

## Timetable of activities

### Monday

Newport Pagnell 10.00am to 1.45pm  
Porchester 1.00pm to 4.00pm

### Tuesday

Fern Grove 10.30am to 2.30pm

### Wednesday

Mathiesen 10.00am to 1.45pm

### Thursday

Women's Group 11.00am to 2.00pm

### Friday

Courses / music group / peer support group,  
please ask for further information.

Please ring 01908 585085 for more information.

## Confidentiality

We believe in respecting and maintaining your confidentiality. We will not share personal information unless we have your permission or we have to because of our duty of care to protect your health, safety and wellbeing and that of others.

## Rethink Mental Illness Milton Keynes Community Support Services

Room 2  
11 Winchester Circle  
Kingston  
Milton Keynes MK10 0BA

Phone 01908 585085  
Email [mkds@rethink.org](mailto:mkds@rethink.org)



Leading the way to a better  
quality of life for everyone  
affected by severe mental illness.

For further information  
on Rethink Mental Illness  
Phone 0300 5000 927  
Email [info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)

Registered in England Number 1227970. Registered Charity Number 271028.  
Registered Office 89 Albert Embankment, London, SE1 7TP.  
Rethink Mental Illness is the operating name of National Schizophrenia  
Fellowship, a company limited by guarantee. © Rethink Mental Illness 2012.



# Get more out of life.

Milton Keynes  
Community Support Services

## About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other. We run services and support groups across England that change people's lives and we challenge attitudes about mental illness.

## Community support

Rethink Mental Illness offers hope to people with mental illness and the support and help they need to regain confidence to engage in everyday social and workplace activities. We provide a wide range of high quality services which include:

- **Community services:** one-to-one and small group work providing social contact, practical help and community based opportunities, and information and advice.
- **Befriending services:** one-to-one and focused professional friendship providing consistent support and opportunities for social involvement.
- **One-to-one community support:** help to enable individuals to live independently.
- **User involvement services:** opportunities for users of mental health services to influence the way they are planned, delivered and monitored locally.

We place the people who use our services at the centre of our service delivery. We provide high quality services that are carefully planned, managed and monitored and we support the people who use our services towards achieving their potential.

## Milton Keynes Community Support Services

Everyone using our community support services develops a Recovery Star based on personal goals and aims. The contribution of staff is to support the person in their journey towards recovery. Supporting personal recovery involves moving away from a focus on treating illness and towards promoting wellbeing. We aim to promote community participation and social inclusion.

## Services we offer

### One-to-one support

One-to-one support to focus on Recovery Star and goals and achieving these. This allows the person using the service to be in full control of their recovery and the way the support is being delivered.

### Workshops

The staff develop and implement workshops that offer additional support to service users in managing their mental wellbeing.

- **Community services** small group work providing social contact, practical help and community based opportunities, information and advice.

- **Social networks** meeting new people and building valuable friendships, activities.
- **Service user** input on local and national issues.
- **Recovery Star** focuses on hope, self identity, meaning and personal responsibility.
- **Signposting** we have contacts with a number of organisations that would be able to assist you if we cannot.

## Our team

Our team of staff and volunteers can assist you in rebuilding your confidence, whilst supporting you to become more actively involved in your local community. We are committed to making this possible by promoting greater understanding of mental health issues and challenging discrimination within the Milton Keynes area.

We believe that everyone affected by mental distress is able to progress towards a more satisfying life – sometimes it helps to have support to do this. Rethink Mental Illness Milton Keynes is committed to developing our work around you as an individual.

We can offer you support that focuses on your strengths and the choices you want to make to achieve your goals.

