

Self Care and Community Information for Milton Keynes

Please some find some information that you may find helpful and/or wish to share.

Signposting



Community Action MK have a range of signposting channels on their website, covering issues such as bereavement, domestic and sexual abuse, food provision, medication delivery and more.

<https://communityactionmk.org/formal-signposting-channels/>



Earlier this year, MK Money Lifeline launched MK Signpost. This is a free signposting service which aims to help those in the MK community who have been affected financially by Covid-19, but do not know where to get help from. It will initially run for a 12 month period. This service does not offer debt advice, it is a signposting service, however if debt advice is needed, the caller may be referred to MK Money Lifeline for the waiting list for our core work of debt advice.

https://www.mkmoneylifeline.org.uk/Money_Lifeline/Main.html



Calls to Citizens Advice in Milton Keynes are now free of charge. Our helpline is now open between: Mon – Fri, 09:00am - 5:00pm
0808 278 7991

We also have designated helplines for

- Universal Credit 0800 144 8 444 (Freephone)
- Vulnerable Adults 01908 545191 (calls charged at local rate)

healthwatch
Milton Keynes

Healthwatch Milton Keynes has launched a new

Text/WhatsApp Service

Message **07759 298450**

- For Advice & Signposting
- To share your experience of health and care services


Message us on WhatsApp

This is a text/WhatsApp service only. Please do not call this number as we will not be able to answer.

Requests for Advice & Signposting will be responded to as soon as possible.

This is not an emergency number. If you need urgent/emergency care call NHS 111 or 999.

Domestic Abuse



UK SAYS NO MORE is working with numerous pharmacies across the country to provide Safe Spaces in their consultation rooms for people experiencing domestic abuse. These Safe Spaces increase the opportunity for victims of domestic abuse to access specialist support, providing a space for them to phone a helpline, contact a support service or talk to a friend or family member.

All Boots stores and the CMK Superdrug have a safe space. Go to the healthcare counter and ask to use their Safe Space. The pharmacist will show you to the Safe Space. Once you are inside, all the specialist domestic abuse support information will be available for you to access and you can make that call safely.

Mental Health and Wellbeing Covid Survey

Milton Keynes Mental Health Services is undertaking a piece of work to look at how you, as a member of your local community in Milton Keynes, have looked after your mental health and wellbeing during Covid-19; and how we, as local mental health services, can better support you, your families and your communities.

You are invited to complete a short survey. Your feedback / comments will provide us with an opportunity to work with you / your community representatives to help identify and

respond to any mental health themes and trends highlighted; and continue to empower all to break the stigma around mental health. The survey is anonymous but you can leave your name and contact details in the response if you wish. Alternatively, you can contact Nav Ranautta, Clinical Effectiveness Coordinator for MK Mental Health Services on n.ranautta@nhs.net.

Survey Link: <https://www.surveymonkey.co.uk/r/BYWQNNX>

Myth busting Flu

Attached separately are some materials to help tackle some of the myths around the flu. People can also be directed here for information in other languages.

<https://www.blmkccg.nhs.uk/your-health/seasonal-flu/>

Lime e-Scooters

Lime Access is a scheme to help support lower income riders in Milton Keynes by providing zero carbon, door-to-door e-scooter service at a significantly subsidised rate, allowing users to travel to important commitments, like job interviews and doctor's appointments, in an efficient and cost effective way.

The scheme is now live in Milton Keynes, meaning that for a Lime Access user, an e-scooter ride of around a mile and a half could cost as little as £1.40.

Lime Aid provides key workers, including NHS and emergency services staff, with unlimited free 30 minute e-scooter rides to help them commute to work without coming into contact with others, reducing the spread of coronavirus by providing a safe, socially distanced transport option free of charge.

To protect key workers, wider users and the communities within which we operate, we also follow Public Health England's recommendations for disinfection, including cleaning our e-scooters every time we come into contact with them.

Both Lime Access and Lime Aid have now been launched in Milton Keynes. Sign up on this link <https://airtable.com/shr29smr46VjOOit1>