

## Support and Resources for Schools and Families in Buckinghamshire

These links will assist if looking for support, whether it is financial, food, social or emotional, there are a variety of services available locally and nationally to help you. Whilst every care is taken to ensure these pages are current and appropriate please let us know if you find any errors. We appreciate any feedback or new information of partners and agencies that may pop up, please email [hazel.david@buckinghamshire.gov.uk](mailto:hazel.david@buckinghamshire.gov.uk)

### **Finance, Bills and Support**

**Government Cost of Living Support:** <https://costoflivingsupport.campaign.gov.uk/>

**Government Cost of Living Payment:** <https://www.gov.uk/guidance/cost-of-living-payment>

**Helping Hand:** <https://www.buckinghamshire.gov.uk/housing-and-benefits/support-with-food-bills-and-finances/>

**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:** [Food Vouchers - The Trussell Trust](#) or speak to [your local Citizens Advice Bureau](#)

**UK Bill Help:** <https://www.billhelp.uk/>

**Family Fund** supports families raising disabled and seriously ill children and young people: [Family Fund Support | Family Fund](#)

**Confused.com Petrol Prices:** <https://www.confused.com/petrol-prices> (requires a registration)

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

**Money Saving Expert:** <https://www.moneysavingexpert.com/>

**Energy Bill Support Scheme:** <https://www.gov.uk/government/news/energy-bills-support-scheme-explainer>

**Help with Energy Bills:** <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>

**Money Helper:** <https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/struggling-to-pay-your-gas-or-electricity-bill>

**Energy Saving Trust:** <http://www.energysavingtrust.org.uk/energy-at-home>

**Simple Energy Advice:** <https://www.simpleenergyadvice.org.uk/>

**Better Housing Better Health:** <https://www.bhbh.org.uk/>

**Buckinghamshire Financial Insecurity Partnership:** <https://www.buckinghamshire.gov.uk/campaign/money-problems/>

**Turn2Us:** <https://www.turn2us.org.uk/>

**Step Change:** <https://www.stepchange.org/>

**Quaker Social Action:** <https://quakersocialaction.org.uk/we-can-help/money-finances/made-money/financial-wellbeing/help-cost-living>

## **Food, Shopping & Cooking**

Healthy Living Centre <https://www.healthylivingcentre.com/community-projects/>

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

Buckinghamshire Disability Service: <https://buds.org.uk/information/>

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

Trussell Trust: [Trussell Trust](https://www.trusselltrust.org/)

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/>

Bootstrap Cook: <https://cookingonabootstrap.com/>

Budget Food Ideas: <https://savings4savvymums.co.uk/>

Meal Planning: <https://savvybites.co.uk/7-day-aldi-budget-meal-plan-dec-21-27/>

Empower to Cook <https://www.empowertocook.co.uk/about>

Too Good To Go: <https://toogoodtogo.co.uk/en-gb/consumer>

How to Spend Less: [Which.co.uk](https://www.which.co.uk/)

Kids Eat Free: <https://www.bigissue.com/life/food/all-the-places-where-kids-eat-free-during-the-holidays/>

## **Refugee Support**

Bucks Refugee Support: <https://schoolsweb.buckscc.gov.uk/support-available-for-ukrainian-families-in-buckinghamshire/>

Refugee Council <https://www.refugeecouncil.org.uk/>

Refugee Action <https://www.refugee-action.org.uk/>

**Families with No Recourse to Public Funds:**

[https://www.proceduresonline.com/buckinghamshire/chservices/p\\_no\\_recourse\\_public.html](https://www.proceduresonline.com/buckinghamshire/chservices/p_no_recourse_public.html)

**Unaccompanied Asylum-seeking Children:** <https://bscb.procedures.org.uk/qkqsg/children-in-specific-circumstances/migrant-and-unaccompanied-asylum-seeking-children-guidance>

Amnesty International <https://www.amnesty.org/en/what-we-do/refugees-asylum-seekers-and-migrants/>

Community Impact Bucks <https://communityimpactbucks.org.uk/support-for-ukrainian-refugees-in-buckinghamshire/>

**Bucks Skills Hub:** <https://bucksskillshub.org/pages/support-for-refugees>

**Ukrainian Institute** <https://refugee-support.ukrainianinstitute.org.uk/settling-into-the-uk>

**Refugees at Home** <https://www.refugeesathome.org/>

**Mind** <https://www.bucksmind.org.uk/ukraine-refugee-support/>

**Heart of Bucks** <https://heartofbucks.org/buckinghamshire-launches-its-ukraine-crisis-fund/>

**Helping Hand for Ukraine:** <https://www.buckinghamshire.gov.uk/community-and-safety/helping-hand-for-ukraine/>

**Helping Hand: Support for Afghanistan:** <https://www.buckinghamshire.gov.uk/community-and-safety/how-we-are-supporting-the-afghan-crisis/>

**Settling in Buckinghamshire: Information for Afghan migrants:** <https://www.buckinghamshire.gov.uk/community-and-safety/welcome-to-bucks/>

**English Language Support:** <https://www.buckinghamshire.gov.uk/community-and-safety/helping-hand-for-ukraine/help-and-support-if-youve-recently-arrived-from-ukraine/english-language-support/>

**Wycombe Refugee Partnership:** <https://www.wycombe-refugees.org/>

**Marlow Ukraine Collective** <https://ukrainecollective.co.uk/>

**Marlow Refugee Action:** <https://marlowrefugeeaction.org.uk/wafaa-from-syria-to-bucks/>

**Bucks Business First:** <https://bbf.uk.com/support-for-refugees>

**Bucks New University:** <https://www.bucks.ac.uk/news/bnu-launches-new-scholarships-refugees-and-asylum-seekers>

**Migrant & Refugee Children's Legal Unit:** <https://miclu.org/servicesmap>

## **Gypsy, Roma Traveller**

**Roma Support Group:** <https://www.romasupportgroup.org.uk/>

**Traveller Movement:** <https://travellermovement.org.uk/>

**Friends, Families & Travellers:** <https://www.gypsy-traveller.org/>

**Travellers Times:** <https://www.travellerstimes.org.uk/advice>

**Friends, Families and Travellers** <https://www.gypsy-traveller.org/>

## **Community Hubs & Foodbanks**

### **Aylesbury**

**Aylesbury and Various Support Links:** <https://www.aylesburytownchaplaincy.co.uk/about-aylesbury-town-chaplaincy/support/>

**Southcourt Baptist Church:** [https://www.southcourtbaptist.org.uk/SBC\\_NEIGHBOURHOOD.htm](https://www.southcourtbaptist.org.uk/SBC_NEIGHBOURHOOD.htm)

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

**Aylesbury Foodbank:** <https://aylesbury.foodbank.org.uk/>

**Food Cycle:** <https://foodcycle.org.uk/location/foodcycle-aylesbury/>

**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](mailto: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](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](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

**Swan Community Hub:** <https://www.swancommunityhub.org.uk/>

**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](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

## Chiltern & South Bucks

**Burnham Care & Share:** [https://bhpt.org.uk/care-and-share/?dm\\_i=5438,KZ6A,4CAIDS,2ICYN,1](https://bhpt.org.uk/care-and-share/?dm_i=5438,KZ6A,4CAIDS,2ICYN,1)

**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](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/>

<https://www.cheniesbenefice.org/st-georges-little-chalfont>

**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

**Wycombe Food Hub:** <https://wycombefoodhub.org/>

**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/>

**Buckinghamshire Food Partnership:** <https://bucksfoodpartnership.org/emergency-food/>

## Money and Budget Advice Websites

[Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#)

[www.citizensadvicebucks.org.uk](http://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/>

<https://nationaldebtline.org/>

<https://www.bucksmind.org.uk/guide/category/advice-and-information/>

## **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.buckinghamshire.gov.uk/community-and-safety/>

<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](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.connectingbucksschools.com/bereavement/>

<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/>

<https://ourtime.org.uk/schools/>

<https://www.family-action.org.uk/>

<https://www.cafcass.gov.uk/about-cafcass/>

<https://www.supportline.org.uk/problems/coronavirus-covid-19/>

<https://www.buckinghamshire.gov.uk/community-and-safety/community-centres-and-youth-clubs/>

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

<https://services.actionforchildren.org.uk/bucks-activity-project/about-us/>

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

<https://oasispartnership.org/>

## **Wellbeing**

<https://schoolsweb.buckscc.gov.uk/behaviour-wellbeing/wellbeing-support-for-buckinghamshire-schools/wellbeing-resources/>

<https://www.connectingbucksschools.com/buckinghamshire-wellbeing-resources/>

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

<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>

<https://headstrongtraining.co.uk/services-for-education/>

[Our Time | For children of parents with a mental illness](#)

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

## **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
- Couch to 5K – fitness and motivation
- Cove – Create Music to reflect emotions
- Daylight - provides help to people experiencing symptoms of worry and anxiety
- Daylio Journal – this journal can help reduce anxiety and promote mindfulness
- 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
- Google Translate – web page to enable translation of any language
- Headspace - mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep



- iTranslate - write and speak in over 100 languages, anywhere in the world.
- 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
- My Possible Self - monitor your feelings and recognise any patterns or triggers in your behaviour
- 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
- sayhi - Have a conversation in two languages and easily understand each other.
- 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
- Streaks- a to-do list that helps you form good habits
- Student Health App – information for students
- Text Grabber - Scan and translate any printed text from image
- 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