



HERE FOR ALL CARERS

NETWORK GUIDE

**citizens
advice**

**Milton
Keynes**

Funded by



Milton Keynes
City Council

ABOUT US

Are you an unpaid carer caring for someone who lives in Milton Keynes?

The Carers Support Network brings together specialist organisations, each providing help for different groups of carers.

You do not need to describe yourself as a “carer” to contact us. If you regularly support someone who could not manage without you, we are here to help.

By bringing specialist partners together under one coordinated network, carers no longer need to navigate multiple services on their own.



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GET SUPPORT

Together, we ensure carers can access the right help, at the right time. Whether that's advice, emotional support, peer connection, or specialist services tailored to their circumstances.



TEXT 'CARER'
TO 88008

EMAIL
CARERS@MKCAB.ORG.UK

**citizens
advice** **Milton
Keynes**

Meet Our Network Partners

citizens
advice

Milton
Keynes

coram family
lives



Alzheimer's
Society

It will take a society to beat dementia



CHUMS
Emotional Wellbeing Services

mind
BLMK

Talkback

DEVELOPING A WORLD OF POSSIBILITIES

Milton Keynes
ageUK
Let's change how we age

mobilise
Together we care and thrive



CARERS
SUPPORT

LEAD PARTNER

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Citizens Advice Milton Keynes leads the Carers Support Network.

Our team provide free advice, advocacy and support to meet the needs of people who are living in severe hardship, struggling to overcome difficult family and financial circumstances.

Our role as lead partner means we coordinate access to the right organisation, making the process simpler and clearer for carers.

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carers@mkcab.org.uk

MOBILISE

Mobilise is an online service led by carers, for carers.

We're here to make life a little easier for carers. Join thousands of others who share tips, laughs and support - any time of day. Whether you've just started caring or have been doing it for a while, we're here to support you.

With Mobilise, Carers Can:

- Discover a network of people in similar situations.
- Access free support from a dedicated carers coach.
- Join online support sessions with others also caring.
- Use simple online tools to help at each stage of their caring journey.

Get In Touch



carer.team@mobiliseonline.co.uk



support.mobiliseonline.co.uk/milton-keynes



CHUMS

Young carers and Young adult carers take on a lot of responsibility at home and this can often lead to them feeling isolated and alone; we help our carers to feel seen, heard, and valued.

The young carers service supports children and young people from the age of 5 to 25 who are ordinarily resident in Milton Keynes, who have a practical caring role for someone with a disability, chronic or serious illness, mental health condition or learning difficulty.

Support includes: School groups, one to one support, drop ins, trips and respite activities.

Get In Touch

 01908 049310

 info@chums.uk.com

 chums.uk.com/milton-keynes-young-carers-service



CHUMS

Emotional Wellbeing Services

AGE UK MILTON KEYNES

Age UK Milton Keynes is an independent local charity and the specialist provider offering support to unpaid carers of a person 65+ living in Milton Keynes.

We aim to help people manage their caring responsibilities effectively, while maintaining their well-being.

Our range of help can include:

- Talking through concerns and developing a plan of action
- Signposting to other useful services available
- Peer support networks such as our Carers Café
- Training related to the condition of the person cared for
- Guidance and reassurance when your caring role ends

Get In Touch



01908 765028



carers.support@ageukmiltonkeynes.org.uk



ageuk.org.uk/miltonkeynes



THE ALZHEIMER'S SOCIETY

Our dementia support service is here to give you personalised help and advice face to face or over the phone.

Depending on your needs, we can offer you information and signposting or ongoing support regardless of whether you are worried about your memory, have a diagnosis of dementia or are a carer, family or friend.

Our expert team will listen, answer your questions, and connect you to the support you need. We also run a number of groups for people with Dementia and their carers

Get In Touch



01908 232612



miltonkeynes@alzheimers.org.uk



alzheimers.org.uk



**Alzheimer's
Society**

It will take a society to beat dementia

TALKBACK

We help those with a learning disability or autism (18+) embrace new opportunities, lead fulfilling lives and actively contribute in their local community.

We deliver workshops, one to one sessions and regular carer forums. These sessions support unpaid carers by sharing specialist learning disability and autism expertise, offering practical guidance, and creating spaces to connect, learn and share experiences.

Talkback is a Co partner with **Coram Family Lives**. Who support those who care for people with a learning disability or neurodivergence.

Get In Touch



01494 434448



talkback@talkback-uk.com



talkback-uk.com



DEVELOPING A WORLD OF POSSIBILITIES

CORAM FAMILY LIVES

Family Lives is a national charity dedicated to supporting parents and carers to build strong, safe, and healthy family relationships.

By offering empathetic human connection and trusted advice, we help parents feel less alone, more confident, and better able to cope. We provide individual and group Support to Parents & Carers of Adults and children with neurodivergence and learning disabilities.

Coram Family Lives is a Co partner with **Talkback**. Who support those who care for people with a learning disability or neurodivergence.

Get In Touch



0204 5228700



askus@coramfamilylives.org.uk



coramfamilylives.org.uk



MIND BLMK

Mind BLMK is the leading mental health charity working across communities to support positive mental health and wellbeing.

Working closely with a range of partners, we offer a number of community based services that support the mental health and wellbeing of people. Our aim is to make sure that no-one has to face a mental health problem alone.

Mind BLMK offer a safe, non judgmental space with understanding of the unique needs and difficulties that can be experienced when caring for someone with mental health difficulties or addiction.

Get In Touch

 0300 330 0648

 mkcarers@mind-blmk.org.uk

 [mind-blmk.org.uk/
how-we-can-help/milton-
keynes/mk-carers-support-
service](http://mind-blmk.org.uk/how-we-can-help/milton-keynes/mk-carers-support-service)



NETWORK SUMMARY



Free advice, advocacy and support to overcome difficult family and financial circumstances.



Emotional and mental health support for young carers ages 5 to 25.



Dementia information, advice and support services.



Dedicated support for those who care for people with mental health conditions.



Co partners: Support for those who care for people with a learning disability or neurodivergence.



Online support, coaching, and community for carers.



Dedicated support for those who care for older people aged 65+.



Cut Out and Keep!



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REFERRALS FOR PROFESSIONALS

If you're a professional or support worker referring a carer to our service, please scan the QR code to use our secure, password-protected referral form. This ensures information is shared safely and reaches the right team.

If you require the password for this form, please email carers@mkcab.org.uk confirming your name, job title and the organisation you work for.





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All statements and information are correct at time of printing.
Please contact partners directly for further information.

Citizens Advice Milton Keynes leads the Carers Support Network
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