

# LMS Matters

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Dear Parents and Carers

This week we took part in **NATIONAL ANTI-BULLYING WEEK**; this year's theme is **'MAKE A NOISE ABOUT BULLYING'**. We kicked off the week with **ODD SOCKS DAY** where adults and children wore odd socks to celebrate what makes us all unique. I then launched the week in assembly exploring the difference between 'banter' and bullying. Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'. It doesn't have to be this way. Of course, we won't like everyone and we don't always agree, but we can choose respect and unity. We don't want this week to be just one week, we want every week to show that **BULLYING DOES NOT BELONG HERE**.

Monday also saw **PANTOMIME** day for the children where they watched a performance of **ROBIN HOOD**. It was lovely to see lots of children (and staff) dressed up for the shows and a huge **THANK YOU** to **PALS** for their donation which helped to make this happen!

We then ended the week supporting the **BBC CHILDREN IN NEED APPEAL**. We asked our children and staff to **BE SPOTACULAR** and they didn't disappoint! This year CIN called on schools across the UK to celebrate the power of positive relationships, and the impact of these relationships in helping to support children and young people throughout the school years. Many children and young people experience some of their first positive relationships with teachers and at school, and so we want to celebrate that. Thank you for all your donations, if you didn't remember you can still donate at <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=11562>.

As promised, I am pleased to announce this year's **JUNIOR LEADERSHIP TEAM**, our new **HEAD STUDENTS** (formerly Head Boy and Head Girl) and their **DEPUTIES**. This year's Head Students are Kimmy, Emily and Hannah, and their Deputies, Borno, Megan and Olivia. This group will be meeting every two weeks and have a big project to complete – watch this space!

A huge thank you to everyone who offered us a **WOODCHIPPER** last week. The **PARISH COUNCIL** kindly stepped up and did it for us – thank you so much to them for doing this. We love being part of such a supportive community.

We have been contacted by the **ROCK PROJECT MILTON KEYNES** who run a music school for children and teach them how to play the drums, guitar, bass and vocals at various locations across MK Monday-Thursday after school and on Saturdays. It's a really fun way to get children engaged in music and playing an instrument. Some LMS children already attend – so if you are interested please see their **SPECIAL OFFER** of a free taster session further on.

As per Miss Kidd's email, for our **CHRISTMAS APPEAL** this year we are supporting **UNITYMK**, (formerly known as Winter Night Shelter Milton Keynes), a local charity offering practical and emotional support for those experiencing homelessness or who are at crisis point. Please see the attached flyer of what we will be collecting – the table in our reception is beginning to fill up already!

**WE STILL NEED YOUR HELP!** As part of our outdoor learning and play project this year, we need your help. Do you have any old **BROKEN CLAY POTS**, **BROKEN BRICKS** or **BAGS OF hardcore**? We need these to help our new regulation planters around the school to drain properly. If you do, please bring them in ASAP.

Finally this week, I wish to remind parents of the power of communication. Whilst social media and WhatsApp can be great ways to keep abreast of things, as a school we don't see these and in turn can't deal with things for you. Please don't use these platforms to moan about our school or its staff, instead speak to us so we can support you.

Mr Gray



There are no weekly attendance trophy winners this week, due to double Legends Assemblies next week.

Please check next week's newsletter for the two sets of winners!



Don't forget we are on the lookout for loose parts for our new area. Please see the list further on in this newsletter.



## Long Meadow Legends, Doodlers and Sports Person of the week

Due to a diary clash we will be  
having 2 x LMS Legends  
assemblies next week – so look  
out for our double Legends,  
Sports People of the week and  
Doodlers next week!

## **LMS Safeguarding**

Today we wanted to highlight the latest campaign across MK – that of adopting a zero approach to **domestic violence**. Abuse in relationships is not normal or acceptable; if anyone is in an abusive relationship it is not their fault and they don't have to stand for it. With the right support, it is always possible to leave an abusive relationship. Please see the posters further on in this newsletter for ways you can get support for yourself or someone you know.

## **LMS Well-being**

### **Children's wellbeing is closely bound to their parents' wellbeing.**

Children (and adults) feel most secure when their lives have established routines. These help families to function more effectively, not only because things like mealtimes and getting to school are more organised, but because children are happier and more secure knowing what is expected of them.

Parents can struggle for a variety of reasons, such as their living situation, the circumstances of a child's birth or their own physical or mental health. This can happen with new parents and with those who have had children before. It's nothing to be ashamed of and it isn't the mark of a bad parent, however it is important to get help.

### **How to support family life**

- Share worries and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Stay well informed by finding out more about topics that concern you and your child
- Spend quality time together and planned shared experiences, such as family mealtimes
- Turn off technology and talk to each other about your day
- Never stop talking and listening to your child through good times and bad.

If you have concerns you can contact your child's class teacher. There are also people at your local GP surgery who can listen to any worries you might have about your child.

This information has been provided by the School Health Service, Young Minds and CNWL's Child and Adolescent Mental Health Service at <http://www.camhsandme.org>.

# DATES

## FOR YOUR DIARY

### School Term and Bank Holiday Dates 2023 / 2024

| Term             | Open morning of:        | Close at the end of afternoon session of: |
|------------------|-------------------------|---|
| Autumn Term 2023 | Monday 4 September 2023 | Friday 20 October 2023                    |
|                  | Monday 30 October 2023  | Thursday 21 December 2023                 |
| Spring Term 2024 | Tuesday 9 January 2024  | Friday 16 February 2024                   |
|                  | Monday 26 February 2024 | Thursday 28 March 2024                    |
| Summer Term 2024 | Tuesday 16 April 2024   | Friday 24 May 2024                        |
|                  | Monday 3 June 2024      | Friday 19 July 2024                       |

Training days agreed to date: (on these days children do not come to school but staff do)

Friday 1 September 2023 / Friday 22 December 2023 / Monday 8 January 2024 / Monday 15 April 2024 / Monday 22 July 2024

Good Friday: Friday 29 March 2024

Easter Monday: Monday 1 April 2024

May Day: Monday 6 May 2024

#### Autumn Term 2023

|                       |                                       |
|-----------------------|---------------------------------------|
| Tuesday 7 November    | Year 1 MK Museum                      |
| Tuesday 7 November    | Year 6 Viking visitor                 |
| Wednesday 8 November  | Year 5 MK Council visit               |
| Thursday 9 November   | PALs Disco                            |
| Monday 13 November    | Robin Hood Panto                      |
| Thursday 16 November  | Year 6 City Discovery Centre          |
| Friday 17 November    | Children in Need (non-school uniform) |
| Monday 27 November    | Flu vaccinations                      |
| Friday 1 December     | PALs Christmas Fayre                  |
| Thursday 7 December   | Christmas Jumper Day                  |
| Tuesday 12 December   | KS1 & EYs Awards Assembly             |
| Wednesday 13 December | KS2 Awards Assembly                   |
| Wednesday 13 December | PALs Movies & Munchies                |
| Friday 15 December    | Year 6 Learning Fair                  |
| Monday 18 December    | Santa Run                             |
| Tuesday 19 December   | KS1 Carol Concert (2.15 - 3.15pm)     |
| Wednesday 20 December | KS1 Carol Concert (9.00 - 10.00am)    |
| Wednesday 20 December | EYFS Performance (2.00 - 3.00pm)      |
| Thursday 21 December  | Party Day                             |
| Friday 22 December    | INSET Day                             |



UnityMK

## Winter Donation List



### Items that are in need



Shampoo  
Shower Gel  
Soap  
Snack bars  
Biscuits  
Tea  
Coffee  
Hot Chocolate (add water preferably)  
Cuppa soup  
Sugar  
Cereals  
Squash

Cake  
Bin Bags  
Chocolate  
Crisps  
Warm clothing  
Hats  
Gloves  
Back packs  
Washing up Liquid  
Dishwasher tablets  
Landry Powder / Liquid



### Items we can't use



Unfortunately, we CANNOT accept the following:  
Anything containing alcohol, medication, drugs  
Second hand socks and underwear  
Partly used and opened shampoos and toiletries  
Damaged and soiled clothing  
Bedding items – duvets, pillows etc.



### Amazon wishlist

We also have an Amazon wish list that can be found through our website at [unitymk.org/donate](https://unitymk.org/donate)

For more information please contact Ria at [fundraising@unitymk.org](mailto:fundraising@unitymk.org)

Registered charity no: 1149480



# #PROUD

It was lovely to be contacted by a parent who is connected with Oxley Park Scout Group (OPSG) about some children that attend LMS.

They had a number of our children attend the Remembrance Parade at Bletchley Park on Sunday and all of the leaders at OPSG are so proud of them (as are we). Despite the soggy conditions they were all amazing!

Well done to Nathan, Logan, Harry, Adam and Thomas and a special well done to Logan for being the flag bearer and Nathan for laying the poppy wreath.





# You can help

## # Cut It Out



**Let's adopt a zero  
tolerance approach  
to domestic abuse**

- Abuse in relationships is not normal or acceptable
- If anyone is in an abusive relationship, it is not their fault and they don't have to stand for it
- With the right support it's always possible to leave an abusive relationship



**Spotting domestic abuse isn't always easy, but reporting it is**

**VICTIMS FIRST**

[www.victims-first.org.uk](http://www.victims-first.org.uk)  
Tel: 0300 1234 148

**Compass**

[www.compass-uk.org](http://www.compass-uk.org)  
Tel: 01908 250730



[www.ncdv.org.uk](http://www.ncdv.org.uk)  
Tel: 0800 970 2070



[www.thamesvalley.police.uk](http://www.thamesvalley.police.uk)  
Tel: 101 or 999 in an emergency



[www.mkcollege.ac.uk](http://www.mkcollege.ac.uk)  
Tel: 01908 684444



[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)  
0800 555 111

# ONE BRUISE TOO MANY



## REFER DIRECT:

Online and app based referral system for victims of domestic violence seeking civil injunctions.



## ASSIST:

Immediate and secure online access to the police to download Non Molestation and Occupation Orders.

*"This is the single most  
impactful step forward in  
the protection of victims of  
domestic violence and their  
families. The speed at which  
orders can be secured is  
unrivalled...  
Thank you NCDV"*

Sussex Police

The National Centre for Domestic Violence provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.



[www.ncdv.org.uk](http://www.ncdv.org.uk)

0800 970 2070

[office@ncdv.org.uk](mailto:office@ncdv.org.uk)



“OH GOD YOU’RE  
ALWAYS SO  
INSECURE.  
SERIOUSLY?  
I WAS  
JOKING - WHY DO  
YOU HAVE TO BE  
DRAMATIC?”

## Domestic abuse is not always visible.

In the past 12 months, MK Act has supported more than 2,000 residents across its services including 58 women and 128 children who needed emergency refuge accommodation.

**You are not alone. Contact MKAct today for specialist local support.**

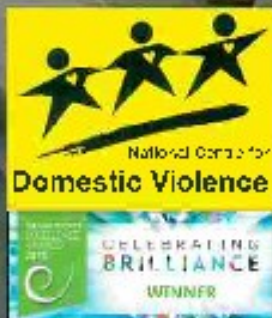
COUNSELLING | EMERGENCY ACCOMMODATION | SPECIALIST SUPPORT FOR CHILDREN  
CR SIS INTERVENTION | SPECIALIST COURT SUPPORT | OTHER FOLLOW UP SERVICES



0344 375 4307  
MKAct.com  
#itstimetoactMK

Webchat available Monday to Friday 10am to 4pm





Almost 80% of domestic abuse is witnessed by children.

For their sake, please contact

**National Centre for Domestic Violence**

0800 970 2070 [www.ncdv.org.uk](http://www.ncdv.org.uk) Text "NCDV" to 60777

## **Is my child too ill for school?**

### **Coughs and colds**

It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes.

### **High temperature**

If your child has a high temperature, keep them off school until it goes away.

### **Chickenpox**

If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

### **Cold sores**

There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

### **Conjunctivitis**

You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

### **COVID-19 What to do if your child has tested positive**

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

### **Ear infection**

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

### **Hand, foot and mouth disease**

If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

### **Head lice and nits**

There's no need to keep your child off school if they have head lice. You can treat head lice and nits without seeing a GP.

### **Impetigo**

If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

### **Ringworm**

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

### **Scarlet fever**

If your child has scarlet fever, they'll need treatment with antibiotics from a GP otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

### **Slapped cheek syndrome (fifth disease)**

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But let the school know if you think your child has slapped cheek syndrome.

### **Sore throat**

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

### **Threadworms**

You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

### **Vomiting and diarrhoea**

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 24 hours.



# The Rock Project

School of Rock & Pop  
Milton Keynes



- LESSONS IN: GUITAR, BASS, DRUMS, VOCALS AND KEYBOARD
- SESSIONS RUN AFTER SCHOOL AND SATURDAYS
- PLAY IN A BAND EVERY WEEK!

**FOR AGES 7 - 11 & 12 - 18**

**SESSIONS IN MILTON KEYNES!**

**FREE TASTER  
SESSION!**

**ALL TUTORS ARE  
DBS CHECKED**



**[MK.THEROCKPROJECT.COM](http://MK.THEROCKPROJECT.COM)**

**EMAIL: [MK@THEROCKPROJECT.COM](mailto:MK@THEROCKPROJECT.COM) TEL: 07816 669659**

**Parent:** "If you're wondering whether your child would enjoy The Rock Project and benefit from this experience, I strongly advise you give it a go. They will absolutely love it!"

**Student:** "I love coming to The Rock Project each week. The teaching is really good and the teachers interact with you no matter what level you are. Some in our group are beginners and some are advanced, but that's fine as you are given pieces that suit your ability."



## HOW IT WORKS:



1. GUITARISTS, BASSISTS, DRUMMERS  
AND VOCALISTS ALL SEPERATE  
INTO DIFFERENT CLASSROOMS



2. EVERYONE LEARNS TO PLAY THE  
SAME SONG



3. THE SESSION ENDS WITH A GROUP  
PERFORMANCE

### MONDAYS

FULBROOK, WOBURN SANDS  
AGES 7-11 FROM 5-6:30PM  
AGES 12-18 FROM 7-8:30PM

### TUESDAYS

GREAT LINFORD PRIMARY, GREAT LINFORD  
AGES 7-11 FROM 5-6:30PM  
AGES 12-18 FROM 7-8:30PM

### WEDNESDAYS

ROMANS FIELD SCHOOL, BLETCHLEY  
AGES 7-11 FROM 5-6:30PM  
AGES 12-18 FROM 6:45-8:15PM

### THURSDAYS

CHESTNUTS PRIMARY, BLETCHLEY  
AGES 7-11 FROM 5-6:30PM  
AGES 12-18 FROM 7-8:30PM

### SATURDAYS

GREAT LINFORD PRIMARY, GREAT LINFORD  
AGES 7-11 FROM 10:30-12PM  
AGES 12-18 FROM 12:30-2PM

FOR MORE INFORMATION PLEASE VISIT:  
**MK.THEROCKPROJECT.COM**  
MK@THEROCKPROJECT.COM  
07816 669 659





# Tried and tested loose parts



## Natural

- Wooden pennies (slices of wood about three inches thick)
- Logs of different heights and widths
- A variety of lengths of wood
- Willow or hazel rods at least 1.5m long
- Sticks – various lengths
- Stones, pebbles, cobbles.

### Manufactured wood

- Whisky barrel planters for mixing and collecting
- Pieces of decking.

### Surfaces and features

- Planted willow tunnels, dens and hedges
- Water supplied from an outside tap, a barrel pump, water butt or jerry cans with taps
- Sand (and resources for sand play and maintenance – including sieves, buckets, spades, trowels, long handled sturdy brooms, brushes, rakes etc.)
- Pebbles, pea gravel or other small stones
- Bark chips
- Mud
- Long grass
- Trees – plant now for future generations of children
- Fire pit (temporary or permanent).



## Man-made

- Quick drying materials such as organza, fleece blankets and shower curtains
- Tarpaulins (various sizes, types and colours)
- Milk and bread crates
- Wooden pallets – tough ones in good condition
- Tough buckets
- Cable drums or reels
- Tubes, guttering and funnels, hosepipe, bore pipes and other pipes
- Ramps and lengths of plastics and other materials such as corrugated transparent plastic
- Nets
- Tyres – bicycle, motorbike, go-kart and car tyres
- Large shallow tray
- Trolley to aid tidying up
- Wheelbarrow
- Old suitcases or wheeled shopping bags
- Baskets for collecting and transporting
- Steering wheels
- Computer keyboards
- Old clothes for dressing up, for example, jacket suits, waistcoats and handbags
- Portable seats and things to sit on: aluminium bubble-wrap, camping mats and gardening mats.



## More temporary

- Chalk
- Straw bales
- Cardboard boxes and tubes – various sizes and shapes
- Leaves, feathers, shells, pine cones
- Air drying modelling clay
- Tree brashings
- Leaves
- Cones and seed pods
- Seaweed
- Plastic bottles and containers.



## Useful little bits

(some may be kept by adults in pockets or bags)

- Velcro straps
- Fence clamps and hooks
- String, paracord and high visibility guy ropes
- Karabiners (from climbing or camping shops)
- Pegs of different sorts, including tent pegs
- Duct tape and masking tape.



# Westcroft

## COMMUNITY LARDER



Shenley Brook End & Tattenhoe  
Parish Council

Fridays  
10am - 1pm

Westcroft Pavilion  
Cranborne Avenue  
Milton Keynes  
MK4 4GB

### What is a community larder?

A membership programme  
that provides:

- Access to surplus food
- Local business discounts
- Little larder club
- Access to other services and support
- Meet new people in a friendly environment

### Who can join?

Anyone who wants to prevent  
food waste and save money.  
It is not means tested.

### Where does the food come from?

A Didcot based charity, providing surplus  
food, training and opportunities to young  
people and organisations.

One Off  
£10  
Joining Fee



INDIVIDUAL  
MEMBERSHIP  
FROM  
£3.50  
P/WEEK

FAMILY  
MEMBERSHIP  
FROM  
£7  
P/WEEK

An **individual membership** provides up to 10 items of food per  
week, plus a selection of fruit and vegetables. (family  
membership is double that)

Want free food and a  
bunch of other benefits?

Sign up today!  
[www.sofea.uk.com](http://www.sofea.uk.com)

Registered Charity Number 1155783



POWERED BY





**360** SEND Sessions

1<sup>st</sup> Wednesday  
of every month  
from 3<sup>rd</sup> May

£8.95 per child  
all adults free

# Are you concerned about a pupil?



Safeguarding is everyone's responsibility.

You do not need to wait until you have proof there is a safeguarding concern to step in. If you have a concern, please raise it as this could be the first step to protecting a child.

Staying silent because you do not have proof  
may leave a child exposed to danger.

Remember it is not up to you to decide whether a child has been abused **BUT** it is up to you to report concerns so that appropriate action can be taken.

**You must share your concerns without delay.**

**Concerns are to be reported to the  
Designated Safeguarding Leads:**



Designated Safeguarding Lead  
**Philip Gray** - Head Teacher



Designated Safeguarding Lead  
**Emma Kidd** - Deputy Head Teacher



Deputy Safeguarding Lead  
**Kerrie Evans** - Assistant Head Teacher

## Working Together to Safeguard Children



Apply online from  
1 September 2023 to 15 January 2024

You must apply by  
**15 January 2024**  
or you will  
have limited choice

# Starting school for the first time in September 2024?

For children born between  
1 September 2019 and  
31 August 2020

To access support with making an application, face to face drop-in sessions are available at Milton Keynes Central Library on the following dates between 10.00am - 2.00pm

- |                |                |
|----------------|----------------|
| • 20 September | • 27 September |
| • 11 October   | • 18 October   |
| • 25 October   | • 6 December   |
| • 13 December  | • 10 January   |

Following dates will start from 11.30am

- |             |             |
|-------------|-------------|
| • 4 October | • 3 January |
|-------------|-------------|

## Find out more at:

Starting primary or junior/middle school in September 2024 |  
Milton Keynes City Council ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))

Apply here



**MK** Milton Keynes  
City Council

1419281 - August 2023

## Maximise your chance of getting a preferred reception class place

### Apply on time

- The closing date is 15 January 2024
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your preferences
- Notifications of the places offered will be made on 16 April 2024 (unless your application is late)

### Use all four preferences

- You can apply for up to four schools. The schools will not know in which order you have placed the preferences
- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then the order of preferences is important, so ensure you list the schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences, it does not need to be your first preference
- A Guide for Parents and Carers is available on our website for further guidance

### Apply online

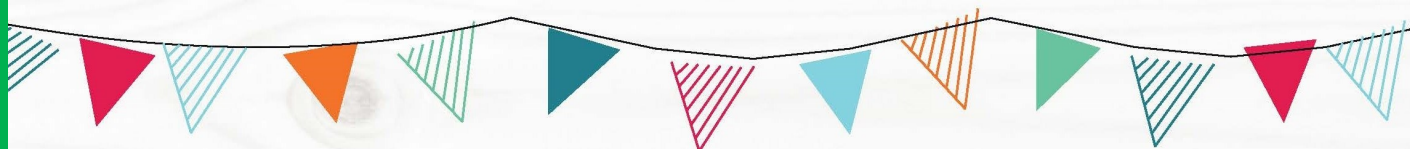
- You can only apply online at Citizen Portal - Sign in ([milton-keynes.gov.uk](https://milton-keynes.gov.uk)) between 1 September 2023 and 15 January 2024
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will be secure
- You will be able to log on from 16 April 2024 to view the school that has been allocated

### Choose wisely

- Ensure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Give consideration to your secondary school liaison group, is your preferred school linked to the secondary school within your area?
- Don't assume your child will get priority just because they attend a nursery class attached to your preferred school
- Consider how you will access your school place

Admissions information for all schools is available on our website.

Starting primary or junior/middle school in September 2024 | Milton Keynes City Council ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))



WESTCROFT

# COMMUNITY

# FRIDGE

A simple solution to wasting less through the sharing of good-quality food.

**Tuesdays 2pm – 4pm**  
**Westcroft Pavilion**  
**Cranbourne Avenue**  
**Westcroft**  
**MK4 4GB**

**For more details, call Karen on**  
**07891 818 259 / 01908 521538 or email**  
**[karen.wheeler@shenleybrookend-pc.gov.uk](mailto:karen.wheeler@shenleybrookend-pc.gov.uk)**





**Mobile Top Up Shop**  
**EVERY FRIDAY!**  
**10 - 11.30AM**

MKCC Car Park, Strudwick Drive,  
Oldbrook, MK6 2TG

Call our Helpline for details: **0300 303 4933**



**New Venue!!**

**Mobile Top Up Shop**  
**Every Thursday!**  
**10:00 - 11:30am**

Sir Herbert Leon Academy  
Car Park, Fern Grove, Bletchley,  
MK2 3HQ

Call our Helpline for details: **0300 303 4933**



**Mobile Top Up Shop**  
**Every Thursday!!**  
**13:00 - 14:30pm**

Rowans Family Centre Car Park,  
Fullers Slade, MK11 2BD

Call our Helpline for details: **0300 303 4933**







**Around 50% of  
children will have  
a sleep issue at  
some point\***

## **WHAT IS THE NATIONAL SLEEP HELPLINE?**

**In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.**

## **HOW CAN THE NATIONAL SLEEP HELPLINE HELP ME?**

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in mental health wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why you might not be sleeping well and how that can change

**03303 530 541**

**Monday, Tuesday & Thursday 7pm - 9pm**

**Monday & Wednesday 9am - 11am**

POWERED BY



IN PARTNERSHIP WITH

**Furniture  
Village**

# mk moneylifeline

Free, confidential, impartial debt advice...

- Struggling to pay bills?
- Under pressure from creditors?
- Paying the minimum balance on your credit cards?

**WE CAN HELP!**



0300 123 5198



office@mkmoneylifeline.org.uk



www.mkmoneylifeline.org.uk

Working in association with:

**cma**  
Freedom from debt  
Hope for the future  
Community Money Advice

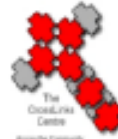


**SHENLEY**  
CHRISTIAN FELLOWSHIP  
A BAPTIST CHURCH IN MILTON KEYNES

St Mary's  
Bletchley



Grace  
CHURCH



Tel: 0300 123 5198 / 01908 550630 • office@mkmoneylifeline.org.uk • www.mkmoneylifeline.org.uk  
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