

## **Advice and Support Available for Families**

### **All areas**

Food Bank Vouchers and Referrals

- Speak to your Children's Centre, Health Visitor or Social Worker or
- Speak to [your local Citizens Advice Bureau](#)

### **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/localoffer.page>

### **Giving back to the community – Foodshare**

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

### **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/>

### **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.

## **Chiltern & South Bucks**

**Kings Church**, Amersham, Make Lunch, baby baskets, dad's support and furniture project

<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/>

## **Wycombe**

**Maidenhead foodbank**

[https://www.facebook.com/MaidenheadFoodbank/?hc\\_ref=ARQIEG41PkoWtjYwZoJmwtQNdwQcsgY71DOw2bXGNBACxg6MJgTpdTCZ4IUQY-92Wk](https://www.facebook.com/MaidenheadFoodbank/?hc_ref=ARQIEG41PkoWtjYwZoJmwtQNdwQcsgY71DOw2bXGNBACxg6MJgTpdTCZ4IUQY-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>

**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/>

## **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)

## **Wellbeing**

<https://www.bucksc.gov.uk/services/care-for-adults/advice-for-vulnerable-adults/>

<https://www.bucksc.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/>