

## MK CIL

### Milton Keynes Centre for Integrated Living

(at the side of Christ the Cornerstone Church)

**Address:** 330 Saxon Gate West  
Central Milton Keynes MK9 2ES

**Tel:** 01908 231344

**Minicom:** 01908 231505

**Email:** info@mkcil.org.uk

**Web:** www.mkcil.org.uk

Open Monday - Friday 10am - 4pm

Supported by Westcroft Community Shop  
any Donations or Sponsorships  
would be greatly appreciated



Registered Charity No. 1096402

Registered Company No. 4391864



The Newsletter of

MK CIL  
Milton Keynes Centre  
for  
Integrated Living



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### **MK CIL Mission Statement is:**

*“MK CIL will aim to inspire, empower and enable people with disabilities, their families, carers and others. Through the provision of a range of information and services, MK CIL will support people in making informed choices, exercising their rights of full participation and to maximise their independence and potential.”*

For any contributions for future editions of “Team Talk” please contact:

**Editor: [annette.holcroft@mkcil.org.uk](mailto:annette.holcroft@mkcil.org.uk)**

## Westcroft Community Shop



Charity Shop supporting:

**MK CIL, Samaritans and Brook**

Please donate your unwanted gifts, toys, books, clothing, bric-a-brac etc

Volunteers always needed



**10, Wimborne Crescent  
Westcroft, MK4 4DE  
01908 506640**

### Useful Phone Numbers

MK CIL ..... 01908 231344  
ASCAT ..... 01908 253772  
Age UK ..... 01908 550700  
Carers MK ..... 01908 231703  
MK Council ..... 01908 691691



## Christmas is coming !!!

Have you considered giving a donation to MK CIL instead of sending Christmas Cards?



## Benefit form filling



We help fill in forms for:

PIP (Personal Independence Payment)

AA (Attendance Allowance)

DLA (Disability Living Allowance for Children)

ESA (Employment Support Allowance)

Where possible we will help with the benefit claim process to the final stage.

This service is by appointment only, please phone MK CIL on 01908 231344 if you require help.



## Invitation

### MK CIL AGM

Guildhall, Christ the Cornerstone Church  
MK9 2ES

Wednesday 17th October

2pm - 4pm

*RSVP: 01908 231344 / kim.burchell@mkcil.org.uk*





## MK CIL Christmas Quiz

Tuesday 4th December

7.00pm - 10.00pm

The Guildhall

Christ the Cornerstone Church CMK



Prizes

Raffle

Talkback is an organisation for people with a learning disability and/or autism.



The fundamental purpose of Talkback is to support people with a learning disability in enhancing their quality of life.

Through self-advocacy Talkback helps people with a learning disability and/or autism to

- build self-confidence and self-esteem
- make choices and decisions about their lives
- speak up for themselves
- be able to say a real yes and a real no
- be as independent as they can and want to be

Self-advocacy is at the core of what Talkback do.

People with a learning disability and/or autism are at the heart and helm of everything that they do.

People with a learning disability and/or autism should and must have their own voice. Talkback helps people to find that voice.

Talkback's way of working is recognised as exciting, creative and inspiring.

In addition they lead specific projects, training, research and consultation.

**Telephone:** 01494 434 448

**Web:** <http://www.talkback-uk.com/home/home>

**Email:** [talkback@talkback-uk.com](mailto:talkback@talkback-uk.com)



seAp is now the provider of advocacy services for Milton Keynes.

seAp is an independent charity that provides free independent and confidential advocacy services.

It will be supported by Citizens Advice MK for the next 2 years to deliver this contract.

seAp has taken over the contract for Milton Keynes from POhWER.

Its aim is to ensure that:

- Client is in control of decisions which are made about them
- Client experiences, views, wishes and feelings are heard
- Client can contribute to improving the health and care services used.

Normal open hours:

Mon - Fri 9am - 5pm      Thurs 9am - 7pm

**Telephone:** 0330 440 9000

**Web:** <http://www.seap.org.uk/>

**Email:** [info@seap.org.uk](mailto:info@seap.org.uk)

## Privacy Policy



The new “General Data Protection Regulations” (GDPR) came into place this year.

We need to refresh all CIL’s members agreement to us holding your personal details.

If you are not happy to continue to be on our member’s mailing list, please let us know in writing to:

Annette Holcroft, Trustee

MK CIL, 330 Saxon Gate West

Central Milton Keynes, MK9 2ES

or email: [annette.holcroft@mkcil.org.uk](mailto:annette.holcroft@mkcil.org.uk)

MK CIL  
is a charity



all donations gratefully  
received



MK CIL are always looking for new volunteers.  
If any one has any free time and is interested in joining  
our team of volunteers, please contact:

*Edith Dunse 01908 231344 /edith.dunse@mkcil.org.uk*

We have vacancies for:

- Trustees
- Information Officers
- Benefit Advisors and Form Fillers
- Disability Awareness Trainers
- Accessibility Advisors

Full training will be given.

