



Peer Support Volunteer

How you can get Involved

If you are currently accessing the service or have accessed the service in the past, then you can volunteer to help us to co-produce & co-deliver the service through:

- Facilitating peer support groups
- Providing Focus and Structure
- Community Involvement and Engagement
- Evaluating our service
- Reducing the stigma associated with mental illness

If you have any questions about our Service, or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



Queensway Clinic
226 Queensway
Milton Keynes, MK2 2TE



01908 725351 Option 2



RCCIS@rethink.org



Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

rethink.org

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Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.

Rethink
Mental
Illness.

Recovery College Community Inclusion Service



What we do

Rethink Mental Illness provides this service in partnership with CNWL Recovery College, which offers courses relating to mental, physical health and wellbeing. Services are funded by Milton Keynes City Council.

About us

A service for people living with mental illness. This service is supported by Recovery Coaches and Peer Support Workers. They draw directly on their own lived experiences of mental illness.

Our Recovery Coaches are very experienced in helping people move on with their recovery journey.

Our peer workers use their own experiences of mental illness to support you.

To access the service you must:

- Live inside the Borough of Milton Keynes
- Be 18+
- Living with mental illness

Those with a dual diagnosis will not be excluded from the service if you have a mental health need.

We offer structured and unstructured support depending on your needs.

Structured Support

Our Recovery Coaches provide 1:1 emotional and practical support focused on your goals and your recovery journey. The approach is to work with you as an individual and offer tailored services to meet your needs. Support is delivered between 4-12 weeks dependent on your needs.

Unstructured Support

All Service Users are welcome to join us at our Wellbeing Hubs. These provide a welcoming and supporting environment. They offer signposting, information, and self-management strategies.

The hubs provide access to social and community networks to foster social inclusion, improve quality of life and bring people together in space where all feel valued and respected.

Wellbeing Hubs

Take place every week on the following days:

The Mead Centre (Mondays 10am-1pm)

75 High St, Newport Pagnell

MK16 8AB

Queensway (Tuesdays 10am-1pm)

Queensway Fenny Stratford, Bletchley

Milton Keynes, MK2 2HB

Mathiesen Centre (Wednesdays 10am-1pm)

4 Mathiesen Road, Bradville

MK13 7AG

If you, or someone you know would benefit from coming to our service give us a call or email using the details overleaf - we'd love to hear from you!