uk>

Joss Searchlight Cancer Support for Children

Locally-based charity that supports children with brain tumours

Phone 01525 385800

Email support@josssearchlight.org.uk

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

Leighton Linslade Cancer Support Group

c/o The Clinic, Bassett Road

Leighton Buzzard, Beds LU7 1AR

Phone Julie 01525 756890

Or Mary 01525 377761

Email leightonlinslade CSG@yahoo.co.uk

Linford Wood Medical Centre

Genesis private cancer care

Sunrise Parkway, Linford Wood

Milton Keynes MK14 6LA

Phone 01908 467700

Email enquiries@linford-wood.com

<http://linford-wood.com>

Look Good Feel Better

Skincare and makeup workshops for women coping with side-effects of cancer treatment

c/o The Macmillan Unit

MK University Hospital

Phone 01908 243671

<http://lgfb.co.uk>

Macmillan Cancer Support

Phone 01908 565963

National helpline 0808 808 2020

<http://macmillan.org.uk>

Macmillan Cancer Unit MK

Milton Keynes University Hospital

Phone 01908 243671

<http://bit.ly/1yCPHBW>

Macmillan Singing Club (“Beyond The C”)

Informal choir for MK people affected by cancer

c/o Fay Grech-Marguerat

The Cancer Centre

MK University Hospital

Phone 01908 996563

Email fay.grech-marguerat@mkuh.nhs.uk

Magic Words Speech Therapy

Unit 1, Ground Floor,

Clifton Court,

Newport Pagnell MK16 8AQ

Phone 01908 614479

Email enquiries@magicwordstherapy.co.uk

<http://magicwordstherapy.co.uk>

Maggie's Centres

Practical, emotional and social support for cancer patients

Centres around the UK plus an online centre

Phone 0300 123 1801

Email enquiries@maggiescentres.org

<http://maggiescentres.org>

Marie Curie Cancer Care

<http://mariecurie.org.uk>

Melanoma Support Group

MK Super Moles

c/o Lorraine Mir-Edwards

Email l.mir@sky.com

Mindfulness:MK

Mindfulness courses to help with stress, depression, etc.

4 Newport Road, Little Woolstone

Milton Keynes MK15 0AS

Phone 01908 604605

Email booking@mindfulnessmk.com

<http://www.mindfulnessmk.com>

MK Blood Cancer Support Group (Leukaemia)

The Peartree Centre,

1 Chadds Lane, Peartree Bridge MK6 3EB

For more information go <https://bit.ly/2VteT2l>

MK Cancer Patient Partnership

Cancer patients, carers, professionals, charities, support groups and all others with a connection to cancer, working together to ensure the best possible cancer services in Milton Keynes

c/o MKUH Cancer Centre,

Standing Way MK6 5LD

Email info@mkcpp.org

<http://mkcpp.org>

MK Hospital Palliative care team

Phone 01908 243452

MK Lymphoma Support Group

The Peartree Centre,

1 Chadds Lane, Peartree Bridge MK6 3EB

Rosa Antoniou-Savva phone 01908 641663

Michael Howard phone 07745 909490.

MK Myeloma Support Group

Meets quarterly on a Wednesday at 2 pm at The Peartree Centre, 1 Chadds Lane, MK6 3EB.

Sue Gower

Phone 07866 900902

Email sue.gower1@btinternet.com

Liz Revell

Phone 07941 403492

Email liz@revell.f9.co.uk

<http://myeloma.org.uk/events/event/milton-keynes-myeloma-support-group/>

MK Prostate Cancer Support (MKPCS)

Martin Bell

Phone 01280 848329

Email bellbsweet@btinternet.com

Sam Younam

Phone 07874 019 867

<http://prostatemk.org>

MK Reiki Cancer Support Group

Life force energy with a spiritual, healing focus

Phone 07758 451830

Email reikigroupmk@gmail.com

<http://reikigroupmk.co.uk>

MK Stoma Support Group

Phone 07843 768386

Email mkssg.sec@gmail.com

<http://mkssg.org.uk>

National Association of Laryngectomy Clubs

Advice, help and support for laryngectomy patients anywhere in the UK

Suite 16, Tempo House

15 Falcon Road, London SW11 2PJ

Phone 020 7730 8585

Email info@laryngectomy.org.uk

<https://www.laryngectomy.org.uk/>

Parents and Carers Alliance MK

Shaping services for children and young people with disabilities or additional needs

Phone 07852 526057

Email pacamk@gmail.com

Samaritans Bedford

Help when you need it most

23 Foster Hill Road,

Bedford MK40 2ES

Phone 01234 211211 / 08457 909090

Email Jo@samaritans.org

<http://samaritans.org.uk>

Samaritans Luton & South Beds

33 Cardiff Road,

Luton LU1 1PP

Phone 01582 720666 / 08457 909090

Samaritans MK

161 Fishermead Boulevard

Fishermead MK6 2AB

Phone 01908 116123 / 08457 909090

Email Jo@samaritans.org

Samaritans Northampton

2 St Michael's Avenue,

Northampton NN1 4JQ

Phone 01604 637637 / 08457 909090

Something To Look Forward To

Charity arranging recreational outings, short holidays, etc.

for cancer patients and carers

84 Coleridge Road, Cambridge, CB1 3PJ

Fiona Coldron BCAC

Phone 07920095919

Email fiona@somethingtolookforwardto.org.uk

www.somethingtolookforwardto.org.uk

Stoma Care Service

Care and advice for all stomas by specialist nurses

MK University Hospital
Phone 01908 243070

Swallows, The

Support for head and neck cancer patients and carers
Meetings second Wednesday of every month at
The Swan Revived, Newport Pagnell, 7:00-8:30p.m.
Phone 01253 428940
Email info@theswallows.org.uk
Facebook Search groups-MLKsupportgroup
<https://theswallows.org.uk>

Transport - MK Community Car Service

Volunteer drivers for medical appointments etc. Cover numerous areas in MK.
Phone 01908 670309

Transport Service for Patients (NHS)

Free NHS transport to and from hospital appointments, subject to conditions
Phone 0300 100 0015

Transport Service for Patients (British Red Cross)

Patient transport for appointments in MK, Northampton, Oxford, London etc.
Red Cross Transport & Escort Scheme
Unit 3, Joplin Court, Crownhill MK8 0JP
Phone 0845 0703 752

Upper GI Cancer Oesophago-gastric Patient Support Group

Affiliated to the Oesophageal Patients Association

<http://opa.org.uk>

Helpline 0121 704 9860 Local contacts:

Wendy Shearsmith, Heather Simpson, CNS nurses at Luton & Dunstable Hospital
Email wendy.shearsmith@ldh.nhs.uk

Wigs & Headwear

by Christos Hair Salon & Clinic

Newport Pagnell, Bucks

NHS Registered service provider for

Wigs, Headwear, Hair Systems and Hair Regeneration Post Chemo.

Phone 01908 611277

Email contact@christoshairgroup.com

<https://christoshairgroup.com>

Willen Hospice

Palliative and end-of-life care plus a range of other services

Milton Road, Willen Village

Milton Keynes MK15 9AB

Phone 01908 663636

Advice line 01908 306962

Email info@willen-hospice.org.uk
<https://www.willen-hospice.org.uk/>

2. GENERAL MEDICAL AND HEALTHCARE RESOURCES

111 (formerly NHS DIRECT)

24-hour call service when it's not serious enough to call 999 Phone 111
<http://bit.ly/ljldsre>

Abdominal Aortic Aneurism

Screening predominantly for men aged 65 and more
Phone 01234 792207
Email aaascreening@bedfordhospital.nhs.uk
<http://aaa.screening.nhs.uk>

Adult Hearing Service

Self-referral drop in sessions for routine hearing assessments at
Bletchley, Eaglestone Health Centre (MK University Hospital),
Newport Pagnell and Wolverton
Phone 01908 209314

Age UK Milton Keynes

Mainly for people later in life but also for cancer patients whatever age
Wide range of social, practical and personal care services
The Peartree Centre
1 Chadds Lane,
Peartree Bridge MK6 3EB
Phone 01908 550700
Email info@ageuk.org/miltonkeynes
<http://ageuk.org.uk/miltonkeynes>

Alzheimers Society MK Branch

Wide range of support services and activities
Suite 433, 2nd floor
Margaret Powell House
401 - 447 Midsummer Blvd
Milton Keynes MK9 3BN
01908 232612
National helpline 0845 300 0336
Email miltonkeynes@alzheimers.org.uk
<http://alzheimers.org.uk>

Bereavement Service MK

Acorn House,
381 Midsummer Boulevard
MK9 3HP
Phone 07483 308032

Email mk.bs@virgin.net

<http://bereavementservicemk.org.uk>

Brain Injury Rehabilitation Trust

Thomas Edward Mitton House

37 Belvoir Avenue, Emerson Valley MK4 2JA

Phone Service Manager 01908 504778

Email thomas.edward@thedtgroup.org

<http://birt.co.uk/temhouse>

British Red Cross

Helping people in crisis, wherever they are, including wheelchair hire

3 Joplin Court, Crownhill MK8 0JP

Phone 01908 578327

Email Bucks@redcross.org.uk

<http://redcross.org.uk>

Bucks Vision Resource Centre

For and supporting people with sight loss

The Peartree Centre,

1 Chadds Lane,

Peartree Bridge MK6 3EB

Phone 01908 395498

Email: reception@bucksvision.co.uk

Care At Home

Private home care service

Challenge House

Sherwood Drive

Bletchley MK3 6DP

Phone 01908 533441

<http://www.intrustcare.co.uk>

Centre for Integrated Living (MKCIL)

Help for people with disabilities Information & advice, peer support, planning & brokerage, employment support, and much more

330 Saxon Gate West MK9 2ES

Phone 01908 231344

Email info@mkcil.org.uk

<http://mkcil.org.uk>

Cervical Screening (NHS)

Screening to detect the health of the cervix in case cancer may be found

Phone NHS Direct 0845 4647

<http://cancerscreening.nhs.uk>

City Counselling Centre

Confidential counselling by voluntary groups

Whaddon Medical Centre
25 Witham Court, Tweed Drive
Bletchley MK3 7QU
Phone 01908 373058
Email cccmk@btinternet.com
<http://bit.ly/1A2F5Pa>

Community Alarm and Telecare Service

Supporting independent living plus reassurance for vulnerable people
4 Woodhouse Court,
Soskin Drive
Stantonbury Fields MK14 6GB
Phone 01908 222616
<http://milton-keynes.gov.uk/community-alarm>

Community Car Service MK

Low-cost lifts with volunteer drivers
Medical appointments, shopping, etc.
Phone 01908 670309

Community Cardiac Group

Advice, support and exercise for people with cardiac problems, COPD, etc.
Hinton Hall,
286a Whaddon Way,
MK3 7GB
Phone Gill Robinson 01908 632999
Email enquiries@mkccg.org
<http://mkcardiacgroup.org>

Community Foundation MK

Supports numerous groups that offer useful facilities.
Phone 01908 690276
Email: information@mkcommunityfoundation.co.uk
<http://mkcommunityfoundation.co.uk>

Community Health Services MK

Complaints
If you have a complaint...
Email complaints@mkcha.nhs.uk

Community Health Services MK

Continence Service Phone 01908 650401
Specialist Therapy Services Phone 01908 372538
Whalley Drive Clinic
Bletchley MK3 6EN

Complaints Advocacy (NHS)

If you have problems with the NHS

Phone 0300 200 0084
Email pohwer@pohwer.net
<http://pohwer.net>

Crohn's & Colitis UK

Milton Keynes & Bedford
Phone 0845 130 6810
Email mkb@groups.crohnsandcolitis.org.uk
<http://crohnsandcolitis.org.uk>

Different Strokes

Support for stroke survivors
Phone 01908 317618
Email info@differentstrokes.co.uk
<http://differentstrokes.co.uk>

Diabetes UK MK Voluntary Group

The Peartree Centre,
1 Chadds Lane, Peartree Bridge MK6 3EB
Phone 01908 661039
Careline 0345 123 2300
Specialist nurses 01908 243089
Email miltonkeynes.diabetesukgroup@gmail.com
<http://miltonkeynes.diabetesukgroup.org>

Dogs for the Disabled

Julie Davies, Secretary
Phone 01908 210175
Email julied.davies@btinternet.com
<http://bit.ly/1wBohgy>

Epilepsy Action MK

Monthly meetings for anyone with an interest in epilepsy
Eaglestone Hospital Restaurant, MK Hospital
First Tuesdays of month 10:30 – 12:30
Phone Marie Edgar 01708 479536
Email medgar@epilepsy.org.uk
Or Barbara 07514 635461
<http://epilepsy.org.uk>

Evolving Families

Support for families going through change and trauma
Phone 01908 608259
Email info@evolvingfamilies.co.uk
<http://evolvingfamilies.co.uk>

Falls Management and Prevention Service

How to reduce the risk of falling

Phone 01908 379440
Email liz.adams@mkchs.nhs.uk

Falls Service MK

Bletchley Community Hospital
Whalley Drive
Bletchley MK3 6EN
<http://bit.ly/1rvIMEV>

Headway Milton Keynes

Supporting people with an acquired brain injury
Phone 01908 696700
<http://headwaymk.org>

Healthwatch Milton Keynes

Consumer champion for health and social care
Suite 113, Milton Keynes Business Centre
Foxhunter Drive, Linford Wood, MK14 6GB
Phone 01908 698800
Email info@healthwatchmiltonkeynes.co.uk
<http://healthwatchmiltonkeynes.co.uk>

Hearing Voices Group MK

Support for people who hear voices
Thursdays at BLMK Mind, 2nd floor,
Margaret Powell House
Midsummer Blvd MK9 3HR
Phone 01908 257830

Helping Hands in Aspley Guise

Volunteers help with household tasks, driving to doctor
and hospital appointments, etc.
Phone 079 234 900 01
<http://bit.ly/1N3P6kM>
Also:

Helping Hands in Woburn Sands

Phone 07934 287255 for more information.

Home and Community Support

Livability East Midlands
Private support service for older people
Lincoln Court, Borough Road,
Buckingham Road Industrial Estate
Brackley NN13 7BE
Phone 01280 840049
Email hcs@livability.org.uk
<http://www.livability.org.uk>

Home Instead Senior Care

Private support service for older people living at home
Phone 01908 920586

<http://homeinstead.co.uk/miltonkeynes>

Improving Access to Psychological Therapies (NHS)

Phone 020 3214 5700

<http://bit.ly/1wzYCEN>

ISIS Chiropractic Clinic

50 Tilers Road,
Kiln Farm MK11 3EA
Phone 01908 307075

<http://isischiropractic.co.uk>

Life Beyond Sight Loss

Support for veterans
Phone 0800 389 7979
Email: membership@blindveterans.org.uk

<http://blindveterans.org.uk>

ME Association, The

7 Apollo Office Court, Radclive Road
Gawcott, Bucks MK18 4DF
Phone 01280 818968
Email meconnect@meassociation.org.uk

<http://meassociation.org.uk>

ME Group Milton Keynes (MK MEG)

Self-help for myalgic encephalomyelitis patients, carers, family and friends
1 Northend House,
Willen Road, MK Village MK10 9AF
Phone 0845 123 2649

<http://mkmeg.org.uk>

MK Macular Support Group

Phone Maggie on 01908 319292

Mobility MK

Mobility and all disability aids
26 High Street,
Newport Pagnell MK16 8AQ
Phone 01908 218191
98 Queensway,
Bletchley MK2 2RX
Phone 01908 644133

<http://miltonkeynesmobility.co.uk>

Osteoporosis Society, National

Help with osteopenia and osteoporosis
Phone Elizabeth 01908 370511
National helpline 0845 130 3076
Email info@nos.org.uk
<http://nos.org.uk>

Osteoporosis Support Group, MK & District

Phone 01908 377509 / 01908 370511

PALS (Patient Advice and Liaison Service)

Deals with any concerns/complaints you may have about services at Milton Keynes University Hospital
Phone 01908 995954 or 01908 995964
Email pals@mkuh.nhs.uk

Parkinsons UK MK Support Group

Centrecom MK9 3BJ
Phone Doug Eastfield 01908 615122
National helpline 0808 800 0303
Email deaglesf@sky.com
<http://parkinsons.org.uk>

Patient Congress MK

Supreme “senate” of (GP Practice based) Patient Participation Groups in MK
<http://bit.ly/1t6x73s>

Prescription Service (NHS)

Prescriptions collected and delivered for free
39 Carters Lane, MK11 3HL
Phone 01908 803499

Reader Service MK

Free service for disabled/blind people with reading or writing difficulties
First Floor, Margaret Powell House
403 Midsummer Boulevard, Milton Keynes MK9 3BN

Phone 01908 231123
Email mkreader@tiscali.co.uk
<http://miltonkeynesreaderservice.org.uk>

Reiki For All

The Well, Willen MK15 9AA
Second Thursdays, 7:30 p.m.
Phone 07758 451830
<http://reikigroupmk.co.uk>

Relate MK

Relationship issues including those concerning cancer

Phone 01908 310010

Email appointment@relatemk.org

<http://relatemk.org>

Rethink Mental Illness

Support for patients and carers.

Phone 0300 5000 927

Email info@rethink.org

<http://rethink.org>

SARC – Sensory Advice Resource Centre MK

Support service for adults with a sensory loss living in MK

Phone 01908 401135

Email sarcmk@bid.org.uk

Safer Steps

Improving mobility for older people in MK

Phone 01908 351667

<http://extracare.org.uk>

Sensory Advice and Resource Centre

Support for hearing and/or sight impairment

2075 Upper Fourth Street,

Witan Court MK9 1EH

Phone 01908 253772

Out of hours 01908 605650

<http://bit.ly/12RgmAU>

Sexual Health Milton Keynes

Support for sexual health in our community

Phone 0300 303 8273

<http://sexualhealthmk.co.uk>

Smile :) MK

Free courses for mild to moderate depression, sleep disorders, anxiety etc.

Rivers Centre, Trent Road

West Bletchley MK3 7BB

Phone 01908 556700

Email communitylearning.mk@milton-keynes.gov.uk

Speech & Language Therapy Service

Self-referral help for adults with speech or language problems
Self-referral drop-in service
for children with possible speech & language problems

Eaglestone Health Centre

by MK University Hospital, MK6 5AZ
For adults phone 01908 243095, for children 01908 209305

Spinal Injuries Association

Support and rehabilitation for patients with spinal cord injuries
SIA House, 2 Trueman Place
Oldbrook MK6 2HH
Phone 01908 604191
Email sia@spinal.co.uk
<http://spinal.co.uk>

STaSS

HIV and AIDS support and educational charity
Phone 01908 282185
Email admin@stass.org.uk
<http://stass.org.uk>

Stop Smoking Support MK

Public Health Team
Phone 0845 200 2323
Email: public.health@milton-keynes.gov.uk

Talk Back Club

Support for people who have had strokes
Phone 0303 3033 100
<http://bit.ly/1wCMDIn>

Talk For Change

Talking therapies for stress and other mental health issues. Several locations in MK and west Beds. See website for your nearest group
<http://mind-blmk.org.uk>
Phone 01908 228830 (choose option 4)

Urgent Care Service MK

For assessment and treatment of injuries, illness and infections
Phone NHS 111 / 01908 201109
<http://miltonkeynesccg.nhs.uk/urgentcare-service>

West Bletchley Wellbeing

Private counselling service
Qualified, BACP registered counsellors
Wide range of issues treated
221a Whaddon Way
Bletchley MK3 7DZ
Phone 01908 370860
Email wbcounselling@btinternet.com

3. PRACTICAL, FINANCIAL, SKILLS AND WORK RESOURCES

Access to Work

Help for people needing support for work, due to long term conditions

Phone 0208 426 3110

Email atwosu.london@dwp.gsi.gov.uk

Adult Continuing Education MK

Large number of courses for leisure or work

ACE Rivers Centre,

Bletchley MK3 7BB

Phone 01908 556700

Email adult.education@milton-keynes.gov.uk

<http://bit.ly/1zrfqgL>

Affordable Warmth Helpline

Free advice on reducing energy bills

The National Energy Foundation

Milton Keynes MK5 8NG

Phone 01908 354537

01908 665555

Email emma.brooks@nef.org.uk

<https://nef.org.uk>

Citizens' Advice MK

Free advice on financial, legal and other practical issues

Acorn House,

361 Midsummer Blvd MK9 3HP

Phone 01908 604475

Email: advice@mkcab.org.uk

<http://miltonkeynescab.org.uk>

Community Action MK

If you want to become a volunteer

Acorn House,

83 Midsummer Blvd MK9 3HP

Phone 01908 661623 Email:

Debbie@communityactionmk.org

<http://volunteermk.org.uk>

Community Legal Advice

Free legal advice and information

Phone 0845 345 4345

<http://clsdirect.org.uk>

Computer Clubs, Age UK MK

Courses at Age UK Drop-in centre

791 Avebury Blvd, MK9 3JT

Phone 01908 2404 **Council Housing MK**
Council housing phone 01908 253481
Council housing services Phone 01908 252937
Housing repairs service Phone 0800 035 4466
Housing repairs Email: mkcrepairs@milton-keynes.gov.uk

Cranfield University

Postgraduate courses with support for disabled/long term condition students
Cranfield, Beds, MK43 0AL
Phone 01234 754113
Email h.odedra@cranfield.ac.uk

Energy Saving Trust

Impartial advice
Phone 0300 123 1234 / 0207 222 0101
Email energy-advice@est.org.uk
<http://est.org.uk>

Evenbreak

National job board for disabled people and/or recovering patients looking to get back into work - ***NB: remember that as soon as you are diagnosed with cancer, under British law you are legally disabled. This may help you in your dealings with your employer.***

Email info@evenbreak.co.uk
Phone 0845 658 5717
<http://evenbreak.co.uk>

ExtraCare Villages

Homes for older people
Lovat Fields, Japonica Lane, Brickhill Street, Willen MK15 9ED
Phone: 01908 351300
Shenley Wood, Chalkdell Drive, Shenley Wood, MK5 6LB
Phone 01908 413000
<http://extracare.org.uk/locations/shenley-wood-village>

Frozen Meals Delivery Services

Apetito
phone 01225 809339
<http://apetito.co.uk>
Wiltshire Farm Foods, phone 0800 773773
<http://wiltshirefoods.com>
Oakhouse,
Phone 0845 643 2050
<http://oakhousefoods.co.uk>

HM Revenue and Customs

Help with tax forms etc.
Bowback House,
299 Silbury Boulevard MK9 1NG

Phone 0845 300 0627

<http://hmrc.gov.uk/incometax>

Housing Benefit & Council Tax Reduction Scheme

Help for tenants on low incomes to pay rent and council tax.

MK Council,

1 Saxon Gate East, MK9 3EJ

Phone 01908 253100 / 01908 252770

Email benefits@milton-keynes.gov.uk

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

JobCentre Plus

Southgate House,

449-499 Midsummer Boulevard MK9 3BN

Phone 0845 604 3719

JobCentre plus Benefits Enquiries 0800 055 6688

Local Government Ombudsman

Complaints

Phone 0300 061 0614

<http://lgo.org.uk/adult-social-care>

MacIntyre Jobs

Job board for people with autism & learning disabilities

Phone 01908 357016

Email jobs@macintyrecharity.org

<http://macintyrecharity.org>

MK Careers-Action

Job club (charity) for management / professionals seeking new opportunities

Melvin Hurley

Phone 07906 260840

Email mhurley@executives-action.co.uk

John Dale

Email jdale@executives-action.co.uk

<http://www.executives-action.co.uk/home>

Milton Keynes College

Wide range of adult education courses

Phone Admissions & Guidance 01908 684444

Email info@mkcollege.ac.uk

<http://mkcollege.ac.uk>

Money Advice MK

Free advice for people facing financial difficulties

The Ridgeway Centre,

Featherstone Road,

Wolverton Mill South MK12 5TH
Phone 01908 226049

Money Lifeline MK

Free confidential money advice
Acorn House,
391a Midsummer Blvd MK9 3HP
Phone 0300 123 5198
Email office@mkmoneylifeline.org.uk
<http://mkmoneylifeline.org.uk>

National Careers Service

Support for all adults to improve job prospects
Freephone 0800 100 900

Open University, The

Wide range of part-time qualifications you can study from home.
Student registration and enquiry service
PO Box 197, MK7 6BJ
Phone 0845 300 6090

Papworth Trust

Help with home repairs and other services
Email info@papworthtrust.org.uk
<http://www.papworthtrust.org.uk>

Patient Experience Team

Deals with any concerns / complaints you may have about services at MK University
Hospital
Phone 01908 243181 / 01908 243633
Email patientexperience@mkhospital.nhs.uk

Pension Service, The

Phone 0345 606 0265
<http://direct.gov.uk/pensions>

People's Voices

Charity that speaks up for people with many health-related issues
Acorn House,
351 Midsummer Blvd MK9 3HP
Phone 01908 314444
Email: mk.support@peoplesvoices.org.uk
<http://peoplesvoices.org.uk>

POhWER Milton Keynes

Advocacy Service, making your voice heard
Phone 0300 200 0084

Email pohwer@pohwer.net

<http://pohwer.net>

PRIME The Prince's Initiative for Mature Enterprise

Business creation by the over 50s

Phone 0845 862 2023 / 0203 137 8525

Email info@prime.org.uk

<http://prime.org.uk>

Private Sector Housing Loans

Loans for home improvements for people over 60

MK Council, Civic Offices,

1, Saxon Gate East MK9 3EJ

Phone 01908 252664

Email privatesectorhousing@milton-keynes.gov.uk

Q Alliance

Information, support, counselling and more for LGBT people

Email: communications@qalliance.org.uk

<http://qalliance.org.uk>

REMAP MK

Bespoke equipment for people with disabilities

Local contact phone 01908 586102

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

RF Bletchley Employment Service

Help for mental health patients to get into work

Phone 01908 648788

Email: Bletchley@richmondfellowship.org.uk

<http://richmondfellowship.org.uk>

Richmond Fellowship

Supported housing Northants and MK #

Phone 01908 562139

<http://bit.ly/2j80YZ4>

Royal British Legion & SSAFA Forces

Help for ex and current Service personnel & families

Phone 0845 7725 725 / 01908 217181

Email office@ssafa-milton-keynes.org.uk

Email info@britishlegion.org.uk

SHELTER

Housing advice helpline

Phone 0808 800 4444

Email info@shelter.org.uk

Workers Educational Association MK

Adult education courses

Phone 01908 642254 / 01908 568921

Working With Cancer

Social enterprise helping employers to help staff going through cancer

36 Station Road

Thames Ditton

Surrey KT7 0NS

Mob: 07919 147784

<https://www.workingwithcancer.co.uk/>

Local contact: Maggie Newton, 07734 080073

Works For Us

Providing support into employment for over 40 years

The Point, 602 Midsummer Blvd. MK9 3NB

Phone 01908 200186

Email info@worksforus.org.uk

<http://worksforus.org.uk>

University of the Third Age MK

11 Winchester Circle, Kingston

Milton Keynes MK10 0BA

Phone 01908 281 717

Email info@mku3a.org

4. SPORT, LEISURE, FITNESS AND SOCIAL RESOURCES**AMKERS Active Milton Keynes**

Exercise Referral Scheme - Gentle help to get you fit

Ask for a referral at your GP practice or phone 01908 254241

Art of Living - MeetUp

Large range of locally-based special interest and hobby groups

http://artofliving.meetup.com/cities/gb/b9/milton_keynes

Art Therapy MK

Registered art psychotherapists

Email info@arttherapymk.co.uk

<http://arttherapymk.co.uk>

Arts Gateway MK

Access to wide range of arts in MK

Phone 01908 241122

<http://artsgatewaymk.org.uk>

Artworks MK Ltd

Independent arts and education charity including artist studio provision and support Arts

Workshop
Parklands,
Great Linford MK14 5DZ
Phone 01908 608108
Email info@artworks-mk.co.uk
<http://artworks-mk.co.uk>

Bath House Sequence Dance Club
Stratford Road,
Wolverton MK12 5RL
David Smith
Phone 01908 311576

Bletchley Leisure Centre
Numerous sports facilities
Princes Way, MK2 2HQ
Phone 01908 377251
<https://www.bletchleyleisurecentre.co.uk/>

Bryerley Springs Farm Equestrian Centre
Horse riding and riding lessons
Galley Lane,
Great Brickhill MK17 9AA
Phone 0845 683 5874 (local rate)
<http://bryerley-springs-farm.co.uk>

Caldecotte Xperience, The
Variety of outdoor experiences and activities for people of all ages
George Amey Centre,
Simpson MK6 3AG
Phone 01908 232042 / 01908 232027
Email caldecotte@action4youth.org
<http://www.caldecottexperience.org.uk>

Castlethorpe Short Mat Bowls Club
Village Hall, MK19 7EL
Phone 01908 563150, Dave

Chinese School & Community Centre MK
Learn Cantonese / Mandarin
Phone 01908 888152
Email inbox@mkchinese.org.uk
<http://mkchinese.org.uk>

Climb Your Mountain
Help to achieve a physical challenge
Phone 01908 231275

Email info@climbyourmountain.org

<http://climbyourmountain.org>

Dance Centre MK

Line Dancing, Tea Dances

Newport Road,

New Bradwell MK13 0AA

Phone 01908 227772 / 07968 302 398

Email mail@mkdance.fsnet.co.uk

Danesborough Chorus

Choir, singing

Wednesday 7.45pm in Aspley Guise Village Hall

Membership Secretary: 01296 680328

Box Office: 01525 373512

<http://danesborough.org.uk>

Drivewell Driving Tuition

Driving instruction for able-bodied and disabled learners.

6 Meadow Street,

Walnut Tree MK7 7BP

Phone Nick Kettle 01908 930039 or 07739 801881

ExStress Fitness & Therapy

Including Zumba Gold dance

Julia Berg

Phone 07779 339984

Email exstress@tiscali.co.uk

<http://exstress.co.uk>

Falaise Bowls Club

Bolbeck Park, Phone 01908 679648 Maggi Richards

FitMK

Outdoor gym. Fitness for people at all levels.

Email support@fitMK.com

<http://fitMK.com>

Great Linford Modern Sequence Dancing Club

Mr Reg Humphries

Phone 01908 376082

InspireAll (formerly Hertsmere Leisure)

Sports and fitness activities including seated exercise

<http://inspireall.com>

Phone (head office) 01727 744250

Imagine Wellbeing Clinic

1st floor, David Lloyd Health Club
Livingstone Drive, Newlands MK15 0DL
Phone 07774 422 447 christine@imaginewellbeingclinic.com
<http://imaginewellbeingclinic.com>

Indoor Bowls

Numerous locations,
e.g. Bletchley Leisure Centre
Princes Way, Bletchley MK2 2HQ
Email info@mad-uk.org
Phone 01908 231312

Inter-Action MK

Community arts in MK prioritising disabled and disadvantaged people
Milton Keynes Discovery Centre, Bradwell Abbey, Alston Drive MK13 9AP
Email info@interactionmk.org.uk
Phone 01908 318285
<http://interactionmk.org.uk>

Ivy Leaf Short Mat Bowls Club

Mill Mead Hall, Haversham Road,
Wolverton MK12 5TN
Phone 01908 225952

Knit and Natter

Informal knitting group
Woburn Sands Library
Tuesdays 3.45-4.30pm.
Phone 01908 582033

Line Dancing

Summerlin Centre, Woburn Sands
Monday - Beginners 7-7.45pm
Intermediates 7.45-9.45pm
Phone Phil 07884 303649.

Men in Sheds MK

Support for mature men to pursue useful hobbies and enjoy good, restorative company
Unit 28, Burners Lane,
Kiln Farm MK11 3HB
Phone 01908 267126
Email info@meninshedsmk.org
<http://www.meninshedsmk.org.uk>
<http://facebook.com/groups/meninshedsmk>

Men in Sheds Netherfield MK
Netherfield and Woughton Shed

Barnfield Drive, Netherfield,
Milton Keynes MK6
Alan Williamson Phone 07963 888837
Email alan.williamson@woughtoncommunitycouncil.gov.uk

Men in Sheds West Bletchley
Rickley Park Pavilion
Shenley Road
Bletchley MK3 6HF
Tuesdays and Thursdays 10 - 12.30
Phone 07798 915221.
Email men.in.sheds.west.bletchley@gmail.com

Middleton Swimming Pool
Offers sessions for people with disabilities
Phone for days and times
Tickford Street
Newport Pagnell MK16 9BG
Phone 01908 610477

MK Dons SET
“Extra Time” activities to help you improve your balance and general well-being
Stadium MK, Stadium Way West
Milton Keynes MK1 1ST
Phone 01908 622888
Email info@mkdonsset.com
<http://mkdonsset.com>

MK Gallery
Purpose-built public contemporary art gallery
900 Midsummer Blvd MK9 3QA
Phone 01908 676900
<http://www.mkgallery.org>

MK Theatre
Regularly hosts West End productions on provincial tour
500 Marlborough Gate, MK9 3NZ
Phone box office 0844 871 7652

Move Better Fitness Academy
Based in Leighton Buzzard
Phone 07795 536022
Email info@movebetterfitnessacademy.co.uk
<http://movebetterfitnessacademy.co.uk>

Movement and Meditation
Summerlin Centre
Woburn Sands

Beginners Thursday 2.40-3.30pm
Phone Jenni 01908 267387

Nordic Slim

Nordic walking in MK Area
Sabine Broecker
Phone 01908 200460
Email: NordicWalking@sabs-training.com
<http://www.nordic-slim.co.uk>

Nordic Walking UK

Beginners' courses and weekly social groups
Phone 01908 253229
Email: vicki.clark@milton-keynes.gov.uk

Pilates Beginners Class

Summerlin Centre
Woburn Sands
Thursdays 1.30-2.30pm
Phone Jenni 01908 267387

Places for People Leisure

Formerly DC Leisure
Includes details of Middleton Pool,
Newport Pagnell
Phone 01908 610477
<http://placesforpeopleleisure.org>

Reactivate MK

Large range of sports, fitness and leisure activities right across MK
MK Council Leisure Services
Phone 01908 253154
Or contact Vicki Clarke Phone 01908 253229
Email: vicki.clarke@milton-keynes.gov.uk
Download latest booklet: <http://milton-keynes.gov.uk/sportsdevelopment>
or phone 01908 253562

Ride High Equestrian Centre

Horse riding and riding lessons
Redland Drive, Childs Way
Loughton MK5 8AZ
Phone 01908 666434 Email: info@ridehighquestriancentre.co.uk
<https://www.ridehighquestriancentre.co.uk/>

Sailability MK

MK Sailing Club
Caldecotte Lake MK7 8NE
Phone 01296 489871

John Leonard.
Email johnf_leonard@yahoo.co.uk
<http://www.mksc.org.uk/sailability.html>

Sands Singers

Choir, singing
Memorial Hall
Woburn Sands
Fridays 7-9pm
Phone Jerry Breslin 01908 582952
<http://www.sandssingers.co.uk>

Shenley Leisure Centre

Burchard Crescent,
Shenley Church End, MK5 6HF
Phone 01908 502488
<http://shenleyleisure.org.uk>

Sherington Short Mat Bowls Club

Village Hall MK16 9NZ
Phone 01234 391496
Bob Claridge

Something To Look Forward To

Charity providing treats for cancer patients and carers
84 Coleridge Road, Cambridge, CB1 3PJ
Fiona Coldron BCAC
Phone 07920095919
Email fiona@somethingtolookforwardto.org.uk
<https://.somethingtolookforwardto.org.uk>

Stantonbury Campus and Arts & Leisure Centre

Theatre, gym, leisure activities, term time
Phone 01908 324466
Email customerservice@stantonbury.org.uk
<http://stantonburyleisure.co.uk>

Stantonbury Campus Theatre

Puts on some excellent contemporary and community/local productions
MK14 6BN
Phone 01908 324422

Stony Stratford Bowls Club

Ostlers Lane MK11 1AR
Phone 01908 507676
John Lonergan
Email roger.j.pye@btinternet.com

Stony Stratford Croquet Club

Ancell Trust Sports Ground

MK11 1AR

Phone 01908 510320

Rex Hale

Email rex@rexandmh.plus.com

Tai Chi

Aspley Guise Village Hall

Beginners Fridays 4.30-5.30pm

Phone Darren 01908 646338

Email info@creativewarriortraining.com

Taoist Tai Chi

Stress reduction and much more with this ancient art

Phone 01296 576167

Email dizzyjenny@hotmail.co.uk

<http://taoist.org.uk>

Tempo Dancing Club

Ballroom and Sequence Dancing

Bletchley

Mrs J Robinson

Phone 01908 374122

The Feathers Badminton Club

Mead Hall, Wolverton MK12 5TN

Phone 01908 373966

Janet Baldwin

The Parks Trust MK

Wide range of walking and other outdoor activities

Phone 01908 233600

Email info@theparkstrust.com

<http://bit.ly/12SqucE>

The Rascals Short Mat Bowls Club

Lavendon Village Hall MK46 4HA

Phone 01933 663558

David or Dorothy Biggs

The Stables Theatre

Music and theatre venue founded by the late Sir John Dankworth

Wavendon, MK17 8LU

Phone 01908 280800

Email stables@stables.org

<http://stables.org>

Theatre District

Various activities including theatre, museum, bars, restaurants and special displays

Email info@theatre-district.co.uk

<http://www.theatre-district.co.uk>

Walking Football

E.g. at Woughton Leisure Centre

Rainbow Drive, Leadenhall MK6 5EJ

Make A Difference

Phone 01908 231312

Email info@mad-uk.org

<http://mkmadwalkers.co.uk>

Walking For Health

Local walk groups

Numerous groups in MK and west Beds.

Check website for your nearest group

<http://walkingforhealth.org.uk>

Walking Groups in and around Milton Keynes

Phone 0207 339 8541

<https://www.walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks>

Walking Groups near Woburn Sands

https://www.meetup.com/topics/walkers/gb/b9/woburn_sands/

West Bletchley Community Association

Porchester Close MK3 6BH

Country Dancing, Line Dancing

Miriam Baldock

Phone 01908 378532

Windmill Hill Golf Centre

Get Into Golf programme

Tattenhoe Lane, Bletchley MK3

Email whgolf@milton-keynes.gov.uk

Phone 01908 631113

<https://www.1life.co.uk>

Xscape

Entertainment destination including snow sports, rock climbing plus other leisure pursuits

602 Marlborough Gate MK9 3XS

Phone 0871 200 3220

<http://xscape.co.uk>

Yoga

Various opportunities in MK

E.g. Make A Difference

Email info@mad-uk.org
Phone 01908 231312

Young at Heart (over 50s exercise group)
Ellen Pettitt Hall
Woburn Sands
Fridays 10am
Phone 01908 502660

If you have any medical questions or concerns about your treatment, please phone the number you have been given by your care team at MKU Hospital.

If you haven't got their number handy phone the Hospital switchboard on 01908 660033 and they will put you through to the people you need to speak to.

For questions about the contents of this directory and about the work of the MKCPP, please email info@mkcpp.org.

Sharing the caring for cancer in Milton Keynes

MKCPP

Milton Keynes Cancer Patient Partnership