

Early help for families in your area: Central

Child and Adolescent Mental Health Services (CAMHS)

Milton Keynes Community Health Services provide information, assessment and interventions to children and young people requiring support with mental health difficulties.

They offer an open access advice and referral helpline to children, young people, parents, carers and professionals. Referrals can also be made online via the web address below:

www.milton-keynes.gov.uk/earlyhelp
Call 01908 254375

Parenting support

MK Dons Sports & Education Trust 'Get SET Get Parenting' offers a range of workshops, courses, online programmes, 1-1 support and fun parent and child sessions for families with children over five years old, building skills and confidence in parenting. In addition they provide a free confidential 24 hour parenting help line in conjunction with Family Lives, so parents can access immediate advice and support.

www.getsetparent.com
Call 01908 622936 or
24hr helpline on 01908 322224

Community engagement

Community Action: MK facilitates and oversees a proactive programme of community activity that supports and enables residents to become active citizens. Working to improve the resilience of individuals the service encourages residents of all ages to participate in decision making that affects their lives.

Estates covered:

Fishermead
Tinkers Bridge
Netherfield
Beanhill

www.communityactionmk.org
Call 01908 661623

Children's centres

Children's centres in Milton Keynes are open to all families with children under five years old. Each centre brings together health services, family support, childcare and education, alongside fun developmental activities.

Centre staff work with parents, carers and other agencies to enable every child to have the best possible start in life.

Your local centres:

- Bridges
Kingston Day Nursery
01908 586472
- Hummingbird
Shackerstone Close, Broughton
01908 609609
- Hedgerows
Playzone Day Nursery
01908 239000
- Seedlings
Christ the Sower Ecumenical
Combined School
01908 503736
- Moorlands
Moorlands Centre
01908 679819
- Pebbles
Newlyn Place, Fishermead
01908 240556

Youth provision

Milton Keynes Council works with young people aged 11-25 to support them with a range of services and activities to help improve their well-being and life chances. Local provision in the central area is at:

- The Point (The Spot Youth Café)
- MK6 Opportunities, Jonathans, Coffee Hall
- Outreach and participation projects are also based at Jonathans, Coffee Hall

For more information please contact Hilary Solway on 01908 253210.

Children and Families Practices (CFP)

CFPs offer Early Help services for families with additional or considerable needs that cannot be met through universal provision alone. Three teams are based in local areas to ensure that support is more accessible to children, young people and their families.

Your local CFP is at:

**Farthing Grove, Netherfield
Milton Keynes
MK6 4JH**
For referrals: 01908 253169/253170
For general enquiries: 01908 252696
www.milton-keynes.gov.uk/earlyhelp

