

## Advice and Support Available for Families in Bucks

### All areas

#### Bucks Family Information Service

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=TORPT0o3REc>

#### 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](#).

#### 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 & the North

**Aylesbury Vineyard** - Make Lunch, Storehouse clothing and furniture & foodbank

<https://aylesburyvineyard.church/>

**Aylesbury Foodbank**

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

**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. 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](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/MaidenheadFoodbank/?hc\\_ref=ARQIEG41PkoWtjYwZoJmwtQNdwQcsgY71D-Ow2bXGNBAcxg6MJgTpdTCZ4IUQY-92Wk](https://www.facebook.com/MaidenheadFoodbank/?hc_ref=ARQIEG41PkoWtjYwZoJmwtQNdwQcsgY71D-Ow2bXGNBAcxg6MJgTpdTCZ4IUQY-92Wk)

### **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>

**Food Club Friday** – Castlefield Children’s Centre

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=g-jggqtQZ34>

**Food Club Tuesday** – Wycombe Methodist Church

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=TP1Nr3EOxYk>

**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>

## **Support and General Advice**

<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/our-services/advice-and-support/feeling-well-and-overcoming-loneliness?gclid=CjwKCAiArJjvBRACEiwA-WiqgxBrJtMFVDXdY-LRUcrFFI42fw0QUXaDZuCP5K9L0yWEQnoqyIFBwhoCWLUQAvD\\_BwE](https://www.royalvoluntaryservice.org.uk/our-services/advice-and-support/feeling-well-and-overcoming-loneliness?gclid=CjwKCAiArJjvBRACEiwA-WiqgxBrJtMFVDXdY-LRUcrFFI42fw0QUXaDZuCP5K9L0yWEQnoqyIFBwhoCWLUQAvD_BwE)

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