

# ASPLANDS MEDICAL CENTRE



## Support and Wellbeing for our Patients Aged 75 and Over

We are providing our patients who are over the age of 75 years with information that may be useful and relevant to you. This is to identify if there are any areas of need we can assist with. Can you please take a few moments to look at the questions below and reflect on them.

1. Do you feel socially isolated or vulnerable?
2. Have you had a fall in the last 12 months or are you concerned about falling?
3. Have you got significant concerns regarding your memory?
4. Are you feeling down, depressed or anxious?
5. Do you have difficulty carrying out your activities of daily living (like washing, dressing, preparing your meals, etc.) independently?
6. Do you have difficulty managing your medication?

If you answered yes to any of the above, please consider accessing the following services.



## Key Information

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## Social Prescribing Services



You can ask to speak with our Social Prescriber via your GP surgery. Social Prescribing connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

**Coffee, Cake and Chat:** A friendly social group offering a warm welcome to anyone who would enjoy good company, conversation, and a relaxed morning out. All are welcome. First and third Thursdays, 10am

Methodist Church, Woburn Sands Tel: 01908 583314

<https://mkmethodist.org.uk/woburn-sands-methodist-church/>

**Heaven's Kitchen:** A welcoming monthly lunch group offering a warm meal and friendly company in a relaxed community setting. A lovely opportunity to meet others and enjoy good conversation over lunch. First Friday in the month at 12 noon. Booking is required. Tel: 01908 582921.



**Love Woburn Sands:** Love Woburn Sands runs a range of community projects designed to support local residents, reduce isolation, and strengthen community connections. Activities and services may change over time depending on local needs and priorities. Current projects include:

**Community Transport** – Supporting local people to attend social activities, medical appointments, shopping trips, and other essential journeys.



**Walk & Talk** – A friendly walking group combined with social opportunities to encourage gentle activity and conversation.

**Yarn Club** – Bringing generations together by teaching young people knitting and creative skills using yarn and wool.



"Start where you are. Use what you have. Do what you can."

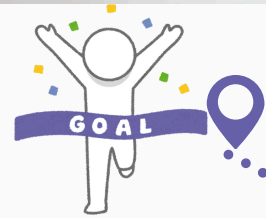
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# Milton Keynes

## Advice On Prescription Provided by Citizens Advice Milton Keynes



You can ask for a referral to this service through any member of staff at Asplands Medical Centre. Advisers can support you with a wide range of issues, including debt, benefits, housing, employment, family matters, immigration, consumer concerns, and civil legal problems.

## AGE UK Milton Keynes Digital Support



A personal service for older people in Milton Keynes that need assistance with using the internet and their desktop PC, laptop, tablet, mobile phone or other smart devices.  
Call -01908 550700.

For more Age UK groups and services visit:

Website: [www.ageuk.org.uk/miltonkeynes/our-services/](http://www.ageuk.org.uk/miltonkeynes/our-services/)

## The FOOD BANK Milton Keynes



We understand that anyone can face difficult times. Through our Social Prescribing service, patients may be supported with emergency food bank vouchers when needed. If you are not currently in need of support but would like to help others, you can make a donation to your local food bank and support people within the community.

Tel: 01908 565852 Email: [office@mkfoodbank.org.uk](mailto:office@mkfoodbank.org.uk)

Website: [www.mkfoodbank.org.uk](http://www.mkfoodbank.org.uk)



## Flitwick Community Fridge

Operated by Flitwick Town Council, Flitwick Community Fridge is a food sustainability initiative that brings people and businesses together to share food, meet, learn new skills, and prevent fresh food from going to waste. This service also aims to assist local people affected by the ongoing cost-of-living crisis, especially working families. All food is free.

**T: 01525 631900 or Email [zoeputwain@flitwick.gov.uk](mailto:zoeputwain@flitwick.gov.uk).**

**Website: [www.flitwick.gov.uk/flitwick-community-fridge-is-open/](http://www.flitwick.gov.uk/flitwick-community-fridge-is-open/)**

## The Need Project

The Need Project supports individuals and families experiencing poverty or financial hardship by providing free food parcels and, when available, essential items such as clothing and furniture. Referrals are made through recognised agencies, including local authorities, charities, and community organisations.

Alongside crisis support, the charity works closely with local partners and community groups to raise awareness, encourage community involvement, and help people move towards greater independence through practical support and education where possible.

**Drop-Off & Collection Points: [www.theneedproject.org](http://www.theneedproject.org)**

## Toddington Community Fridge

Operated by Mid Bedfordshire Community Fridge CIC, Toddington Community Fridge is a volunteer-led food sustainability initiative open to everyone, helping to reduce food waste by redistributing good surplus food within the community. The service also supports local residents affected by the ongoing cost-of-living pressures, including working families. All food is free of charge.

Open Saturdays, 9:30am–11am at Wilkinson Hall.

**Website :[www.facebook.com/toddingtoncommunityfridge](https://www.facebook.com/toddingtoncommunityfridge)**

## Feeling Anxious or Depressed?

You can book an appointment with one of our **Counsellors** at the surgery. They offer initial assessments and can provide referrals to appropriate services, including talking therapies, bereavement support, or general advice.

*This service is available to any patient at Asplands Medical Centre.*



## Other useful resources are:

### Milton Keynes Talking therapies (IAPT)

You can self-refer by completing an online request at [www.mktalkingtherapies.nhs.uk](http://www.mktalkingtherapies.nhs.uk) or by calling **01908 725099**, Monday to Friday, between **8:30am** and **4:30pm**.

### MK Crisis Cafe

Open daily from 5pm to 11pm, all year round, at 226 Queensway, Fenny Stratford, Bletchley, Milton Keynes, MK2 2TE.

For more information about the Crisis Cafés, email [crisiscafe@mind-blmk.org.uk](mailto:crisiscafe@mind-blmk.org.uk) or call 0300 330 0648 (9am–4:30pm). Please note, crisis support is not available by phone during these hours.



### Samaritans Milton Keynes

Call [116 123](tel:116123) free from any phone.

## Local Support and Wellbeing Services

### Bedfordshire Talking therapies

Offers a range of free and confidential talking therapies and specialist support to help you feel better. Self-referrals are accepted via the website or by telephone, or contact your GP to arrange a referral.



## Additional Support Services

### Bedfordshire and Luton Recovery Service

In partnership with East London Foundation Partnership Trust (ELFT) and The University of Bedfordshire, Recovery Colleges offer a wide range of free courses and workshops to everyone living and working in Bedfordshire and Luton, which are recovery-focused, and aim to provide strategies and techniques for individuals to use in their daily lives to promote self-management.

Telephone: 01234 263621 Email: [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

Website: [www.elft.nhs.uk/bedfordshire-talking-therapies](http://www.elft.nhs.uk/bedfordshire-talking-therapies)

### MIND BLMK

Is a local mental health charity, with a positive and holistic approach to promoting mental wellbeing.

Telephone: 0300 330 0648 Email: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

Website: [www.mind-blmk.org.uk/](http://www.mind-blmk.org.uk/)



# Difficulty with your activities of daily living?

Contact your **Occupational Therapist** via reception at your GP surgery. Occupational Therapy can provide equipment or advice to help you maintain your independence at home, address concerns with falls and memory issues and provide support for carers.



## ✔ Concerned about your memory?

Contact the surgery and ask to speak with the Occupational Therapist for a quick memory screening test.



## ✔ Difficulty with medication?

Contact your local pharmacy or the pharmacist via reception at your GP surgery.



Pharmacy2U is an NHS-approved online pharmacy that allows patients to order repeat prescriptions online and have their medication delivered directly to their home free of charge. The service works with GP surgeries through the Electronic Prescription Service, offering a convenient way to manage prescriptions without visiting a pharmacy.

**Website:** [www.royalmail.com/health/pharmacy2u](http://www.royalmail.com/health/pharmacy2u)



# Concerned about falls?

There is a local Falls Prevention service that you can directly self-refer to.

**Address:** Gilbert Hitchcock House, 21 Kimbolton Road, Bedford, MK40 2AW

**Tel:** 01234 795854

**Email:** [bhn-tr.fallsphysiobedford@nhs.net](mailto:bhn-tr.fallsphysiobedford@nhs.net)

**Website:** [www.cnwl.nhs.uk/services/community-services/milton-keynes-falls-service-staying-steady](http://www.cnwl.nhs.uk/services/community-services/milton-keynes-falls-service-staying-steady)



**Adult Social Services  
Milton Keynes**

**Adult Social Services  
Bedfordshire**



If you have any care or support needs, you can request a **Needs Assessment.**



**Call 01908 253772**

**E:** [ascat@milton-keynes.gov.uk](mailto:ascat@milton-keynes.gov.uk)

**Call 0300 300 8000**

**E:** [AdultServicesContactTeam@bedford.gov.uk](mailto:AdultServicesContactTeam@bedford.gov.uk)

If you have any difficulty accessing these services and would like some support with this, please contact our:

**Kelly Cook**  
Email: [kelly.cook26@nhs.net](mailto:kelly.cook26@nhs.net)

**Care Co-ordinators:**  
**01908 582069**

**Ellie Billers**  
Email: [ellie.billers1@nhs.net](mailto:ellie.billers1@nhs.net)

If you need this information to be provided to you in another format or language, please speak to a member of our staff.