

Help during the National Living Crisis

Baby Basics

Baby Basics MK is a non-profit charity dedicated to supporting families living in Milton Keynes and the immediate surrounding area who are in financial hardship.

[01908 968488](tel:01908968488).

<https://www.babybasicsmk.org.uk/i-need-help>

Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins.

You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim even if you do not receive any benefits.

<https://www.gov.uk/healthy-start>

MK Storehouse

MK Storehouse aim to ensure that any person struggling financially in Milton Keynes are given good, free, quality clothing.

<https://www.mkstorehouse.org/>

SOFEA

SOFEA provide education, employability and wellbeing programmes for vulnerable youngsters. .

[01908 366122](tel:01908366122)

<https://www.sofea.uk.com/>

National Money Helper

Resources to help residents with all purpose money management advice, including things like a 'bill prioritiser' (the service has phone-line options as well as on-line tools).

<https://www.moneyhelper.org.uk/>

Milton Keynes Council

01908 691691

<https://www.milton-keynes.gov.uk/>

Benefits Calculator

You can use an independent, free and anonymous benefits calculator to check what you could be entitled to. This will give you an estimate of:

- the benefits you could get
 - how much your benefit payments could be
 - how your benefits will be affected if you start work or increase your hours
- how your benefits will be affected if your circumstances change - for example, if you have a child or move in with your partner

<https://www.gov.uk/benefits-calculators>

MK Foodbank

People call or are referred to MK Foodbank for a variety of reasons, with family crises, loss of employment or benefits and debt problems all common. Sometimes people coming out of hospital or prison need immediate practical support, as do those placed in emergency accommodation. Whatever circumstances leave families struggling to keep a roof over their heads, The Food Bank can provide short term, crisis food support. By working closely with local social care and health agencies we also ensure people are receiving help with their underlying issues.

01908 322 800

<https://mkfoodbank.org.uk/>

St Marks Meals

St Marks Meals Boxes are stored in more than 70 schools, children's centres and community hubs across Milton Keynes. As soon as a teacher or other professional realises that a child will not eat dinner that night, they can invite a family to choose from a selection of delicious dinner options. And if they need dinner again tomorrow night, they can...cos no child should go to bed hungry.

<https://stmarksmk.com/meals/>

Citizens Advice MK

For almost 50 years Citizens Advice have helped the people of Milton Keynes overcome the problems that affect their everyday lives. Since 1972 they have solved over a million separate problems and helped over 400,000 local residents to find a way forward.

Almost 100 local volunteers provide free advice, advocacy, support and mediation to meet the needs of people who are living in severe hardship, struggling to overcome difficult family and financial circumstances.

<https://www.miltonkeynescab.org.uk/>