ARMED FORCES COVENANT

NHS
Milton Keynes University Hospital
NHS Foundation Trust

Milton Keynes City Council

Armed Forces Support Directory

The Armed Forces Covenant - our promise to the armed forces community

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October 2026
Official

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Introduction

Milton Keynes Council (now Milton Keynes City Council) signed up to the Armed Forces Covenant in 2012 and it promises that those who serve or have served, and their families will be treated fairly in all aspects of life. An updated version of the document was re-signed, following us being granted our City status in 2022, and we are proud to reiterate our commitment to the armed forces community.

Whether you are currently serving in the Armed Forces, are a reservist, or have previously served, there are many organisations who offer guidance and support for you and your family. Areas that help can be provided include:

- benefits and pensions
- crisis support
- employment and training
- finance, and hardship
- general help accessing support
- homelessness
- physical or mental health services
- sexual or domestic violence and stalking
- social groups

Many of the local, regional, and national organisations have first-hand experience and specialist knowledge of the armed forces community. A list of services offered in Milton Keynes and adjoining areas can be found in this Armed Forces Support Directory. The directory has up-to-date details and links to service providers within it.

Applying for a Veterans Card can make access to help and support even easier! Apply at **https://www.gov.uk/veteran-card**

*Member of COBSEO (The Confederation of Service Charities)

Events

Armed Forces community support drop-in

Blue Light Hub, Ashland, Milton Keynes MK
Monthly - 3rd Wednesday of every month, 1000-1230hrs
Email: armedforcescovenant@milton-keynes.gov.uk

A safe place for those still serving, veterans and reservists to find out about and connect with support services and people who understand.

Breakfast Club

Captain Ridley's, 183 Queensway, Bletchley, Milton Keynes MK2 2ED
Saturdays, 1000-1130 hrs

Join the breakfast club drop-in for those who have served and the wider armed forces community. At the rear of the venue. Select and pay for your breakfast as required.

*Member of COBSEO (The Confederation of Service Charities)

Breakfast Club

Ousebank House, Newport Pagnell, Milton Keynes MK16 8AN
Monthly – first Saturday of each month, 0930-1130 hrs

An informal breakfast club drop-in for the armed forces community.

NAAFI Break

Strudwick's Café (inside Christian Centre), Strudwick Drive, Oldbrook, Milton Keynes MK6 2TG
Weekly on Fridays (except Good Friday), 1400-1530 hrs

An informal get-together for those who have served. Refreshments purchased from the café.

Remembrance events

8 November 2026

New Bradwell, The Clock Tower, New Bradwell MK13 0BN
1345-1445 hrs

Parade and wreath laying ceremony.

Newport Pagnell, 80 High Street, Newport Pagnell MK16 8AQ
1030-1230 hrs

Annual remembrance parade and service

West Bletchley, from Bletchley Park to St Mary's Church war memorial
1030-1230 hrs

Annual parade from for wreath laying with refreshments and war grave information at the church afterwards.

11 November 2026

Campbell Park, MK Rose
1100 hrs

Armistice day observance and 2 min silence.

Addiction

(see also Family support – addiction)

Alcoholics Anonymous

Phone: 01908 382509 (0800-2300 Mon-Sun) or 0800 9177 650 (at other times)
Multiple meetings all over Milton Keynes on various days:
https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/milton%20keynes
Email: help@aamail.org
Web: https://www.alcoholics-anonymous.org.uk/Professionals/Social-Sectors/Armed-Services

Concerned solely with the personal recovery and continued sobriety of those who might be drinking too much. If you are having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA programme of recovery from alcoholism. Safe, friendly, informal, confidential.

Gamblers Anonymous

Fri 1830-1930hrs **Phone**: 0330 094 0322, Cross and Stable Church, Downs Barn Boulevard, Downs Barn, MK14 7RZ
Email: miltonkeynesfridayga@gmail.com
or
Tue 1930-2130hrs Phone: 07825 293223, The Quaker Centre, 1 Oakley Gardens, Milton Keynes, MK15 9BH
Email: mkga@protonmail.com
Web: https://www.gamblersanonymous.org.uk/

A fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others do the same. Meetings in MK are on Tuesday and Friday.

*Member of COBSEO (The Confederation of Service Charities)

MK ARC Drug and Alcohol Support

0930-1700 hrs Mon-Fri, **Phone**: 01908 250730
Email: cnwl.arc-mk@nhs.net
Web: https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes

Free and confidential service for people who live in Milton Keynes. Help to break a cycle of addiction to drugs and long-term alcohol or gambling issues.

Narcotics Anonymous

Phone: 0300 999 1212, Meetings are available online and in person:
Wed 1900-2015hrs
Heronsbrook Meeting Place, 5 Wadesmill Lane, Walnut Tree MK7 7ED
Sun 1030-1200hrs
Unity Park Station, 401 Elder Gate, MK9 1LR
Web: https://ukna.org/

Recovering drug addicts who can help you get and stay clean. Members regularly share their personal experiences with each other, not as professionals but as ordinary people. NA teaches basic principles such as honesty, open-mindedness, trust, willingness, and humility that may be applied in everyday life. Drug users/those already in recovery make an individual decision to join and recover at their own pace. No appointment needed.

*Member of COBSEO (The Confederation of Service Charities)

Adult Social Care (ASC)

Milton Keynes City Council (MKCC)

0830-1715 hrs Mon-Fri, **Phone**: 01908 253772
Email: Access.Team@milton-keynes.gov.uk **Referral form on website**: https://www.milton-keynes.gov.uk/adult-social-care/support-adult-social-care

We may be able to help you arrange the support you need, quickly and easily when you contact us, or we may arrange for you to have a more detailed assessment. This is free of charge and can be carried out regardless of your financial situation.

If you need ongoing social care support, our staff will contact you to offer further advice as required and where necessary we will carry out an assessment to look at your eligible social care needs and identify if you are eligible for funded adult social care.

MKCC ASC (out of hours)

1700-0900 Mon-Fri, Weekends, Bank holidays 24-hrs
Phone: 01908 725005
Web: https://www.milton-keynes.gov.uk/adult-social-care/support-adult-social-care/adult-social-care-assessment-care-and-support-needs

Out of hours adult social care team.

*Member of COBSEO (The Confederation of Service Charities)

Benefits: Compensation

Armed Forces Compensation Scheme

Online referral claim form https://www.gov.uk/guidance/apply-for-armed-forces-compensation-or-a-war-pension
Web: https://www.gov.uk/guidance/armed-forces-compensation-scheme-afcs

A compensation scheme for UK serving and former service personnel injured because of their service in His Majesty's Armed Forces. It compensates for any injury, illness or death which was caused by service on or after 6 April 2005. (must be within last 7 years).

There are two main types of AFCS awards:

- a tax-free lump sum payment for pain and suffering
- a Guaranteed Income Payment (GIP) which is a tax free, index linked monthly payment.

Benefits: Compensation and Pensions

Veterans UK

0800-1600 hrs Mon-Fri - by appointment, **Phone**: 0808 1914 218
Email: veterans-uk@mod.gov.uk **and** Veterans-UK-VWS-South@mod.gov.uk
Web: https://www.gov.uk/government/news/learning-from-our-experiences-together
Request your personal information: https://submit-a-data-protection-request.service.mod.uk/start

An MOD run service, providing free one-to-one support to veterans or anyone supporting a veteran, their families, and dependants, with a national network of welfare managers.

They work together with local authorities, voluntary organisations, service charities and Veterans Advisory and Pensions.

Initial phone call or email, then connection with local case worker. Committees to provide a free welfare service that promotes independence, maintains dignity, and provides continuous support through life.

Benefits: Specific

Department for Work and Pensions (DWP)

0900-1700 hrs – by appointment, **Phone**: 0800 055 6688
Email: Southmidlands.armeforceschampion@dwp.gov.uk **Web**: Armed Forces Champions

Help for veterans (and in some cases families) who receive Universal Credit (UC), Employment Seekers Allowance (ESA) and Jobseekers. Assessments to see if they are receiving the correct financial support. In many cases, there may be more entitlement that is not being claimed. Email the local Armed Forces Champion. F2F appointments after initial contact.

*Member of COBSEO (The Confederation of Service Charities)

Crisis

Always a Rifleman

Available 24/7, **Phone**: 0800 470 0941, **Self-Referral form**: Short self-referral form
Web: https://theriflesnetwork.co.uk/page/aarp

The Always a Rifleman Programme (AARP) delivers support in the first few hours of an emerging crisis and paves the way to wellness.

Proven to save lives. During the most challenging real-life problems, it provides face-to-face coaching, mentoring and mental health support.

For veterans and their dependants of The Rifles or antecedent regiments, this is a dedicated service, always available.

Icarus *

Available 24/7, **Phone**: 0333 987 5055**, Immediate call back by leaving your number at**: https://www.icaruscharity.org/contact/
Web: https://www.icaruscharity.org/

Icarus MH support for serving, veterans, reservists, and their families.
Free support available for all UK Armed Forces serving and veterans regardless of rank, unit, service record or age. Can also support partners and families. Get in touch for an initial conversation to access support (usually via zoom) with a therapist. Ongoing support available too. Contact usually within 24 hours.

MK Crisis Café

Daily, 1700-2300, 365 days a year, **Phone**: 01525 722225
Email: hq@mind-blmk.org.uk **Web**: https://www.mind-blmk.org.uk/how-we-can-help/milton-keynes/ **More information on Crisis Café** Crisis Café Milton Keynes - Mind BLMK

Crisis Café operates 365 days of the year, seven days a week, between 5.00 pm and 11.00 pm. For those in crisis or need support with their mental health in the evening, we are here to listen and help. You can visit our Crisis Café in person during these hours, or you can give us a call on 01525 722225.

This is a safe, non-judgmental space. You will be met by a trained mental health worker who will listen and help identify ways to address problems. 226 Queensway, Fenny Stratford, Bletchley, Milton Keynes, MK2 2TE.

*Member of COBSEO (The Confederation of Service Charities)

MK Mental Health out of hours urgent advice line

Available 24/7, **Phone**: 01908 724 365

Urgent Advice Line and single point of contact for people experiencing a mental health crisis out-of-hours in Milton Keynes. Friends and relatives can also use this number to get help and advice.

For people already using Mental Health services, this number is also on the Crisis Card given by the care coordinator or named lead professional.

Op Fortitude

Phone: 0800 952 0774, Make an **online referral**:
https://riv.org.uk/opfortitude
Web address: https://www.riverside.org.uk/care-and-support/veterans/opfortitude/

Op FORTITUDE is the pathway for veterans at risk of or experiencing homelessness into supported housing or to keep them in their current home.

Samaritans, Armed Forces Support *

Available 24/7, **Phone**: 116 123 also **Veterans App** (search on app store)
Email: jo@samaritans.org
Web: https://www.samaritans.org/about-samaritans/research-policy/armed-forces-and-veterans/

They do not give counselling but do listen. Someone to hear you and a place to safely say what you need to. Specific veterans support programme.

*Member of COBSEO (The Confederation of Service Charities)

Shout

Available 24/7, **Text**: 85258 **Web**: https://giveusashout.org/

Shout **85258** is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.

If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day, or night.

Togetherall *

Available 24/7, **App only** (search on App store) **or**
Web: https://account.v2.togetherall.com/register

Free sign-up to UK Armed Forces Community (serving, veteran, reservist, family member). Moderated service. A safe online community to always support your mental health. Connect with others experiencing similar feelings. Feel safe, trained professionals are always on hand. Stay anonymous.

*Member of COBSEO (The Confederation of Service Charities)

Employment

Forces Employment Charity *

0800-2000hrs Mon-Fri, Sat 0900-1400hrs, **Phone**: 0121 262 3058 or
Email: info@forcesemployment.org.uk for **self-referral**
Web: https://www.forcesemployment.org.uk/who-we-help/veterans/

Programmes and practical support. Support anyone who has served in His Majesty's Armed Forces, or Merchant Mariners who have seen duty.

Support delivered by Advisors, many of whom also served. They are committed to helping veterans succeed through their working lives. They also deliver Op Prosper, working with employment sectors to encourage veteran employment.

Programmes provide a range of practical tools and advice to help veterans use their military skills in civilian life.

The Poppy Factory *

0900-1700hrs Mon-Fri, **Phone**: 020 8939 1837
Email: support@poppyfactory.org
Web: https://www.poppyfactory.org/supportservices

We offer personalised support for the Armed Forces community, including tailored employment guidance for veterans returning to work, helping with job opportunities, applications, training routes, and overcoming barriers. Our Families Employment Service supports adults whose careers have been affected by a loved one's service or loss, providing guidance via phone, email, or video. For those experiencing isolation, loneliness, or mental or physical health challenges, our Navigator service offers up to six months of meaningful, confidence-building support through activities, connection, and preparation for future employment.

Lifeworks, Royal British Veterans Enterprise *

0900-1700 hrs Mon-Fri, **Phone**: 0800 3196 844
Email: support@poppyfactory.org **Web**:
https://www.poppyfactory.org/supportservices

Free employment support programme (residential or online). Helps veterans and family members of those currently serving to find meaningful employment outside the armed forces. Develop a winning CV, understand the hidden job market, develop your interview skills, adapt to, and overcome change, set realistic and obtainable goals.

*Member of COBSEO (The Confederation of Service Charities)

Family support – addiction

Al-Anon

1000-2200 hrs 365 days a year, **Phone**: 0800 0086 811
Email (via webform): https://al-anonuk.org.uk/contact/send-an-email/
Web: https://al-anonuk.org.uk/

There for anyone whose life is or has been affected by someone else's past or present drinking. Whatever your relationship with the drinker, you will find other people who have similar experience. Anonymity protected by using first names only. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence. Al-Anon meetings are free. It is not a therapy group; they do not offer counselling or advice. Meetings can be found via the Al-Anon website.

DAFS (Drug Alcohol Family Support)

0930-1400hrs Mon-Fri, Phone**: 07598 346244** or **07874 849659**
Email: dafsmk@mail.com **Web**: Facebook closed group
https://www.facebook.com/groups/MKFamilysupportgroup/

DAFS is a caring support group created for parents and family members of loved ones suffering from drug and/or alcohol addiction. Volunteers run the group, all of whom have lived experience of dealing with an addicted loved one.

*Member of COBSEO (The Confederation of Service Charities)

Family support – bereavement

Army Widows Association *

0800-1700 hrs Mon-Fri, **Phone**: 0300 666 0136
Email: info@armywidows.org.uk
Web: https://www.armywidows.org.uk/support/

Formed by widows in 2004. Volunteer run. Offering comfort, support and friendship to the widows and widowers of service men and women.

Scotty's Little Soldiers *

0900-1700hrs Mon-Fri, **Phone**: 0800 092 8571 **or Text**: 07741 1621 132
Email: families@scottyslittlesoldiers.co.uk
Web: https://www.scottyslittlesoldiers.co.uk/about-us

Supporting bereaved military children and young people who have experienced the death of a parent who served in the British Armed Forces. When a serving parent dies, the impact on their child is significant. The children often feeling they have lost their connection to the military community. Scotty's Little Soldiers ensures the very best bereavement support remains available for service/veteran families.

Family support - general

Army HIVEs

DMS Whittington, Lichfield, WS14 9PY
Phone: 01543 434362 / 07974 195428 **Email**: RC-Pers-HIVE-CentralHub-0Mailbox@mod.gov.uk **Web**: www.army.mod.uk/hives

Army HIVE is an MOD organisation, delivering information support for the whole Service community on a wide variety of topics affecting everyday Service and personal life, including relocation, accommodation, health and wellbeing, education, employment, finance, deployment, resettlement, and the local area.

*Member of COBSEO (The Confederation of Service Charities)

Citizens Advice

Tues-Thurs 1000–1500hrs

Phone: 0808 278 7991 Option 4 (Freephone) **Email**: via online form

Web: https://www.miltonkeynescab.org.uk/

The people's champion – a charity working for the whole of society, supported by volunteers who are at the heart of the community, here for you when you need help, helping to build a fairer society for everyone.

*Member of COBSEO (The Confederation of Service Charities)

Family support – physical or psychological injury

Aurora New Dawn

0900-1500 hrs Mon-Fri, **Phone**: +44 (0)333 0912 527 / 02392 479254
Email: armedforces@aurorand.org.uk
Web: https://aurorand.org.uk/armed-forces/

Aurora New Dawn Advocacy Service for Royal Naval, British Army, and Royal Air Force serving personnel or partners/family members of serving personnel who are victims and survivors of:

- Domestic abuse
- Sexual violence
- Stalking

Armed Forces serving personnel and their families in the UK and those deployed abroad. The service is independent, confidential, and free - with phone and WhatsApp functionality available.

Headway: The Brain Injury Association

Phone: 0808 800 2244 **or** 07595 907131
Email: admin@headwaymiltonkeynes.org.uk
Web: https://www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/south-east/headway-milton-keynes/

Through a network of local groups, Headway provides support, services, and information to survivors of brain injury and their families. Weekly group and 1:1 sessions. Community enablement programme to help with independent living. Cognitive skills, life planning and support.

The Ripple Pond *

0900-1500 hrs Mon-Thu, Self-referral by **Email**: help@theripplepond.org
or online self-referral form: https://theripplepond.org/get-support
Web: https://theripplepond.org/

The only UK charity devoted entirely to supporting adult family members of physically, psychologically, emotionally or morally injured British Armed Forces personnel and veterans. Whether you're a partner, parent, sibling, adult child or chosen family member, we're here to support through a peer-led community. Free membership, meaningful connections, practical resources and a non-judgmental community. We help reduce isolation, build resilience and nurture wellbeing.

*Member of COBSEO (The Confederation of Service Charities)

Spinal Injuries Association

Phone: 07896 877 200 or 01908 732144 **Email**: l.rose@spinal.co.uk
Web: https://www.spinal.co.uk/find-support-now/buckinghamshire/

Support with life after a spinal cord injury. Find local groups, advice on care packages, planning hospital stays, support for partners. Local lead, Kevin, is a veteran.

Stewarts Law

Phone: 0333 188 2858 **Email**: injury@stewartslaw.com
Web: www.stewartslaw.com

If you've had a life-changing injury, (military or civilian) we provide expert legal advice.
We specialise in serious injury claims and support you through the legal process and rehabilitation.
We help you secure the compensation you need.
Free initial consultation available for members of the Armed Forces community.
For more information, contact Alison Goldney.

Family support – Post Traumatic Stress Disorder

(see also Mental Health, PTSD Resolution)

*Member of COBSEO (The Confederation of Service Charities)

Finance and hardship

(see also Ongoing support – immediate and various need)

The Army Benevolent Fund (ABF) *

0830-1630 hrs Mon-Fri
https://soldierscharity.org/need-our-help/individual-grants/

The Army Benevolent Fund is the Army's national charity, there for soldiers, past and present, and their families for life and providing financial assistance to relieve hardship.

Dreamsai

0800-2000 hrs every day, **Phone**: 01908 033 541
Email: admin@dreamsai.org **Web**: https://www.dreamsai.org/

Free food parcels and hot meals and hygiene items and essentials to homeless and people in need in temporary sheltered accommodation.

MK Food Bank

0900-1500hrs Mon-Fri, **Phone**: 0300 303 4933
Email: office@mkfoodbank.org.uk **Web**: www.mkfoodbank.org.uk/i-need-help

For those experiencing longer term financial hardship. Network of top-up shops provides an alternative route to food parcels and aims to encourage and support independence on a step-by-step basis.

People call or are referred for a variety of reasons, with family crises, loss of employment or benefits and debt. Sometimes people coming out of hospital or prison need immediate practical support, as do those placed in emergency accommodation. Whatever circumstances leave families struggling to keep a roof over their heads, The Food Bank can provide short term, crisis food.

*Member of COBSEO (The Confederation of Service Charities)

Royal Air Force (RAF) Benevolent Fund *

0900-1700hrs Mon-Fri, **Phone**: 0300 102 1919
Email: welfarenavigators@rafbf.org.uk
Web: https://www.rafbf.org/

The RAF Benevolent supports members of the RAF Family providing practical, emotional, and financial support. They will consider any request for assistance, providing a tailor-made approach to each individual situation. From mobility aids and confidential counselling to financial grants, they offer a range of support tailored to the individual's needs.

The Royal British Legion (RBL) *

0800-2000hrs 7 days a week, **Phone**: 0808 802 8080
Web: https://www.britishlegion.org.uk/#

The Royal British Legion, SSAFA and regimental associations also cater for financial hardship. The ABF (Army Benevolent Fund) provides support but does so via referrals from the RBL and SSAFA.

The Royal Naval Benevolent Trust *

0900-1630hrs Mon-Fri, **Phone**: 02392 690112
Email: rnbt@rnbt.org.uk **Web**: https://www.rnbt.org.uk/

Supports Royal Navy Ratings and Royal Marines Other Ranks, including reservists, both serving and served, and their loved ones.

RNBT offers grants and wellbeing support, including financial assistance, training and employment opportunities, website guidance and signposting. The Trust also provides accommodation through our Care Homes and Almshouse.

Works alongside individuals and families to offer help with kindness, dignity and compassion.

SSAFA the Armed Forces charity *

Mon–Thur, 0900-17:00hrs Fri 0900-1600hrs
Phone: 0800 260 6780 or via text at www.ssafa.org.uk/forcesline **Web**: https://www.ssafa.org.uk/

Our volunteers and employees provide practical, emotional and financial assistance to veterans, serving personnel (regulars and reserves) and their families, in the UK or overseas.

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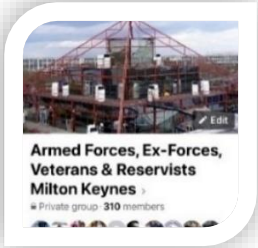
Getting back on track

Armed Forces, Ex-Forces, Veterans and Reservists Milton Keynes Facebook Group



Available 24/7 online: https://www.facebook.com/groups/939867076210022/

A closed group, only for veterans/reservists and in some cases, a family member if the veteran is not a Facebook user. Admins and moderators ensure this is a safe space for informal peer support, events, information, updates, and a great way to connect to the MK Armed Forces community.

Armed Forces and Veterans Breakfast Club, Bletchley

1000hrs every Saturday, **Phone**: 07821 957064
Email: miltonkeynes@afvbc.com
Web:
https://www.afvbc.com/club/milton_keynes_armed_forces_veterans_breakfast_club

Veterans, those serving, and family members are invited to breakfast at **Capt. Ridley's Weatherspoons, Bletchley, Milton Keynes MK2 2ED.** Select and pay for your own breakfast.

Armed Forces and Veterans Breakfast Club, Newport Pagnell

0930-1230hrs First Saturday of the month, **Phone**: 07999 864644
Email: dixonval@hotmail.com
Facebook: https://www.facebook.com/groups/afvbc.miltonkeynes (you may have to be an invited member to view the page. Send an email with your request to the address above)
Web: https://www.afvbc.net

Veterans and those serving are invited to **Ousebank House, Newport Pagnell, Milton Keynes MK16 8AN** on the first Saturday of the month. Full English and unlimited tea/coffee is £5.

*Member of COBSEO (The Confederation of Service Charities)

Men in Sheds

Phone: 01908 267126, **Web**: https://www.meninshedsmk.org.uk/

Primarily but not exclusively for men. Open 4 days a week. Use of workshop space for projects to promote wellbeing and offer informal friendship and support.

Mission Motorsport *

0900-1700hrs Mon-Fri, **Phone**: 03330 338 338 **or**
online referral form: https://www.missionmotorsport.org/contact
Email: team@missionmotorsport.org
Web: https://www.missionmotorsport.org/

The Forces' Motorsport Charity aids in the recovery and rehabilitation of those affected by military operations by providing opportunities through motorsport and the automotive industry.

MK Dons Community Trust

0900-1430hrs Mon-Fri **Phone**: 01908 622888
Email: information@mkdonsset.com **Web**: https://www.mkdonsset.com

Armed Forces Friendly. MK Dons run a wide range of physical activities, education and social activities including matchday social events to support members of the Armed Forces community locally.

They offer employment and education programme opportunities too across three facilities in MK.

*Member of COBSEO (The Confederation of Service Charities)

The Warrior Programme *

0900-1700hrs Mon-Fri, **Phone**: 07522 386555 or
Email: Colin.davidson@warriorprogramme.org.uk for course information. For other enquiries Phone: 0808 801 0898 or Email: ENQUIRIES@WARRIORPROGRAMME.ORG.UK or use **online contact form**: https://www.warriorprogramme.org.uk/contact-us/
Web: https://www.warriorprogramme.org.uk/

12-month programme, commencing with either a 3-day residential or 5 day online intensive foundation course, followed by regular refresher sessions and online interaction. Introduced to coaching techniques that will enable veterans to stay grounded, build resilience, deal positively with day-to-day life, and ensure that they remain focused and motivated to achieve.

Fully funded, including, food and accommodation, (excluding travel arrangements).

*Member of COBSEO (The Confederation of Service Charities)

Healthcare (non-urgent)

Blesma (Limbless veterans) *

0900-1700hrs Mon-Fri, **Phone**: 07825 536364 or 020 3954 3020
Email: bsoeastern@blesma.org **Web**: https://blesma.org/

Providing support to limbless and injured veterans for life. Blesma, The Limbless Veterans, is dedicated to assisting serving and ex-forces who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country.

Blind Veterans UK *

Mon-Fri, 0900-1700hrs (excluding Bank Holidays), register by **Phone**: 0800 389 7979 **or Web**: Supporter.services@blindveterans.org.uk

Helps vision-impaired ex-forces rebuild their lives after sight loss.

Provide rehabilitation, training, practical advice, and emotional support to veterans regardless of how or when they lost their sight. Help blind veterans regain their independence.

Defence Medical Welfare Service *

Mon-Fri, 0900-1700hrs, register by **Phone**: 0800 999 3697 (**Freephone**; not a crisis service)
Email: referrals@dmws.org.uk **Web**: https://dmws.org.uk/

Provides medical welfare and helps navigate the healthcare pathway to improve wellbeing and support recovery.

They support serving personnel, reservists, veterans, and their family members/carers. (including Merchant Navy).

Their medical welfare service supports patients, their immediate family/primary caregivers and healthcare professionals involved in their care. Person-centred, tailored to the individual needs of the patient and their family.

*Member of COBSEO (The Confederation of Service Charities)

Fighting with Pride: The LGBT+ Military Charity *

Online contact form: https://www.fightingwithpride.org.uk/get-in-touch/
Email: info@fightingwithpride.org.uk
Web: https://www.fightingwithpride.org.uk/

Supports the health and wellbeing of LGBT+ Veterans, service personnel and their families (in particular, those most impacted by the ban on LGBT+ personnel).

Find out about the LGBT Financial Recognition Scheme and your legal rights with their PDF guide.

GP practices – veteran friendly accredited

Accredited GP practices and where to find them

To date we have trained 32 GPs, 12 GP practices have joined the accreditation scheme, and 35 GP administration staff have been trained as mentors to help those in need.

GP Armed Forces Champion, Milton Keynes

0900-1430hrs Mon-Fri, **Email**: Thao.nguyen1@nhs.net

Local GP (Serving Lt Col Reservist) advises GPs about veteran patient care and can assist with issues relating to healthcare provision covered by the Armed Forces Covenant.

Live Life

Mon-Fri, 0900-1600hrs, **Phone**: 01908 973720, **Email**: live.life@nhs.net
Online referral: https://forms.office.com/e/Zfq0LqDUui

Social Prescribing is a non-medical intervention to help people look after their physical and mental wellbeing. They provide a personalised service to all adults 18+ living in Milton Keynes and registered with a GP: -

- Social and emotional help to people who may be feeling lonely or anxious.
- Help you to explore new groups, find new opportunities, meet new people, access benefits, support with housing applications and signpost you to any other additional support you may need.
- Offer encouragement and support to engage and connect with local community groups.
- Give you the time to talk through you concerns and help you to develop a personalised plan of actions and goals that you would like to achieve.

*Member of COBSEO (The Confederation of Service Charities)

Milton Keynes Prostate Cancer Support (MKPCS)

Prostate Cancer Support
Care, Connect, Communicate

Phone: 01908-110763, **Email**: info@prostatemk.org **Web**: www.prostatemk.org

Offering information to raise the low levels of public awareness of prostate cancer in Milton Keynes.

Comfort and support to men and their families who are affected by prostate problems.

Milton Keynes University Hospital NHS Foundation Trust

Email: armedforcesnetwork@mkuh.nhs.uk
Web: https://www.mkuh.nhs.uk/about-us/the-armed-forces-covenant/local-support-for-the-armed-forces

MKUH has an Emergency Department and outpatient services. They employ an Armed Forces Covenant officer and have dedicated Armed Forces volunteers to support you during your visit.

Op Restore

NHS
The Veterans Physical Health and Wellbeing Service
OpRESTORE

GP opening hours via GP referral
Email: imperial.oprestore@nhs.net
Web: www.oprestore.nhs.uk

The only criteria are that you must be a veteran, you must be entitled to routine NHS care and the physical healthcare problem must be because of your military service. It has been recognised that some veterans have specific physical health problems related to their service.

The expertise to deal with these problems can be found in the consultants who support OpRESTORE. Getting you to the right team will be better for you and will support your family and GP. They will also help you and your families to access other kinds of non-medical help and advice.

Veterans Orthopaedic Service *

GP opening hours via GP referral
Web: https://www.rjah.nhs.uk/veterans

The Veterans' Orthopaedic Service, led by Lieutenant Colonel Carl Meyer is open to UK veterans (including National Service) and treats arthritic lower limb problems.

Clinics are held every Thursday afternoon, and twice a month on Friday mornings. During the clinic, patients will see one of the Veterans' Service doctors.

Walking with the Wounded *

Phone: 03300 58 58 00
Web: www.wwtw.org.uk

Walking With The Wounded 'WWTW' support veterans, reservists, serving and their families who may be mentally, physically, or socially wounded. They offer personalised employment support, mental health and wellbeing support, and support care coordination. WWTW are also the delivery partner for Op Courage in Milton Keynes.

*Member of COBSEO (The Confederation of Service Charities)

Help accessing support

P3 Charity

0900-1700hrs Mon-Fri, **Phone**: 0808 164 1810 or **online referral form** available on website
Email: p3livelife@p3charity.org **Web**: https://www.p3charity.org/services/milton-keynes-health-service

Work alongside people who may be feeling isolated and need some help to manage their day to day living and access support. They can link you into services to support with a range of needs including:

- Loneliness / social isolation / getting back into the community
- Mental and physical health
- Access to support with finances / benefits / debt
- Addiction / substance misuse
- Housing advice
- Relationships / staying safe

P3 can provide one-to-one emotional and practical support for up to 8 weeks. A friendly link worker will meet you in your home, out in the community and / or speak to you over the phone to create a support plan to suit you. P3 have experience of working with veterans/reservists and work closely with MK council and hospital.

Homelessness

Connection Support

Phone: 01908 101330 or **online referral available on website**
Email: mkenquiries@connectionsupport.org.uk
Web: https://www.connectionsupport.org.uk/

Dedicated to helping people who are facing homelessness, housing issues, and mental health challenges.

We work alongside a wide range of people, including individuals experiencing homelessness or housing issues, young people, families, prison leavers, people leaving hospital.

Milton Keynes City Council, Rough Sleeper Team

0900-1700hrs Mon-Fri, **Phone**: 01908 691691 (contact before 1700 hrs that day)
Email: RoughSleeperTeam@milton-keynes.gov.uk **Web**: https://www.milton-keynes.gov.uk/housing/rough-sleepers

Rough sleepers, Male:
Purpose-built night accommodation above the former bus station at Station Square. For those who need overnight crisis accommodation. 24/7 for up to nineteen over 18 males. Showers, washing facilities, staff support, food.

The Shelter MK, Homeless Shelter

The Shelter MK, George House, Crosslands, Stantonbury MK14 6DB
Phone: 01908 429889, **Email**: info@thesheltermk.org
Web: https://thesheltermk.org/contact/

The Shelter MK (formerly The Bus Shelter MK) provides a sense of belonging that turns lives around. The charity has 21 bedrooms across the City and offers expert wraparound support to single people experiencing homelessness. Tailored one-to-one trauma-informed support addresses the barriers to resolving homelessness such as a lack of ID, mental or physical health issues, unemployment or debt, helping guests into stable, independent housing.

*Member of COBSEO (The Confederation of Service Charities)

UnityMK (formerly Winter Night Shelter)

1000-1600hrs Mon-Fri, **Phone**: 07549 609427
Web: https://www.unitymk.org/need-help for more information plus online referral form

Unity Park Station, 401 Elder Gate, Central Milton Keynes MK9 1LR is open to provide year-round support to rough sleepers, sofa surfers, people in emergency accommodation or temporary housing, anyone at risk of homelessness, those who need support with their tenancies and others who are vulnerable.

The welfare team will meet with you to assess your situation and create a personal support plan for you. In-person appointments can be made using the contact details above.

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Mental Health

(see also Crisis)

Mind BLMK – Mental Health Support Services

Monday–Friday, 0900–16:30hrs, **Phone**: 0300 330 0648
Email: hq@mind-blmk.org.uk **Web**: https://www.mind-blmk.org.uk

Peer Support – People with a similar lived experience come together to provide emotional, social, or practical help to each other.

Peer Mentoring – A one-to-one service with trained mentors, all of whom have lived experience of mental health challenges, supporting individuals to enhance their wellbeing or address challenges such as improving social confidence, using public transport, accessing education, voluntary work, and employment.

Crisis Recovery Service – Providing support for individuals in mental health crisis who would like to address their immediate mental health needs, as well as manage their well-being in the long term.

Carers Support Service – Working in partnership, Mind BLMK offers support to unpaid carers of people with mental health conditions, addiction, or dual diagnosis. We provide a safe, non-judgemental space with an understanding of the unique needs and difficulties that can be experienced when caring for someone with mental health difficulties or addiction.

Information about all services can be found on the website.

Op Courage, NHS Veterans Mental Health Service

Now available 24 hrs, **Phone**: 0300 034 9991 new referrals between 0800-2000, **Phone**: 0300 323 0139 **24/7 emotional support line**
Email: mevs.mhm@nhs.net **Web**: https://www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/

Call to register. NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

*Member of COBSEO (The Confederation of Service Charities)

PTSD Resolution *

Mon-Fri 0900-1700hrs, Phone: 0300 302 0551

Email: contact@ptsdresolution.org **Web**: www.ptsdresolution.org

Free Mental Health Treatment for the Armed Forces Community. For veterans, serving personnel, reservists and their families (including partners and children). Call to register. Prompt and confidential — no GP referral needed. First appointment is typically booked within days. One-to-one therapy with a local accredited therapist, usually completed in around six sessions (further sessions available if needed). Delivered face to face or online. Therapy is conducted compassionately — clients are not required to talk in detail about past events. Includes those with addiction issues, those in prison, and family members affected by living with a traumatised veteran (individually or jointly).

Reservists MH Programme

Phone: 0800 0326258

Email: dphce-dcmhcol-vrmhp@mod.uk no specific website

The Reserves Mental Health programme provides assessment and treatment advice for reserves who have been deployed overseas since 1 January 2003 as a reservist and believe that their deployment may have affected their mental health.

Reserves whose condition is found to be operationally related and of a nature that can be treated within the resources of the Defence Medical Service (DMS) can access treatment in a MOD UK Department of Community Mental Health (DCMH) and will be offered out-patient treatment at a DCMH closest to where they live.

*Member of COBSEO (The Confederation of Service Charities)

Older person

Age UK Milton Keynes

Mon-Fri 0900-1600hrs, **Phone**: 01908 550700
Email: info@ageukmiltonkeynes.org.uk
Web: https://www.ageuk.org.uk/miltonkeynes/

Working with and for people to make a difference that contributes to their wellbeing and quality of life. Our friendly and experienced team are here to offer free, confidential and independent advice and support on various aspects of life.

*Member of COBSEO (The Confederation of Service Charities)

Ongoing support – criminal justice

Op Nova

0900-1700hrs Mon-Fri, **Phone**: 0800 917 7299
Web: https://www.forcesemployment.org.uk/programmes/op-nova/contact/

Support for veterans who are arrested or at risk of arrest; enabling them to access the services they need. Specialist programme developed to support veterans in the criminal justice system who may be vulnerable, socially isolated, or need support to live or maintain a law-abiding life.

Ongoing support – immediate needs

The Veterans' Charity *

0900-1600hrs Mon-Fri, **Phone**: 01271 371001 or **online referral form**
https://www.veteranscharity.org.uk/getsupport
Web: https://www.veteranscharity.org.uk/

The immediate needs support charity for Veterans who find themselves battling hardship and distress. They can assist with essentials such as food shopping (including pet and baby products where required), utilities support, clothing and footwear, household items and single appliances, smartphones/tablets and calling credit/data.

Ongoing support – various

Get Around MK

Web: Access to bikes https://getaroundmk.org.uk/

Useful travel information, journey planners, access to bikes and more.

*Member of COBSEO (The Confederation of Service Charities)

Hounds for Heroes

Phone: 01730 823118, **Email**: enquiries@houndsforheroes.com
Web: https://www.houndsforheroes.com/

Open to all HM Armed Forces and Emergency Services personnel who have become disabled through illness or injury.

An assistance dog can help overcome some of the physical challenges caused by disability or illness. Costs met by charity. Injury/illness does not have to be service attributable.

Milton Keynes College Group

0900–1700hrs Mon–Thur, 0900–1630hrs Fri, **Phone**: 01908 684444,
Email: info@mkcollege.ac.uk, **Web**: https://mkcollege.ac.uk/contact-us/

Providing a wide variety of qualifications, from vocational courses and apprenticeships to higher education and professional certificates, along with employability skills and community training. Additionally, serving as a national provider of education services in prisons nationwide.

They have a variety of Adult learning and Further Education courses open to all within the Armed Forces community, as well as a variety of roles for those with skills in specialist areas who wish to go into teaching, either at their campuses or prison sites. (No previous teaching experience required as training can be provided for the right person).

Royal British Legion *

0800-2000hrs every day, **Phone**: 0800 802 8080 to initially register, then connected to local case worker **or** chat online
Web: https://www.britishlegion.org.uk/#

Ongoing support which can include:
Care and independent living, financial and employment support, local community connections and tackling isolation (see information below). Help with costs for homeless veterans. (first month's rent and deposit, brown/white goods).

RBL Tackling Isolation: If you would like a home visit or telephone buddy, please call the national number (T: 0808 802 8080 and ask to be connected to the **MK BCSO (Branch Community Support Officer)**. Branch Community Support (BCS) is a network of RBL members who provide company to those living with social isolation and loneliness. This can be by telephone buddying or home visits.

*Member of COBSEO (The Confederation of Service Charities)

Soldiers,' Sailors,' and Airmen's families Association (SSAFA) *

0900-1700 hrs Mon-Fri, **Phone**: 0800 260 6767 or online Chat
https://www.ssafa.org.uk/get-help/forcesline
Web: https://www.ssafa.org.uk/get-help

Transition support (leaving the armed forces), help for families, supporting older veterans, disability support, welfare and benefits, brown/white goods.

Turn to Starboard *

Phone: 01326 314 262, **Email**: info@turntostarboard.co.uk
Web: https://www.turntostarboard.co.uk/

Fully funded support for serving and retired Armed Forces personnel, reservists, and their families, who have been affected by military operations. We help families re-engage in a completely new environment with sailing opportunities. The yacht is skippered by an experienced Yacht master so attendees can take part in as much or as little sailing as they like. Attendees sleep on the yacht which will be moored at different locations each night.

*Member of COBSEO (The Confederation of Service Charities)

Milton Keynes
City Council