

Highworth Combined School & Nursery

HIGHWORTH CLOSE HIGH WYCOMBE BUCKS. HP13 7PH

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Headteacher: Mrs. C. Pankhania

19th March 2020

Dear All

It has been an emotional couple of days; we put relationships at the heart of everything we do at Highworth, and not knowing when we will see you and your lovely children again has upset us all. We have tried to overcome this by squeezing as much fun into our time together as we possibly could. Hopefully, this will have helped a little to ease some of the anxiety that I know so many children (and adults) are feeling.

You have been inundated with information from us in the last 2 days! I hope that it has not been overwhelming; we want you to feel as supported as possible during these most challenging of times. In order to continue to support you, as explained in our closure plan, we will send daily updates with suggestions for home learning.

The full team of staff will be working throughout closure (health and circumstances permitting) so please contact us for any other advice or information that would be helpful. The best way to do this is via email: office@highworthcombined.co.uk, but the phones will also be answered for part of each day, during term time. We would love to keep in touch with as many of you as possible.

At the bottom of this letter, you will find a list of agencies that may be able to offer help of varying types. We will send on any further information as soon as we receive it.

Finally, I would like to thank you for your understanding and support of the school during a time, which has been so very difficult for us all.

We will miss you, but look forward to happier times when all of this has passed.

My love and best wishes to you all.

Claire Pankhania

Advice and Support Available for Families in Bucks

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](#).

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/>

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=ARQIEG41PkoWtjYwZoJmwtQNdwQcsqY71D-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/>

Holmer Green Secondary School- lunches for the community from Hub Kitchen:

jacksonL@holmer.org.uk

Money and Budget Advice

<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>

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/>

<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.mensadviceline.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-WiqqxBrJtMFVDXdY-LRUcrFFI42fw0QUXaDZuCP5K9L0yWEQnoqylFBwhoCWLUQAvD_BwE

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