

Local Charities

The Association of Young People with M.E. (a national, registered charity, locally based) is the nominated charity for the ABC. It is a condition close to the heart of Neil as his Mum suffers with it and he also knows several other people who have to deal with it on a daily basis. Last year Neil raised funds for the charity by taking part in the Extramile Four Nations Challenge, which was a team event of 500 miles cycling in four countries, over three days; France, Belgium, Germany and Luxembourg. It was a tremendous event and individually raised over £2000 for local charities and the event in total raised over £113,000; an all time record. This year Neil and the team are doing it all over again. It will take place on 26th - 28th September 2008 starting in Lens, France and finishing (hopefully) in Vichy. We will be creating a web page if you would like to make a donation to this worthy cause. Details to follow soon.

The official Extramile Challenge site is [here](#)

For further details about AYME click [here](#)

Milton Keynes based charity the Spinal Injuries Association (SIA) is the national organisation of spinal cord injured people. Every year in the UK over 1,000 people experience a spinal cord injury – there are an estimated 40,000 spinal cord injured people in the UK alone. Most spinal cord injuries result in paralysis, and the impact of an injury can turn lives upside down. Spinal cord injured people and their families are faced with the challenge of coming to terms with their injury, and rebuilding their lives. With the right support and information people can still enjoy a full and independent life after injury. At the Spinal Injuries Association we: Support spinal cord injured individuals and their families from the moment their injury occurs and for the rest of their lives. Provide services and publications that enable and encourage paralysed people to lead independent lives Campaign for improved medical and social care for spinal cord injury. Work to create awareness for the causes and consequences of spinal cord injury. Previously based in London, SIA searched countrywide for a suitable location to relocate; Milton Keynes was chosen due to its excellent transport links, but even more importantly because of the high level of accessibility across the city for wheelchair users. In 2005 SIA moved into its own purpose built, fully accessible Head Office in Oldbrook, which is also home to the National Library on Spinal Cord Injury. Both the location and building have been vital to the success and growth of SIA, not least because the majority of our members, visitors and 50% of our staff are wheelchair users. For further details on the Spinal Injuries Association please click [here](#) [www.spinal.co.uk](#) MK SNAP is a vibrant, positive charity based in Milton Keynes. We provide work and life skills training to people over 16 with learning and physical disabilities.

Through structured programmes of real work and accompanying life skills we support each individual to achieve and maximise their full potential.

MK SNAP encourages success and our sense of achievement is infectious.

We are the only charity providing this type of vital facility in Milton Keynes. Our work is essential - to those we help, and to local firms, providing effective opportunities for ethical outsourcing.

This site explains the role of MK SNAP in our community, within the business life of the region and will introduce you to some of the extra-ordinary people involved here.

For further details about MK Snap click [here](#)

The ExtraCare Charitable Trust was formed in 1988 and currently operates 28 supported housing schemes and retirement villages throughout the greater Midlands area and the North.

Our approach is founded on the charitable principle that age, health or financial means shouldn't be a barrier to achieving an enjoyable quality of life in later years. We view an active lifestyle, which promotes independence and well-being as the key to achieving this.

We are working in partnership with like-minded local authorities, regeneration bodies, charitable trusts and developers to enable more people to benefit from the later lifestyle they deserve.

For further details about ExtraCare click [here](#)

Willen Hospice is a local charity that provides specialist care to adults with terminal illness, and their families. Many local organisations support us through gifts in kind, sponsorship, attending events and organising fundraising activities. We enjoy working in partnership with organisations of all sizes to help them to support the Hospice and raise their profile in Milton Keynes. If you would like to talk to us about how you can get involved please call Julia on 01908 306962.

For further details about Willen Hospice click [here](#)

Milton Keynes is the UK's fastest growing urban area. It maintains an image of a prosperous and modern new city and it's political and business leaders have a vision of the future in which Milton Keynes competes economically and culturally with the world's elite. But it should not be forgotten though that despite growth and a broad prosperity there are many people suffering as a result of disadvantage, disability, exclusion, illness, insecurity or poverty. The aim to transform Milton Keynes into an economic and cultural model is a worthy one, but it will only be achieved in the form of an integrated community where every group and each individual feels secure and valued. The role of local charities and voluntary organisations has never been more important. Please take the time to explore the Charitable People website and find out more about what needs to be done; what is being done; and how you can help.

For further details on Charitable People please [click here](#)

The YMCA is a leading Christian charity committed to supporting all young people, particularly in times of need. YMCA England supports and represents the work of over 140 YMCAs providing professional and relevant services that make a difference to the lives of young people in over 250 communities.

The YMCA reaches out to over 1 million young people each year, working with them at every stage of their lives and offering support when and where they need it most. Our vision The YMCA's vision is of an inclusive Christian Movement, transforming communities so that all young people truly belong, contribute and thrive. Our work

Founded 160 years ago, the YMCA in England builds on a long history of providing a place for young people to find acceptance, community and activity. We do this by offering high quality services in seven integrated areas including:

Housing and Homelessness - the YMCA is the largest voluntary sector provider of safe, supported accommodation in England for single men and women between the ages of 16 and 35

Sport, Health, Exercise and Fitness - the YMCA is the largest voluntary sector provider of health and fitness services that promote physical activity and healthy living

Crime and Safety - the YMCA led groundbreaking work with young people in prisons and ex-offenders and continues to work vigorously to help reduce the risk of young people either turning to crime or becoming victims of crime

Education and Skills - the YMCA offer a variety of vocational, formal and informal school- and work-based learning opportunities for young people to develop skills and achieve recognition

Money and Work - the YMCA offer a range of services designed to help increase the employability and financial awareness of young people, helping them to find and keep meaningful jobs

Citizenship and Personal Development - the YMCA empower young people by involving them in activities that stimulate, challenge and enable them to realise their potential and participate fully in their communities

Parenting and Family - the YMCA offer a variety of services that help promote positive family relationships and is one of the largest providers of childcare and school-based initiatives. Every YMCA association in England is autonomously managed and works to meet the specific needs of young people in their local communities. Call your local YMCA and find out what they have to offer - you can find contact details for every YMCA in England in our online directory. For further details please [click here](#)