

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: [Buckinghamshire Emergency Support Scheme.](#)

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

Fare Share: <http://fareshare.org.uk/>

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

Transforming Lives for Good – Make Lunch: <https://www.tlg.org.uk/>

Trussell Trust: [Trussell Trust](#)

Connection Support: <https://www.connectionsupport.org.uk/> 01296 484322

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

Olio Food Sharing: <https://olioex.com/>

Joseph Rowntree Foundation: <https://www.jrf.org.uk/>

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

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

Family Fund: <https://www.familyfund.org.uk/>

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

Max Card: <https://mymaxcard.co.uk/>

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

Aylesbury

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: foodbank@churchonberryfields.org 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. <https://thomashickmancharity.co.uk/>

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. <https://www.kca.church/communitycare>

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/>

Wycombe

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 [support from High Wycombe Society](#) 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.moneyadvice.service.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.mensadvice.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