

Who we are and what we do

.....
Making a real and positive difference
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Age UK Milton Keynes works with and for older people to make a real and positive difference that contributes to their wellbeing and quality of life.

Information and Advice

Free, confidential and independent advice and information on any aspect of life for older people.

Monday to Friday

9.00am–4.00pm

Telephone advice from our main office at The Peartree Centre

01908 550 700

Monday to Friday

10.00am–12.30pm

At our shop in Bletchley

01908 647 513

Free legal advice

Tuesdays 2.00–4.00pm

Monday to Friday

10.00am–12.30pm

At our shop in Olney

01234 712 334

Monday to Friday

10.00am–12.30pm

At our shop in Stony Stratford

01908 560 822

Free legal advice

Wednesdays 1.00–3.00pm

Tuesday and Thursday

10.00am–12.00 noon

CMK Drop-in, 791 Avebury Boulevard (above Iceland in the Food Centre), Central Milton Keynes MK9 3JT

01908 240 450

Free legal advice: first and third Wednesday of the month

10.00am–12.00 noon

Snack & Chat café

Our friendly café serves hot snacks, drinks and sandwiches.

Monday to Friday 10.00am–2.00pm

CMK Drop-in

01908 240 450

Day excursions can also be booked at the Drop-in.

01908 240 450

Computer Clubs

We run a rolling programme of six-week courses made up of 90-minute sessions for people aged 55+. Venues are the CMK Drop-in Centre and The Peartree Centre.

01908 550 700



Handyperson services

We offer help with small practical tasks such as minor plumbing, small electrical jobs and carpentry for people aged 60+. The service is charged at an hourly rate which contributes towards our costs. Clients pay for the cost of materials used.

We work in partnership with the Royal British Legion to provide this service free of charge to people who have served in the armed forces for at least seven days, or who are dependants of someone who has served, and receive a means tested benefit.

This includes widows and widowers.

01908 557 885

Home safety check

We will check your home to identify hazards likely to cause accidents or falls and give advice on crime prevention, mobility and home maintenance. We will arrange for smoke alarms to be fitted where necessary.

01908 557 885

Gardening Service

We offer a grass-cutting, tidying and pruning service which is charged at an hourly rate that contributes towards our costs.

01908 557 885

Home Improvement Agency (HIA)

This is a free advice, information and support service that helps vulnerable people maintain or adapt their homes to their changing needs, so that they can live independently for as long as possible.

01908 557 885

Advocacy

Our advocacy service offers support and encouragement to help older people represent their own interests and become more aware of their personal rights and how to exercise them. We also have a specialist mental health advocate.

01908 266 697

Home from Hospital

A free service that offers emotional and practical support to vulnerable older people for up to six weeks after they are discharged from hospital.

01908 243 864

Carers' Support Service

This free service provides information and advice for people caring for someone when they leave hospital.

01908 243 864 or 01908 550 700

Re-ablement Service

We work with health professionals to prevent older people having falls and to reduce the number of re-admissions to hospital. We aim to ensure that people leaving hospital have access to the support that will enable them to live independently and, as far as possible, carry on in their home as long as they wish.

Relief care

We offer a sitting service to people who care for an older person who is a relative or partner and lives with them. It enables carers to have a much-needed break, knowing that their loved one is being well cared for by an experienced person. The scheme is charged at a reasonable hourly rate.

01908 550 700

Home support

Shopping and light housework

This scheme offers practical support to people who are unable to manage unaided at home. The scheme is charged at a reasonable hourly rate and can provide other practical support that enables older people to live independently.

01908 557 874



Home visiting and befriending

A member of staff or volunteer will visit your home on a regular basis for a friendly chat and to see that things are generally well with you. We are able to help with form-filling and can advise on many of the concerns that you may have.

01908 550 700

Neat Feet footcare service

This is a chargeable service for older people and people with a physical disability or learning disability who can no longer manage to cut their own toenails, and have no carer or family support to help them.

01908 557 883

Community development

We support community groups of older people and Senior Voice Milton Keynes, an independent consultative group. Our annual discussion forums enable the voice of older people to be heard. We also produce a free Directory for People in Later Life in Milton Keynes.

We support Men in Sheds, a project that provides an opportunity for older men to come together and engage in activities of mutual interest. Current activities include woodworking, metal working, model making, gardening and cooking although other activities can be accommodated.

01908 557 878

Day activities

We run 23 lunch clubs that offer older people the chance to enjoy a freshly cooked two-course lunch and to meet friends. Transport can be provided where necessary, and we make a charge to help towards our costs of running the clubs.

Also, the purpose-built Kitchener Centre offers day care for vulnerable older people for Olney and the surrounding villages.

The DEGA day clubs provide company and support for frail older people living in Woburn Sands and the surrounding villages.

01908 550 700

Charity shops

Our shops are a vital source of income to us and we rely on generous donations of goods from the public to keep them going. Our shops are open Monday to Saturday 9.00am–4.00pm. Olney opens on Sunday to coincide with the Farmers Market.

Newport Pagnell

58a High Street MK16 8EH

01908 217 941

Olney

18 High Street MK46 4BB

01234 240 582

Woburn Sands

55 High Street MK17 8QY

01908 583 138

Wolverton

7 Radcliffe Street MK12 5DQ

01908 221 442

Wolverton Books

202 Stratford Road MK12 5RL

01908 319 620

Furniture stores

Bletchley

43 Queensway MK2 2DR
Open Monday–Saturday
9.30am–5.00pm
01908 645 678

Kiln Farm

6 Burners Lane MK11 3HB
Open Monday–Saturday
10.00am–5.00pm
Sunday 11.00am–4.00pm
01908 263 838
(collections/deliveries of larger items)

Stony Stratford

23 High Street MK11 1AA
Open Monday to Saturday
9.00am–5.00pm
01908 562 830

Volunteering for us

If you have a skill to share or would like to help us within one of our shops or services, please contact our Volunteer Co-ordinator for an informal chat.
01908 240 450

Making a donation

Funds raised by you will help to improve later life by reducing loneliness and isolation for older people locally. All money raised in Milton Keynes stays in Milton Keynes. Thank you for your support. If you would like to support Age UK Milton Keynes, please send your donation to The Fundraising team at the Peartree Centre address. Please make cheques payable to 'Age UK Milton Keynes'. You can also donate online through Virgin money giving on our website.

Please Gift Aid your donation. UK taxpayers can make their donation to us worth an extra 25% because we can claim back from the Government tax that has already been paid.

We have many exciting events throughout the year and if you would like to attend or help at one of these, please go to our website.

www.ageukmiltonkeynes.org.uk

Phone **01908 557 891**

or email suzanne.campbell@ageukmiltonkeynes.org.uk

Insurance and other products

Age UK Enterprises offers a range of products and services tailor-made for the over 50s. These include Home, Car and Travel Insurance, Gas and Electricity and Personal Alarms. Age UK Enterprises also offers help with Wills and an Equity Release advice service provided by Just Retirement Solutions Ltd.

The solution to releasing equity from the value of your home may involve a lifetime mortgage or a home reversion plan. To understand the features and risks you should ask for a personalised illustration.

The Age UK Guaranteed Funeral Plan allows you to pre-pay for a cremation funeral at today's prices. If you're aged 50 or over, acceptance to the plan is guaranteed.

See our website for more details or you can also call us on the number below or pop in for a face-to-face chat.

Age UK Milton Keynes

CMK Drop-In Centre
791 Avebury Boulevard
Central Milton Keynes MK9 3JT
Monday to Friday 10.00am–2.00pm
01908 201 178



Age UK Milton Keynes

The Peartree Centre

1 Chadds Lane

Peartree Bridge

Milton Keynes MK6 3EB

t 01908 550 700

e info@ageukmiltonkeynes.org.uk

www.ageukmiltonkeynes.org.uk



For further information, call

01908 550 700

www.ageukmiltonkeynes.org.uk



**Home, Car and Travel Insurance are provided by Ageas Insurance Limited.
Gas and Electricity is provided by E.ON Energy Solutions Limited.**

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