

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

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

<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/>