



On behalf of the policing team in Milton Keynes, I want to say thank you for your support during these challenging times and for following the guidelines set out by the government to help save lives.

I appreciate that these are unsettling times and protecting our communities is still our priority. On top of ensuring residents are adhering to the regulations in place, we are still responding to emergency calls that come in and helping those in need.

There are a large number of charities and organisations within Milton Keynes who are still operating to ensure help and support is available to anyone who needs it and I wanted to share their details with you:

Food Bank Xtra - **01908 565852**

Offering food parcels to residents who require assistance

ARC-MK Addiction Recovery Community - **01908 250730** www.cnwl.nhs.uk

Offering help and support surrounding addiction

DAFS – Drug and Alcohol Family Support - **07598 346244** dafsmk@mail.com

Supporting family members across Milton Keynes affected by addiction

MKACT – helpline **0344 375 4307**

Milton Keynes local service supporting victims of domestic abuse

National Domestic Violence Helpline (24 hours) 0808 2000 247 www.ndvc.org.uk

The national 24 hour helpline supporting victims of domestic abuse around the clock during COVID 19.

Age UK Milton Keynes – 01908 550700

Age UK are still supporting people locally, give them a call for more information on their services.

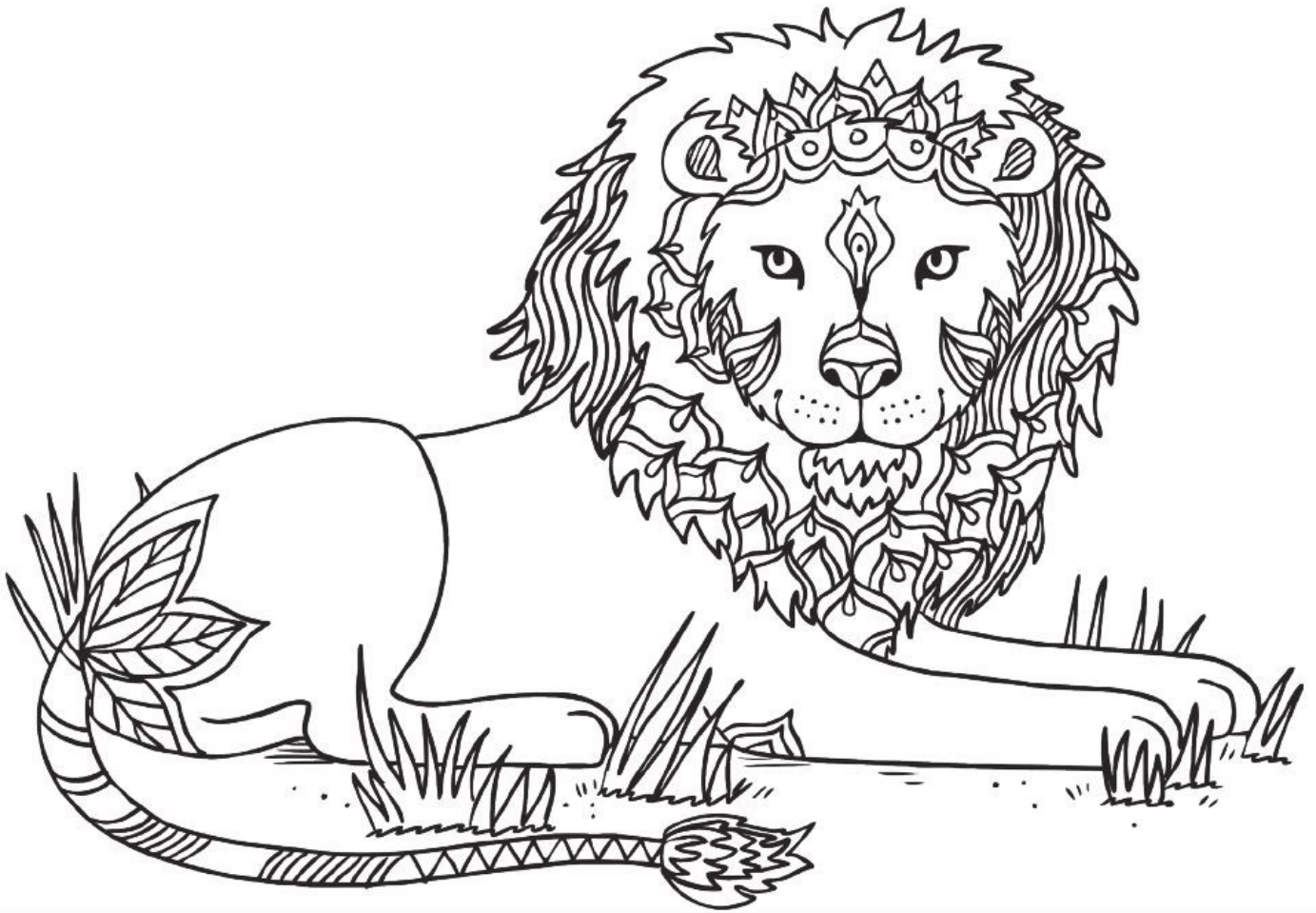
MIND Bedfordshire, Luton & Milton Keynes, www.mind-blmk.org.uk

National charity supporting those struggling with mental health issues making sure no one has to face a mental health problem alone.

Our local contact for Milton Keynes is Victoria who you can talk to over the phone on 07842 405045 or over email at Victoria.Sharp@mind-blmk.org.uk

MKFM have collated a list of local community groups supporting each other through the crisis, which can be found at

www.mkfm.com/news/local-news/local-responses-to-covid-19-what-is-happening-in-your-area/



What's on for our younger residents?

Catch up with #storieswithcops on facebook for children's stories read by officers.

Mandy at Saplings Children centre is offering Facebook live stories aimed at children and also hosts special guests www.facebook.com/SaplingsMKCouncil

Online resources:

www.chatterpack.net have put together lists of free, online boredom-busting activities and resources for children including zoo webcams, music lessons and NASA live

BBC Bitesize have extended their website to include quizzes, podcasts and videos with famous guests as well online lessons at www.bbc.co.uk/bitesize

For games that also provide education around online safety from the National Crime Agency, visit www.thinkuknow.co.uk

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For news articles, videos and quizzes aimed at children in the UK visit www.bbc.co.uk/newsround

You can watch children stories being read, with some famous faces, at www.storylineonline.net

For access to a huge library worth of books that also come with narration, visit uniteforliteracy.com

Games and videos based on some popular TV shows can be found at pbskids.org

For fact-lovers and crafters, there are some great articles and activities at kids.nationalgeographic.com

There are lots of sites offering free, educational games for children of all ages, some starters are

www.starfall.com (for pre-school and Key Stage 1)

www.abcya.com

www.e-learningforkids.org

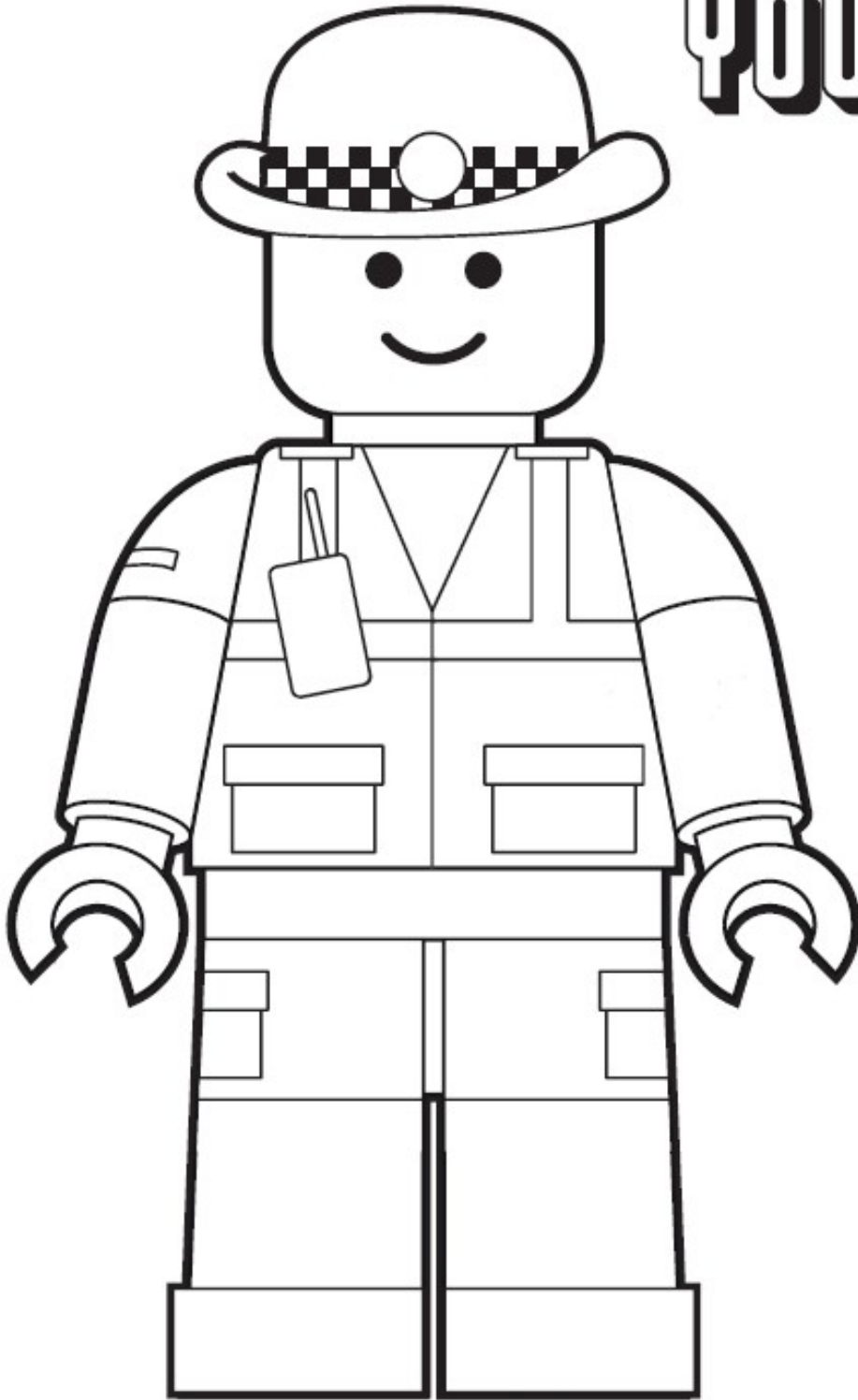
www.mathgametime.com (for Maths-whizzes)

I hope these are useful resources for you and your children over the next few weeks.

Thank you again for your continued support.

Superintendent Marc Tarbit
Commander for Milton Keynes LPA (Local Policing Area)

**THANK
YOU!**



@ColouringHeroes