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Mrs Elaine Barry B.ED Hons (Oxon)

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Dear Parent/ carer,

We are writing to you because we value the health and well-being of our students, staff and families. We have put together a comprehensive list of services and support that may be of use to you and your family.

All services below can be self-referred to directly by the families.

This information will be added to the school web page.

### **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](#)

### 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.

## Chiltern & South Bucks

**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.

## **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/>

Regards

Elaine

Elaine Barry  
Headteacher