**Advice and Support Available for Families in Bucks**

**Food Bank Vouchers and Referrals**

* Speak to your Children’s Centre, Health Visitor or Social Worker or
* Speak to [your local Citizens Advice Bureau](https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/shortlist.page?action=LOOKUP&id=aJdRfeBlEv0)

**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**](http://www.billhelp.uk/buckinghamshire-local-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/>

**Bucks Family Information Service**

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=T0RPT0o3REc>

**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](https://www.trusselltrust.org/)

Aylesbury & North Buckinghamshire

**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>

**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>

**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.

**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/>

**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/>