

# Can you help Milton Keynes Mind?



Milton Keynes Mind is a well established independent local mental health charity that has supported the people of Milton Keynes for over 40 years.

We provide services for people who are experiencing emotional distress or are recovering from mental health problems. We also promote positive mental health and wellbeing across our community. We aim to advise, inform, inspire and support everyone in the city.

We are based in Acorn House in Central Milton Keynes whilst our Counselling Centre is based in Farthing House in Netherfield.

We run the following services:-

- Information and advice on mental health
- A hugely successful Art group, working with a professional artist
- Sporting and social activities
- A community garden project
- Relaxation classes
- Laughter workshops
- Training and consultancy
- And we are about to launch a new 1:1 support scheme

At Farthing House we run the following:-

- Counselling – the counselling centre is accredited to the British Association for Counselling and Psychotherapy (BACP)
- Classes, groups and workshops on Understanding and Managing Anger, Assertiveness and Anxiety Management

All these services have an important effect on the mental health of the community within Milton Keynes.

We rely on money we raise ourselves to keep our services running. In the present economic climate this is becoming more and more difficult.

If you can afford to make out a Standing Order to us this will provide much needed regular income to keep our services running. If you are a UK taxpayer and you sign the Gift Aid form we can claim an extra 28 percent back from HM Revenue and Customs.

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Thank you for your support



For better mental health

Please return this for to us at: Milton Keynes Mind, Acorn House, Midsummer Boulevard, Central Milton Keynes, MK9 3HP

**STANDING ORDER FORM**

Your name and address details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Please pay to National Westminster Bank, Bletchley Branch Code No: 60-14-55 for the credit of Milton Keynes Mind account number 81651848 the sum of:

£ \_\_\_\_\_ each calendar month

Starting on (date) \_\_\_\_\_ until further notice and debit

My account number: \_\_\_\_\_ Sort Code: \_\_\_\_\_

My account name(s): \_\_\_\_\_

\_\_\_\_\_

Signature(s): \_\_\_\_\_

**Your bank name and address:**

To: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_



If you are a UK taxpayer, you can increase the value of your donation by almost a third by filling in the Gift Aid form attached.