



Getting in touch

You can contact our organising committee using the following details –

Write to us

The Mix MK
C/O Citizens Advice Milton Keynes
361 Midsummer Boulevard
MK9 3HP

E-mail

themixmk@mkcab.org.uk

Phone

01908 545 190

(This phone is not manned everyday – please leave a message and we will return your call as soon as possible)

Opening Hours

The Mix is open on Monday afternoons
1:30pm - 3:30pm

NO APPOINTMENT NECESSARY

(Sessions do not run on Bank Holidays, Christmas, New Year etc.)

themixmk.com

CHAT | RELAX | ADVICE

The Mix is a drop in service in Milton Keynes that provides a place for meeting and sharing information about mental health services.

**We're open EVERY MONDAY
from 1.30 to 3.30pm**

Drop in and see us at:

**THE POINT
(MK9 3NB)**

themixmk.com

About Us

The Mix is a place for people who are living and working in Milton Keynes to meet in a safe and inclusive setting, and share information about local mental health services. We are a community group and rely on charitable donations and grants to keep our sessions running.

Our informal and accessible 'drop-in' sessions promote self help, as well as allow people to socialise and make new friends in a relaxed and welcoming environment. We also offer a range of different activities including drama, arts and crafts and games. If you just fancy a chat and a coffee instead then that's ok - we serve cakes, hot and cold drinks and other refreshments during the session.

The Mix is supported by a number of local groups, charities and other agencies, who regularly attend sessions and have members of staff on hand to offer help, support and advice.

We currently receive support from –

- **Rethink**
- **Citizens Advice Milton Keynes**
- **Milton Keynes Council**
- **CNWL NHS Foundation Trust**
- **Healthwatch Milton Keynes**
- **Neighbourhood Employment Programme**

No appointment is necessary.

Drop in and speak to one of our volunteers who will introduce you to someone that might be able to help you.

Citizens Advice Milton Keynes

If you would like to use the Citizens Advice service, no appointment is necessary and all advice given is free, confidential and impartial. The adviser you meet with will need to take some personal details from you such as contact number, address and date of birth.

To help the adviser resolve your enquiry more quickly, it's always a good idea to bring any paperwork with you to the session that relates to your enquiry, for example - if you are having problems with your landlord or the property you rent, bring your tenancy agreement and rent statement with you.

