

## **Services, Advice and Support Available for Families in Buckinghamshire.**

### Family Fund

Helping families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under by providing grants to buy equipment or activities.

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

### Family Support Services

The Family Support Service has been carefully designed to provide better, more targeted support for vulnerable families who face a range of issues or complex challenges. The service will provide one-to-one support to families and individuals.

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=24>

### Action For Children

Bucks Activity Project Provides short breaks and activities services for disabled children aged 0 – 19.

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

### Max Card

The Max Card is a discount initiative which has been designed to make days out more affordable for children and young people with special educational needs aged 0-19 years, and their parents or carers.

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

### Local Offer

Information about what is available in Buckinghamshire for children and young people aged 0 to 25 with special educational needs and disabilities (SEND). Education, activities and short breaks, childcare, Autism tool box ...

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/localoffer.page>

### Grants, Tax credits and Benefit Checker.

Quick and easy benefit and grant calculator. The calculator is anonymous & free to use.

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

### Women's Aid

The Freedom Programme is designed To help women who have experienced domestic violence make sense of and understand what has happened to them, gain self-esteem and the confidence to improve their lives.

<https://www.aylesburywomensaid.org.uk/freedom-programme/>

### Short Term financial support

If you live in Buckinghamshire, you may be able to apply for Local Emergency Support. This is intended to cover urgent short-term emergencies (i.e. no immediate food, no heating or lighting) through the use of food banks, food vouchers, and utility meter top-ups.

<https://www.buckscc.gov.uk/services/business-and-benefits/apply-for-local-emergency-support/>

### Family Information Services

Easy to access information on services and provisions to assist all families and young people throughout Buckinghamshire.

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

### Healthy Minds

NHS service offering a range of free, tried and tested NHS psychological therapies that help with, Low Mood, Anxiety, Worry, Stress, Long Term Health Conditions and Employment Support.

<https://www.oxfordhealth.nhs.uk/healthyminds/>

### Youth Concern

Youth Concern is a charity that offers help and support to vulnerable at risk young people aged 13-25 years who are at risk of social exclusion, homelessness, family break down or who are not in education employment or training.

<http://www.youthconcern.org.uk.fluent5.sites.fluent.ltd.uk/about-us/>

#### CHAT Respite Care.

CHAT children's respite is a registered charity helping Buckinghamshire families with children who have special needs by providing funds for short term respite care free of charge.

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

#### Bucks Home Choice

The scheme advertises social rented properties and aims to give more choice about where you live and when you move.

<https://www.buckshomechoice.org.uk/choice/>

## Access to food and supplies

### All areas

#### **Food Bank Vouchers and Referrals**

**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](#)

## 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

## Finance and wellbeing

### **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/>

### **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/>

**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/>