



Quarterly Update: Fullers Slade

Welcome

Money Saving Master Class

- Want to find out about ways of saving money?
- Need tips and helpful advice on reducing your bills?
- Are you claiming everything you are entitled to?

If you want to find out more about any of the above, please come to our **FREE** Money Saving Master Class on:

Wednesday 7 December from 3pm-7pm

Rowans Centre, 13a Moorfoot, Fullers Slade

At the master class there will be help, support and advice available including information on Fuel vouchers, Food Larders, CAB, energy efficiency measures and much more.

FREE resource pack for attendees (Limited to one per household)



Introducing Steve Bryant

Hello – I'm your Community Engagement Officer and I'm here to support you with all things related to estate renewal. I've been speaking to local people about their priorities. I look forward to meeting more of you as the proposals develop.



Contact me on Stephen.Bryant@milton-keynes.gov.uk

Coffee morning

Fullers Slade Coffee Club

Meet the Community
Engagement Officer and chat
with other residents.

Every Wednesday 10am – 11.30am
At the Community Office – 9 Moorfoot, Fullers Slade. MK11 2BD

Free Refreshments
www.milton-keynes.gov.uk/



Feel free to pop in and have a chat.

Environment

Stony Stratford Town Council would like to hear from residents who spot any landscaping issues, this includes overgrown weeds on pathways. Also if you can identify any areas that would be suitable for wild flower planting.

To make it easier when reporting issues please use 'What3words' app
Email – landscaping@stonystratford.gov.uk

Fullers Slade Food Pantry

In Fullers Slade we have free food available at the following locations:

- Outside of the Rowans Centre there is a community food barrow.
- Every Thursday between 1pm-2.30pm there is a mobile food top up van outside the Rowans Centre for more information 0300 303 4933.
- There is a community foodbank run by one of our residents. If you would like to find out more, please contact her on bianca.bendig-ceesay@stonystratford.gov.uk or ring her on 07388 418671.

Fullers Slade Homework Club

Fullers Slade Squad

Hang out with your friends and get help with homework.

Parents and carers are invited to attend and will receive a hot meal attending with their children.

Spaces are limited so please book by emailing RowansCC@milton-keynes.gov.uk or ring 01908 565852

Every Tuesday 4.00pm-5.30pm
Rowans Centre, 13a Moorfoot, Fullers Slade, MK11 2BD

www.milton-keynes.gov.uk/



For more information and to book contact the Rowans Centre on 01908 565852

Fullers Slade turns 50

The Estate Renewal Forum, Resident Association, Rowans Centre, Milton Keynes City Council and Stony Stratford Town Council are working together on a large community event to celebrate Fullers Slade being 50 years old in 2023. If you'd like to be involved please get in touch with Stephen or the Fullers Slade Resident Association

You said, we did.....

A survey was carried out with young people in Fullers Slade and one of the activities that they selected was Dance. As a result of this we are pleased to announce weekly Streetdance lessons will be delivered by the UDOIT Dance Foundation. These lessons will take place every **Tuesday at the Rowans Family Centre at 6.30pm-7.30pm**. 2 classes will run simultaneously for ages 8-12 and 13-19 starting on **Tuesday 29 November**. All classes are completely **FREE** and have been funded by Milton Keynes City Council for 40 weeks. Booking is essential via caroline@udoitdance.co.uk

Youth

MKCC and Stony Stratford Town Council have been working together to provide a youth provision in the area. We'd welcome your views and thoughts on what facilities /service should be provided locally. Please follow the QR code to take part in the survey.



Help shape the future of your estate

Get involved in shaping the future of Fullers Slade by joining the Estate Renewal Forum. We're looking for residents who care about their area and want to make a difference. Please contact Stephen on the contact details above if you're interested.

Community Hub Update

While we are waiting for the Community Hub to be repaired, the Community Engagement team have been working from 9 Moorfoot. The ERF and MKCC have been using this building to meet residents, stakeholders for engagement and training. Once the Community hub has been repaired the ERF and MKCC will be using this building for various engagement events and activities.

Key Contacts

Here are some key contacts you may find useful:

	Fullers Slade ERF	FullersSladeERF@milton-keynes.gov.uk	
Milton Keynes City Council	Stephen Bryant, Community Engagement Officer for Fullers Slade at MKCC	Stephen.Bryant@milton-keynes.gov.uk	07557 318 900
	Neighbourhood services at MKCC	Neighbourhood.services@milton-keynes.gov.uk	01908 252937
	Anti-Social Behaviour	asb@milton-keynes.gov.uk	01908 226699 (out of hours emergency telephone)
	Council tax	counciltax@milton-keynes.gov.uk	01908 252937
	Benefits team	benefits@milton-keynes.gov.uk	01908 253794 9.00am – 5.00pm, Monday, Tuesday, Thursday and Friday (excluding Bank Holidays)
MEARS	Reporting repairs	repairs.miltonkeynes@mearsgroup.co.uk	01908 253100 existing claims
Thames Valley Police	Reporting crime	www.thamesvalley.police.uk	0330 123 2522
National Grid	Gas leaks	www.nationalgrid.com/uk/gas-transmission/safety-and-emergencies/emergencies-and-safety-advice	999 in an emergency 101 for non-emergencies
Citizens Advice Bureau		www.citizensadvice.org.uk	0800 111 999
			01908 604475





Get help with bills and other costs

As the cost of living rises, many people are struggling to find the extra money for essentials. **Help is available.** It's best to ask for help early before you get far into debt. Follow these tips and find contact details for the council at www.milton-keynes.gov.uk/cost-living-support

1. Get what you're entitled to

Up to 7 million people in the UK are missing out on income-related benefits.

Visit www.milton-keynes.gov.uk/benefits to check if you're eligible for Housing Benefits or a reduction in Council Tax.

Visit www.gov.uk to check eligibility for:

- Universal Credit
- Job Seekers Allowance
- Pension Credit
- Tax Credits

Check your bank account to make sure you've also received these national payments:

- **Winter Fuel Payment** up to £300 for people born on or before 26 September 1955.
- **Cold Weather Payment** – £25 payment for people on certain benefits every week of very cold weather between November and March.
- **Warm Home Discount** – £140 discount for some people who get Pension Credit or are on a low-income.
- **£150 Disability Cost-of-Living Payment** – if you are entitled, you should receive this by end October

2. Help with childcare costs

Use www.gov.uk/childcare-calculator to check if you could receive free childcare for children aged between 2 and 4 or help if your child is under 16 (or under 17 with a disability).

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Find out at www.healthystart.nhs.uk

Crisis support from your council

Apply for these current schemes at:

www.milton-keynes.gov.uk/cost-living-support

- Emergency funds for essential living costs eg food, repairs, school uniform (apply under **Household Support Fund**)
- Essential household goods, crisis food vouchers and fuel (apply under **Local Welfare Provision**)
- Extra help if you're on Housing Benefit and behind on your rent (apply under **Discretionary Housing Payments**)

Follow us on social media or look on our website for other ways we're supporting local people

 **Milton Keynes**
City Council

3. Apply for extra allowances

If you care for someone at least 35 hours a week, and they get certain benefits, you may be entitled to £69.70 in Carer's Allowance. www.gov.uk/carers-allowance

If you have a disability severe enough that you need someone to help look after you, Attendance Allowance can help with extra costs. www.gov.uk/attendance-allowance

Personal Independence Payments (PIP) can help if you have a long-term physical or mental health condition or disability or find it hard to do certain tasks. www.gov.uk/pip

4. Get a water bill discount

If you're on a low income you could get a discount of up to 50% by switching tariffs. www.anglianwater.co.uk/account-and-bill/tariffs-and-charges/lite/

5. Talk to your energy supplier

Many energy companies offer help schemes and you don't always need to be their customer. Ask about being put on your suppliers' Priority Services Register, a free energy support service if you are vulnerable.

www.ofgem.gov.uk/information-consumers/energy-advice-households has a list of help schemes, as well as energy saving tips. charisgrants.com and turn2us.org.uk list current fuel grants.

Food, clothes and other items

These local schemes can help:

MK Food Bank

Contact the helpline on **0300 303 4933** or text HELP to **07874 964 505** if you're struggling to afford food. Also offers a top up shop – 10 items for £2 cash.

MK Community Fridge

Saves quality food from going to waste. Visit www.mkcommunityfridge.org to find out when and where the food sharing fridges are open to donate or receive.

SOFEA community larders

Get £15 of food for just £3.50 – find out more and become a member at www.sofea.uk.com

Children and Family Centres

We have 17 Children and Family Centres in MK and they're hubs of activities and services for local families. Find out what's on at www.milton-keynes.gov.uk/children-s-centres

Baby Basics MK

Offering essential items including clothing, toys, sleeping and feeding equipment, toiletries and baby food/formula. www.babybasicsmk.org.uk

MK Store House

Provides free donated clothing for adults and school age children to people who are struggling financially. www.mkstorehouse.org

Need someone on your side?

If you're in a vulnerable situation, someone at the Citizens Advice Extra Help Unit could take on your case. The Citizens Advice Energy Help Unit will also raise issues with energy suppliers. Call **0808 223 1133** or use online webchat. For textphone, dial **18001** first.



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