

# Armed Forces Walk-in sessions

1000-1200hrs, Every 3<sup>rd</sup> Wednesday of the month throughout 2025

- Aimed at those still serving, veterans and reservists.
- A safe place to find out about & connect face to face with local support services.
- Refreshments, free parking.
- Come to the main entrance & ring the buzzer.
- If you'd like to attend but face challenges in doing so or would like a 'buddy' to support you, scan the QR code or click on the link below. (Please do not arrive before 1000hrs)

**Seeking help can feel hard and overwhelming,** especially the first time you reach out. Some SPs don't know what help is out there, how to ask for it and might need support connecting with it.

Whether you served many years ago and feel your challenges are not related to your service, are about to leave and are not sure how to engage with civilian services, or a reservist, the Walk-In can help.

15 <sup>th</sup> Jan	21 <sup>st</sup> May	17 <sup>th</sup> Sep
19 <sup>th</sup> Feb	18 <sup>th</sup> June	15 <sup>th</sup> Oct
19 <sup>th</sup> Mar	16 <sup>th</sup> July	19 <sup>th</sup> Nov
16 <sup>th</sup> April	20 <sup>th</sup> Aug	17 <sup>th</sup> Dec

Address: Blue Light Hub | West Ashland Fire Station | 3 Thornbury | Milton Keynes | MK6 4BB



If you'd like to attend, but want more information or are a support service and want to find out how to be involved click [here](#), scan QR code or email [armedforcescovenant@milton-keynes.gov.uk](mailto:armedforcescovenant@milton-keynes.gov.uk)



Buckinghamshire  
Fire & Rescue Service



Milton  
Keynes  
City Council



Milton Keynes  
University Hospital  
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THAMES VALLEY  
POLICE



EMPLOYER RECOGNITION SCHEME

GOLD AWARD

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Delivered in partnership with Buckinghamshire Fire and Rescue, MK City Council, MK University Hospital and Thames Valley Police (all of which are MOD Gold Award holders)