

MIND BLMK

Mind BLMK is jointly commissioned by Milton Keynes Council and Milton Keynes Clinical Commissioning Group to deliver a preventative mental health and wellbeing service. Mind BLMK provides affordable counselling for Milton Keynes residents, offering short term one-to one counselling and medium-term wellbeing interventions. They also work more widely within local communities to promote positive mental health and wellbeing.

In addition to commissioned services, Mind BLMK also uses funding from a range of sources to provide additional support. This includes

- one-to-one mentoring through the Advice Network Partnership
- arts and horticulture schemes for people with longer term needs
- Employment Support through both the Neighbourhood Employment Programme (NEP) and directly with Work Programme Providers
- provision of a range of training and workshops aimed at all within the community to promote positive mental health and wellbeing.

RETHINK Mental Illness

Rethink is a national charity which helps many people affected by mental illness by challenging attitudes and changing lives. It directly supports approximately 60,000 people across the country every year to deal with their crises, to live independently and change attitudes and policies to mental health.

In Milton Keynes Rethink is commissioned to provide a Community Support Service which provides a range of structured groups and activities including social groups, therapeutic groups and one-to-one support, linking with other organisations and encouraging full involvement within the community.

The focus of all groups is social inclusion, recovery and self-management and all people who use Rethink services are encouraged to complete an Individual Recovery Plan which looks at each individual's positive attributes, needs and aspirations and focuses on self-management and social inclusion.

Richmond Fellowship Supported Housing

The Richmond Fellowship provides supported housing in Milton Keynes for adults who need support with daily living and social skills as the result of long-term mental health problems.

The service helps individuals to develop a support plans tailored to their needs. A key worker is allocated to each individual who works with them throughout their placement on the short and long-term objectives highlighted in this plan. Regular reviews take place to map each person's progress and agree a weekly service structure that fits with individual needs and links in with other support networks.

Richmond Fellowship also provides short-term supported accommodation through the 'Stopgap' scheme. This provides three places of supported accommodation in a confidential local location for up to four weeks as an alternative to hospital. The support is tailored to the individual's requirements at the point of access and monitored throughout their stay.

Richmond Fellowship Employment Support Service

The Richmond Fellowship Employment Service based in Bletchley is a specialist service working within mental health and employment. The service works with people who live in the Milton Keynes area and who have experience of, and are recovering from, mental health problems

The service focuses on two key areas:

- Regain – helping people to return to paid employment, voluntary work, training and education through one-to-one interventions and group sessions
- Retain - offering early intervention support to people experiencing difficulties at work due to mental health problems and helps them retain their current employment or seek alternative employment.

Stonham – Home Group

Stonham supports people with mental health problems across two properties in Milton Keynes to develop independent living skills.

Stonham's support service helps individuals identify what they need and want to maximise their potential and inclusion in their local communities. They deliver person-centred, flexible support which aims to increase service users' choice and control over their lives.

PowHer

PowHer is commissioned through Milton Keynes Council to provide an advocacy service to all client groups including people with mental health problems. In addition to providing the Independent Mental Health Advocate (IMHA) and Independent Mental Capacity Advocate (IMCA) services for Milton Keynes the service aims to:

- Provide support for service users to be fully involved in decisions about their care or support
- Support users to make complaints or comment on the services they receive
- Assist service users to obtain their rights and entitlements both generally and in a period of change or crisis
- Support users to make fully informed decisions on how to obtain services to meet their needs