



NEWSLETTER

MK Melting Pot



NEW WELLBEING SPACE LAUNCHES

MK Melting Pot's new Winter Wellbeing Space in Downs Barn is open! The space, run in partnership with Great Linford Parish Council, opened at the end of November. The lively launch engaged residents, supporters, and organisations, unveiling a nurturing space for community wellbeing. Stay tuned for ongoing offerings and activities supporting the local community.



VISIT FROM BBC LOOK EAST

BBC Look East recently visited to film us at our new Wellbeing Space, capturing a slow cooker cooking session to showcase the diverse activities we offer residents this winter.

The news channel was interested in highlighting how individuals and families can benefit from activities that bring people together & develop new skills/interests to support households.



SLOW COOKER SESSIONS IMPROVING

Exciting slow cooker cooking lessons have been underway in Bletchley and Newport Pagnell, teaching new recipes and cooking techniques to individuals supported by The Recovery Centre and Rethink.



Participants learn essential cooking skills and explore budget-friendly, healthy recipes to improve their kitchen confidence. The sessions provide valuable skills to individuals and households amid the current cost-of-living challenges.



VISIT US AT

Conniburrow: The Wellbeing Cafe at Conniburrow Community Centre provides families with support, food and refreshments.

The Cafe runs every Tuesday from 10 am to 1 pm for residents living in Conniburrow and the surrounding areas—the Cafe partners with Great Linford Parish Council and Conniburrow Children's Centre.



JOIN US
AT OUR
TWO NEW
ACTIVITIES

Winter Wellbeing Space Come and chat with friends, grab a snack and stay warm this winter

MK Melting Pot in partnership with Great Linford Parish Council

Great Locality Proud Community

Reopens after Christmas on **8th January 2024**

Monday & Wednesday
10am - 1pm

Downs Barn Pavilion, 76 Pannier Place, Downs Barn MK14 7QP

hot meals
tea & coffee
table top sales

For enquiries contact
mkmeltingpot@hotmail.com or 07576763577

Places for People

Friday Wellbeing Space

MK Melting Pot in partnership with Places for People

EVERY FRIDAY 10AM-1PM

£2 Food Bags - fresh food donations - tea, coffee and snacks available

DOWNSBARN PAVILION
MK14 7QP

a helping hand for the local community

mkmeltingpot@hotmail.com
07576763577

thank you

A big thank you to Places for People,
Great Linford Parish Council,
Clean Slate, MK Warriors, Faith Dimensions,
Yum Chop, Jade's Catering Services and
the Melting Pot family for their support in 2023

Interested in volunteering or supporting MK Melting Pot?
Get in contact with us to find out how you can help

01908 585537 or
07576763577

mkmeltingpot@hotmail.com

10 Winchester Circle, Kingston, MK10 0BA