# **Advice and Support Available for Families in Buckinghamshire**

Money and Benefits: Money and benefits | Family Information Service (buckinghamshire.gov.uk)

Bucks Family Information Service: Family Information Service | Buckinghamshire Family Information Service

Food Bank Vouchers and Referrals: Speak to your Children's Centre, Health Visitor or Social Worker or see guidance

HERE or speak to your local Citizens Advice Bureau

Free Government Food Vouchers: <u>Buckinghamshire Emergency Support Scheme.</u>

**UK Bill Help:** https://www.billhelp.uk/buckinghamshire-food-banks/

Fare Share: <a href="http://fareshare.org.uk/">http://fareshare.org.uk/</a>

Buckinghamshire Disability Service: <a href="https://buds.org.uk/if-you-are-in-crisis-and-need-emergency-food/">https://buds.org.uk/if-you-are-in-crisis-and-need-emergency-food/</a>

Transforming Lives for Good - Make Lunch: https://www.tlg.org.uk/

Trussell Trust: Trussell Trust

Connection Support: <a href="https://www.connectionsupport.org.uk/">https://www.connectionsupport.org.uk/</a> 01296 484322

Salvation Army: https://www.salvationarmy.org.uk/homelessness

Olio Food Sharing: <a href="https://olioex.com/">https://olioex.com/</a>

Joseph Rowntree Foundation: <a href="https://www.jrf.org.uk/">https://www.jrf.org.uk/</a>

Family Lives: https://www.familylives.org.uk/

One Can Trust: https://onecantrust.org.uk/food-bank-collection-points/

Family Fund: <a href="https://www.familyfund.org.uk/">https://www.familyfund.org.uk/</a>

Action For Children, Bucks: https://services.actionforchildren.org.uk/bucks-activity-project/

Max Card: <a href="https://mymaxcard.co.uk/">https://mymaxcard.co.uk/</a>

Benefit and Grant Calculator: https://www.entitledto.co.uk/

## <u>Aylesbury</u>

**Aylesbury and Various Support Links** 

https://www.aylesburytownchaplaincy.co.uk/about-aylesbury-town-chaplaincy/support/

**Aylesbury Vineyard** - Make Lunch, Storehouse clothing and furniture & foodbank https://aylesburyvineyard.church/

**Aylesbury Foodbank** 

https://aylesbury.foodbank.org.uk/

Esquires Coffee shop and Church on Berryfields have partnered together to provide a Berryfields Foodbank. This is a distribution point of the Aylesbury Foodbank and follows their Trussell Trust voucher procedure for people in crisis. Open every Monday 10:30-12 and Thursday 2-3:30. During those times if you are in a financial crisis then you can come to receive a food parcel. People can also donate (non-perishable) food & toiletry items during those times. If you need to contact us: <a href="mailto:foodbank@churchonberryfields.org">foodbank@churchonberryfields.org</a> 07919 332859

#### **Wendover Free Church**

http://www.wendoverfreechurch.org.uk/

#### Milton Keynes Foodbank

http://mkfoodbank.org.uk/about-the-food-bank/

#### **Buckingham Parish Church**

https://www.bpchurch.uk/Groups/149163/Buckingham Parish Church/Church Life/Community/Community.aspx

#### St Peter & St Paul's Church, Buckingham

Provides food for those in need living north of Winslow

https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham\_Parish\_Church/Church\_Life/Community/Buckingham\_Food\_Bank/Buckingham\_Food\_Bank.aspx

#### **Thomas Hickman's Charity**

14 Bourbon Street, Aylesbury, HP20 2RS, 01296 318500

Offers small grants to Aylesbury Town residents in need; applications can be made by families to cover expenses such as uniform, school shoes etc. <a href="https://thomashickmancharity.co.uk/">https://thomashickmancharity.co.uk/</a>

**Youth Concern** will only help young people under the age of 25 with a connection to Buckinghamshire. They will be provided with a hot meal as well as shelter and advice. https://www.youthconcern.org.uk/

### **Aylesbury Homeless Action Group**

http://www.ahag.org.uk/ 01296 435026

### Bernie the Bernwode Bus

https://www.facebook.com/BernwodeBus/

### **Bicester Foodbank**

https://bicester.foodbank.org.uk/

#### **Buckingham Parish Church**

https://www.bpchurch.uk/Groups/149163/Buckingham Parish Church/Church Life/Community/Community.aspx

# Chiltern & South Bucks

#### **Chesham Community Fridge**

https://cheshamcommunityfridge.org/

#### **Chesham Food Bank**

https://www.facebook.com/Chiltern-foodbank-180188352017845/

**Kings Church**, Amersham, Make Lunch, baby baskets, dad's support and furniture project. Call 01494 431882. Bags of food, fruits, and more is provided from the church. <a href="https://www.kca.church/communitycare">https://www.kca.church/communitycare</a>

#### **Chiltern Foodbanks**

http://chiltern.foodbank.org.uk/

### Hope Church, Beaconsfield

https://www.hopebeaconsfield.co.uk/Groups/243545/Hope Community Drop.aspx

#### **Slough Foodbank**

https://slough.foodbank.org.uk/

#### St George's Church, Little Chalfont – Thursday lunch

https://www.achurchnearyou.com/church/5924/service-and-events/events-regular/

#### St Michael & All Angels church in Beaconsfield

https://stmichaelsbeaconsfield.org.uk/ 07584 637697

#### **Denham One Can food bank**

https://www.denhamcommunitysupport.co.uk/food-bank.html 07584 637697

**Chiltern Trussell Trust food bank** is located at 71 Broadway, Chesham, Bucks, HP5 1BX, and telephone is 01494 775668. https://www.trusselltrust.org/get-help/find-a-foodbank/chiltern/

- Calvary Parish, Community Suite, Church Of England Primary School, Orchard Paradise, Berryfields, Aylesbury HP18 0WS.
- 71 Broadway, Chesham HP5 1BX is open from 10.30am 12.30pm.
- The King's Church, Raans Road, Amersham, provides a parcel of food on Monday from 10 am to 2 pm.
- St George's Church is open on Thursdays. The address is White Lion Road, Little Chalfont HP7 9LW.

#### The Baby Bank (Windsor)

https://www.thebabybank.org/

#### **Food Share Maidenhead**

https://www.foodshare.today/

### <u>Wycombe</u>

**High Wycombe Society** has free food or meals for older residents, such as pensioners, from the Pop-In-Centre. The charity also runs a furniture project, provides financial aid (which can be used for buying food or groceries) and other help. Find more information on <u>support from High Wycombe Society</u> and how the charity can assist.

### Maidenhead foodbank

https://www.facebook.com/FoodshareMaidenheadFoodbank/

#### **One Can Trust**

One Can Trust has operates a foodbank based in High Wycombe, serving the Wycombe and Marlow area. They work with almost 100 front line agencies who refer people for food aid.

http://onecantrust.org.uk

### St John the Baptist Church, Little Marlow

https://4u-team.org/onecantrust/ 07584 637697

### **Wycombe Homeless Connection**

https://www.wyhoc.org.uk/

## **Holy Trinity Church, Prestwood**

https://www.htprestwood.org.uk/

# **Money and Budget Advice**

www.citizensadvicebucks.org.uk

https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/family.page?familychannel=3

https://quidsinmagazine.com/

https://www.moneyadviceservice.org.uk/en

https://www.moneysavingexpert.com/news/2011/04/free-money-advice-service-launches/

http://www.billhelp.uk/

https://www.bbc.co.uk/bitesize/tags/zm2chbk/money/1

https://lookaftermybills.com/

https://www.stepchange.org/debt-info/your-financial-situation/making-a-budget.aspx

https://www.childrenssociety.org.uk/advice-hub/money-matters/budgeting

https://capuk.org/

https://www.entitledto.co.uk/

# **Support and General Advice**

https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/site.page?id=niLwOu14rtl

https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page

https://www.citizensadvice.org.uk/

https://www.relate.org.uk/

https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/

https://england.shelter.org.uk/

https://www.samaritans.org/

http://www.barnardos.org.uk/what we do/our work/service-search.htm

https://www.myrtwellbeing.org.uk/

https://www.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/

https://www.womensaid.org.uk/

https://www.aylesburywomensaid.org.uk/refuge/

https://www.wycombewomensaid.org.uk/

https://www.refuge.org.uk/get-help-now/help-for-men/

http://www.mensadviceline.org.uk/

https://www.gingerbread.org.uk/

https://www.singleparents.org.uk/

https://singlewithkids.co.uk/

https://www.netmums.com/support/single-parents

https://www.carersuk.org/help-and-advice/financial-support

https://www.chat-charity.org.uk/

# Wellbeing

https://giveusashout.org/

https://studentspace.org.uk/

Autonomous sensory meridian response on BBC R1

https://www.thecalmzone.net/

https://www.buckscc.gov.uk/services/care-for-adults/advice-for-vulnerable-adults/

https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils

https://www.buckscc.gov.uk/services/health-and-wellbeing/public-health/

https://www.mind.org.uk/information-support/

https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support

http://www.aylesburyspace.co.uk/

https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1

https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/

https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XeZ-ZoP7TIU

https://www.royalvoluntaryservice.org.uk/

https://www.nuffieldhealth.com/article/10-ways-to-take-action-against-loneliness

https://www.rethink.org/

https://youngminds.org.uk/

https://www.headstogether.org.uk/

https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html

https://www.myworldofwork.co.uk/wellbeing-support

https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing

https://www.together-uk.org/

https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health

## **Apps Available**

- #stayalive a suicide prevention resource full of useful information and tools to help you stay safe in crisis
- Aura Personalised meditation
- Blueice for managing emotions
- Bright Sky support and information for anyone who may be in an abusive relationship
- Calm Meditate, sleep, relax
- Calm Harm help teenagers manage or resist the urge to self-harm
- Catchit Learn to manage negative thoughts and look at problems differently
- Chillpanda Breathing techniques to help you relax
- Clear Fear help children and young people manage symptoms of anxiety
- Combined Minds help families and friends provide mental health support

- Cove Create Music to reflect emotions
- Daylight provides help to people experiencing symptoms of worry and anxiety
- Elefriends a supportive online community from the mental health charity Mind (over 17s only)
- eQuoo emotional fitness game
- Feeling Good: Positive Mindset Uses audio tracks to help relax your body and mind
- Headspace mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- Liberate Meditation meditation app that offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community
- Mind Shift designed to help teens and young adults cope with anxiety
- Mood Tools designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery
- Recovery Record the smart companion for managing your journey to recovery from eating disorders
- Rise Up for people struggling with food, dieting, exercise and body image
- Sam to help you understand and manage anxiety
- Silver Cloud supportive and interactive programmes, tools and tactics for mental and behavioural health issues
- Sleepio sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep
- Smart Recipes from Change4Life is an easy way of helping you prepare tasty, healthier meals
- Student Health App information for students
- Thrive Use games to track your mood and teach yourself methods to take control of stress
- Unmind a mental health platform that empowers staff to proactively improve their mental wellbeing
- Worry Tree help to manage worries with CBT