

Advice and Support Available for Families in Buckinghamshire

All areas

Bucks Family Information Service

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=T0RPT0o3REc>

Food Bank Vouchers and Referrals

- Speak to your Children's Centre, Health Visitor or Social Worker or
- Speak to [your local Citizens Advice Bureau](#)

Free government food vouchers are provided by the council. This is part of the Emergency Support Scheme. The government will provide up to a few days of free groceries, hot meals, tinned or canned goods, and fresh food too. The help is for families on a low income or benefits, and find more details on [Buckinghamshire Emergency Support Scheme](#).

St. Laurence Food Cupboard, Winslow

Food deliveries are made to people in financial difficulties in Winslow and the surrounding villages call or text [07803 942687](tel:07803942687)

Fare Share

Food donations from Tring road Tesco in Aylesbury, Loudwater Tesco, Wycombe and Eden Tesco

<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

The Trussell Trust's 400-strong network of food banks provides a minimum of three days' emergency food and support to people experiencing crisis in the UK.

[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/>

Aylesbury

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. There is a form available from the charity and schools can help parents complete the form if necessary.

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. The charity has a post of Whitehill Lane, Aylesbury, Buckinghamshire, HP19 8FL, call 01296 431183.

Aylesbury Homeless Action Group

<http://www.ahag.org.uk/>

01296 435026

Chiltern & South Bucks

Chesham Community Fridge

<https://cheshamcommunityfridge.org/>

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://kca.church/>

Kings Church Amersham/Tesco Foodshare

<https://www.facebook.com/groups/1861807350804960/>

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

Phone number is 07584 637697

Denham One Can food bank

Phone number is 07584 637697

Chiltern Trussell Trust food bank is located at 71 Broadway, Chesham, Bucks, HP5 1BX, and telephone is 01494 775668. They have several distribution centres in Buckinghamshire County, and the locations are below.

- 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/>

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.

Big Yellow Storage in High Wycombe is a partner. A bag of groceries with enough food for 3 days is provided to the low income.

Phone – 07584 637697

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>

Little Marlow Church, Coldmoorholm Lane, Little Marlow

Telephone – 07584 637697

Wycombe Homeless Connection

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

Money and Budget Advice

<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>

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://england.shelter.org.uk/>

<https://www.samaritans.org/>

[http://www.barnardos.org.uk/what we do/our work/service-search.htm](http://www.barnardos.org.uk/what_we_do/our_work/service-search.htm)

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

<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>

Wellbeing

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

<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.kooth.com/>

Apps

Blueice – for managing emotions

Catchit – Learn to manage negative thoughts and look at problems differently

Chillpanda – Breathing techniques to help you relax

Cove – Create Music to reflect emotions

eQuoo – emotional fitness game

Feeling Good: Positive Mindset – Uses audio tracks to help relax your body and mind

Thrive – Use games to track your mood and teach yourself methods to take control of stress

Calm – Meditate, sleep, relax

Headspace – Meditation, sleep, healthy mind

Aura – Personalised meditation

Calm Harm - help teenagers manage or resist the urge to self-harm

Clear Fear - help children and young people manage symptoms of anxiety

Combined Minds - help families and friends provide mental health support

Student Health App – information for students

Worry Tree – help to manage worries with CBT