



# Support and Resources for Schools and Families in Buckinghamshire

These links and telephone numbers will assist those looking for support, whether it is financial, food, social or emotional, there are a variety of services available locally and nationally to help you.

Whilst every care is taken to ensure these pages are current and appropriate please let us know if you find any errors. We appreciate any feedback or new information of partners and agencies that may pop up, please email

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## **Directory** – click on the link required

- [Wellbeing & Mental Health](#)
- [Suicide Prevention and Support](#)
- [Finance, Bills and Support](#)
- [Food, Shopping & Cooking](#)
- [Community Hubs & Foodbanks](#)
- [Housing](#)
- [Money and Budget Advice Websites](#)
- [Support and General Advice](#)
- [Refugee Support](#)
- [Apps Available](#)
- [Covid 19](#)
- [Gypsy, Roma Traveller](#)
- [Missing Persons](#)

## **Finance, Bills and Support**

**Buckinghamshire Help:** <https://www.buckinghamshire.gov.uk/cost-of-living/> 01296 531 151 or 0800 999 7677

**Buckinghamshire Warm Spaces:** <https://www.buckinghamshire.gov.uk/cost-of-living/find-a-place-to-keep-warm-welcoming-spaces/> 01296 531 151 or 0800 999 7677

**Government Cost of Living Support:** <https://costoflivingsupport.campaign.gov.uk/>

**Government Cost of Living Payment:** <https://www.gov.uk/guidance/cost-of-living-payment>

**Helping Hand:** <https://www.buckinghamshire.gov.uk/housing-and-benefits/support-with-food-bills-and-finances/>

**Money and Benefits:** [Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#) 0800 138 7777

**Bucks Family Information Service:** [Buckinghamshire Family Information Service](#) 01296 383 293

**Food Bank Vouchers and Referrals:** [Food Vouchers - The Trussell Trust](#) 01722 580 180

**National Energy Action:** <https://www.nea.org.uk/> 0800 304 7159

**UK Bill Help:** <https://www.billhelp.uk/>

**Family Fund** supports families raising disabled and seriously ill children and young people: [Family Fund Support | Family Fund](#) 01904 550055

**Home Start:** <https://www.home-start.org.uk/> 0116 464 5490

**Confused.com Petrol Prices:** <https://www.confused.com/petrol-prices> (requires a registration)

**Benefit and Grant Calculator:** <https://www.entitledto.co.uk/>

**Money Saving Expert:** <https://www.moneysavingexpert.com/>

**Energy Bill Support Scheme:** <https://www.gov.uk/government/news/energy-bills-support-scheme-explainer>

**Help with Energy Bills:** <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills>

**Money Helper Energy:** <https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/struggling-to-pay-your-gas-or-electricity-bill> 0800 138 7777

**Energy Saving Trust:** <http://www.energysavingtrust.org.uk/energy-at-home>

**Simple Energy Advice:** <https://www.simpleenergyadvice.org.uk/> 0800 444 202

**Better Housing Better Health:** <https://www.bhbh.org.uk/> 0800 107 0044

**Buckinghamshire Financial Insecurity Partnership:** <https://www.buckinghamshire.gov.uk/campaign/money-problems/>

**Turn2Us:** <https://www.turn2us.org.uk/> 0808 802 2000

**Step Change:** <https://www.stepchange.org/> 0800 138 1111

**Quaker Social Action:** <https://quakersocialaction.org.uk/we-can-help/money-finances/made-money/financial-wellbeing/help-cost-living> 020 8983 5030

**Government Advice:** <https://www.gov.uk/cost-of-living>

**Citizen's Advice:** <https://www.citizensadvice.org.uk/> 0800 144 8848

## **Food, Shopping & Cooking**

**Bucks Family Information Service:** <https://familyinfo.buckinghamshire.gov.uk/advice-and-support/money-and-benefits/help-with-essentials/>

**Food Bank Directory:** <https://directory.buckinghamshire.gov.uk/?categories=food-support&collection=advice-and-support&page=1>

**Wycombe Food Hub:** <https://wycombefoodhub.org/>

**Kids Eat Free:** <https://moneysavingcentral.co.uk/kids-eat-free>

**Healthy Living Centre** <https://www.healthylivingcentre.com/community-projects/> 01296 334562

**Fare Share:** <http://fareshare.org.uk/> 0330 088 8688

**Buckinghamshire Disability Service:** <https://buds.org.uk/information/> 01494 211179

**Transforming Lives for Good – Make Lunch:** <https://www.tlg.org.uk/> 01274 900373

**Trussell Trust:** [Trussell Trust](https://www.trusselltrust.org/) 01722 580 180

**Connection Support:** <https://www.connectionsupport.org.uk/> 01296 484322

**Olio Food Sharing:** <https://olioex.com/>

**Joseph Rowntree Foundation:** <https://www.jrf.org.uk/>

**Family Lives:** <https://www.familylives.org.uk/> 0808 800 2222

**One Can Trust:** <https://onecantrust.org.uk/food-bank-collection-points/> 01494 512277

**Bootstrap Cook:** <https://cookingonabootstrap.com/>

**Budget Food Ideas:** <https://savings4savvymums.co.uk/>

**Meal Planning:** <https://savvybites.co.uk/7-day-aldi-budget-meal-plan-dec-21-27/>

**Empower to Cook** <https://www.empowertocook.co.uk/about>

**Too Good To Go:** <https://toogoodtogo.co.uk/en-gb/consumer>

**How to Spend Less:** [Which.co.uk](https://www.which.co.uk/)

**Cut Down Grocery Bills:** <https://inews.co.uk/inews-lifestyle/money/bills/six-top-tips-to-help-you-save-on-your-grocery-bills-1912670>

**Bucks Food Partnership:** <https://bucksfoodpartnership.org/emergency-food/>

## **Community Hubs & Foodbanks**

### **Aylesbury**

**Aylesbury and Various Support Links:** <https://www.aylesburytownchaplaincy.co.uk/about-aylesbury-town-chaplaincy/support/> 01296 398110

**Southcourt Baptist Church:** [https://www.southcourtbaptist.org.uk/SBC\\_NEIGHBOURHOOD.htm](https://www.southcourtbaptist.org.uk/SBC_NEIGHBOURHOOD.htm) 01296 480080

**Aylesbury Vineyard - Make Lunch, Storehouse clothing and furniture & foodbank:** <https://aylesburyvineyard.church/> 01296 424400

**Aylesbury Foodbank:** <https://aylesbury.foodbank.org.uk/> 01296 395514

**Food Cycle:** <https://foodcycle.org.uk/location/foodcycle-aylesbury/> 020 7729 2775

**Esquires Coffee shop and Church** on Berryfields: [foodbank@churchonberryfields.org](mailto:foodbank@churchonberryfields.org) 07919 332859

**Wendover Free Church:** <http://www.wendoverfreechurch.org.uk/> 01296 622354

**Milton Keynes Foodbank:** <http://mkfoodbank.org.uk/about-the-food-bank/> 01908 322 800

### **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)  
01280 830220

**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) 01280 830220

**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. <https://thomashickmancharity.co.uk/> 01296 318500

**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. <https://www.youthconcern.org.uk/> 01296 431183

**Aylesbury Homeless Action Group:** <http://www.ahag.org.uk/> 01296 435026

**Swan Community Hub:** <https://www.swancommunityhub.org.uk/>

**Bernie the Bernwode Bus:** <https://www.facebook.com/BernwodeBus/>

**Bicester Foodbank:** <https://bicester.foodbank.org.uk/> 01869 321806

### **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)  
01280 81500

**Trussell Trust:** Calvary Parish, Community Suite, Church Of England Primary School, Orchard Paradise, Berryfields, Aylesbury HP18 0WS

**Jedidiah:** <https://www.jedidiah.org.uk/locations>

## **Chiltern & South Bucks**

**Burnham Care & Share:** [https://bhpt.org.uk/care-and-share/?dm\\_i=5438,KZ6A,4CAIDS,2ICYN,1](https://bhpt.org.uk/care-and-share/?dm_i=5438,KZ6A,4CAIDS,2ICYN,1) 07483326525

**Chesham Community Fridge:** <https://cheshamcommunityfridge.org/>

**Chesham Food Bank:** <https://www.facebook.com/Chiltern-foodbank-180188352017845/>

**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://www.kca.church/communitycare>

**Chiltern Foodbanks:** <http://chiltern.foodbank.org.uk/> 01494 785 660

**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)  
01494 675185

**Slough Foodbank:** <https://slough.foodbank.org.uk/> 0808 2082138

**St George's Church, Little Chalfont** – Thursday lunch

<https://www.achurchnearyou.com/church/5924/service-and-events/events-regular/> 01923 286131

<https://www.cheniesbenefice.org/st-georges-little-chalfont> 01494 762233

**St Michael & All Angels church in Beaconsfield:** <https://stmichaelsbeaconsfield.org.uk/> 07584 637697

**Denham One Can food bank:** <https://www.denhamcommunitysupport.co.uk/food-bank.html> 07584 637697

**Chiltern Trussell Trust food bank** is located at 71 Broadway, Chesham, Bucks, HP5 1BX, and telephone is 01494 775668. <https://www.trusselltrust.org/get-help/find-a-foodbank/chiltern/> also at:

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, White Lion Road, Little Chalfont HP7 9LW.

- 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.

**The Baby Bank (Windsor):** <https://www.thebabybank.org/>

**Food Share Maidenhead:** <https://www.foodshare.today/>

## Wycombe

**Wycombe Food Hub:** <https://wycombefoodhub.org/>

**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.

**Maidenhead foodbank:** <https://www.facebook.com/FoodshareMaidenheadFoodbank/>

**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>

**St John the Baptist Church, Little Marlow:** <https://4u-team.org/onecantrust/> 07584 637697

**Wycombe Homeless Connection:** <https://www.wyhoc.org.uk/> 01494 447699

**Holy Trinity Church, Prestwood:** <https://www.htprestwood.org.uk/> 01494 863805

**Buckinghamshire Food Partnership:** <https://bucksfoodpartnership.org/emergency-food/>

**Big Yellow Storage** A bag of groceries with enough food for 3 days in provided to the low income. 07584 637697

**Little Marlow Church, Coldmoorholm Lane, Little Marlow, telephone – 07584 637697**

## Housing

**Money Helper Mortgages:** <https://www.moneyhelper.org.uk/en/homes/buying-a-home/government-help-if-you-cant-pay-your-mortgage> 0800 138 7777

**Shelter:** [https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help) 0808 800 4444

**Centrepoint:** <https://centrepoin.org.uk/what-we-do/housing/> 0800 587 5158

**Homeless Link:** <https://homeless.org.uk/>

**Government Guidance:** <https://www.gov.uk/if-youre-homeless-at-risk-of-homelessness>

**Crisis:** <https://www.crisis.org.uk/ending-homelessness/about-homelessness/>

**Salvation Army:** <https://www.salvationarmy.org.uk/homelessness>

**Housing Ombudsmen:** <https://www.housing-ombudsman.org.uk/residents/helpful-links/>

**P3 Housing Support:** <https://www.p3charity.org/services/buckinghamshire-housing-support-service->

**Advice Now:** <https://www.advicenow.org.uk/help-deal-housing-problems>

**Buckinghamshire Council:** <https://www.buckinghamshire.gov.uk/housing-and-benefits/>

**DePaul:** <https://www.depaul.org.uk/>

**Foyer:** <https://www.foyer.net/>

**YMCA:** <https://www.ymca.org.uk/about/what-we-do/housing>

## Money and Budget Advice Websites

- [Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#) 01296 383293
- [www.citizensadvicebucks.org.uk](http://www.citizensadvicebucks.org.uk) 0800 278 7938
- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/family.page?familychannel=3>
- <https://quidsinmagazine.com/> 0845 646 0469
- <https://www.moneyadviceservice.org.uk/en> 0800 138 7777
- <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>
- <https://lookaftermybills.com/> 0300 123 2040
- <https://www.stepchange.org/debt-info/your-financial-situation/making-a-budget.aspx> 0800 138 111
- <https://www.childrenssociety.org.uk/advice-hub/money-matters/budgeting> 0300 303 7000
- <https://capuk.org/> 01274 760761
- <https://www.entitledto.co.uk/>
- <https://nationaldebtline.org/> 0808 808 4000
- <https://www.bucksmind.org.uk/guide/category/advice-and-information/> 01494 463364
- <https://www.familyfund.org.uk/>

- <https://contact.org.uk/> 020 7608 8700

## **Support and General Advice**

- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/site.page?id=niLwOu14rtl> 01296 383292
- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>
- <https://www.buckinghamshire.gov.uk/community-and-safety/>
- <https://www.citizensadvice.org.uk/> 0808 223 113
- <https://www.relate.org.uk/>
- <https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/> 0808 808 3555
- <https://england.shelter.org.uk/> 0808 800 4444
- <https://www.samaritans.org/> 116 123
- <https://www.met.police.uk/police-forces/metropolitan-police/areas/about-us/about-the-met/campaigns/ask-for-angela/> 0800 555 111
- [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) 0800 11 11
- <https://www.myrtwellbeing.org.uk/> 020 83587280
- <https://www.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/> 0300 311 22 33
- <https://www.womensaid.org.uk/>
- <https://www.areyouok.co.uk/im-a-professional/campaign-materials/ask-for-angela/>
- <https://www.aylesburywomensaid.org.uk/refuge/> 01296 437 777
- <https://www.wycombewomensaid.org.uk/> 01494 461367
- <https://www.refuge.org.uk/get-help-now/help-for-men/> 0808 2000 247
- <http://www.mensadvice.org.uk/> 0808 8010327
- <https://www.connectingbuckschools.com/bereavement/>
- <https://www.gingerbread.org.uk/> 0808 802 0925
- <https://www.singleparents.org.uk/>
- <https://www.netmums.com/support/single-parents>
- <https://www.carersuk.org/help-and-advice/financial-support> 0808 808 7777
- <https://www.chat-charity.org.uk/> 07402 063133
- <https://ourtime.org.uk/schools/>
- <https://www.family-action.org.uk/> 0808 802 6666
- <https://www.cafcass.gov.uk/about-cafcass/>
- <https://www.supportline.org.uk/problems/coronavirus-covid-19/> 01708 765200
- <https://www.buckinghamshire.gov.uk/community-and-safety/community-centres-and-youth-clubs/> 0300 131 6000
- <https://www.connectionsupport.org.uk/> 01908 101330
- <https://services.actionforchildren.org.uk/bucks-activity-project/about-us/> 01296 438230
- <https://mymaxcard.co.uk/> 01133 947951
- <https://oasispartnership.org/> 0300 6662747
- <https://www.home-start.org.uk/> 0116 464 5490
- <https://www.familylives.org.uk/> 0808 800 2222

## **Wellbeing & Mental Health**

### **Suicide Prevention and Support**

- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>
- <https://www.samaritans.org/> Call 116 123
- <https://www.mentalhealth.org.uk/our-work/public-engagement/suicide-prevention>

- <https://www.papyrus-uk.org/> Call: 0800 068 4141 or text: 07860 039 967
- <https://sossilenceofsuicide.org/> 0808 115 1505
- <https://andysmanclub.co.uk/>

## **Mental Health Support**

- <https://schoolsweb.buckscc.gov.uk/behaviour-wellbeing/wellbeing-support-for-buckinghamshire-schools/wellbeing-resources/> 0800 783 0121
- <https://www.connectingbucksschools.com/buckinghamshire-wellbeing-resources/>
- <https://www.minded.org.uk/>
- <https://giveusashout.org/>
- <https://studentspace.org.uk/> 0808 808 4994
- [Autonomous sensory meridian response on BBC R1](#)
- <https://www.thecalmzone.net/> 0800 585858
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils> 020 7803 11 00
- <https://www.mind.org.uk/information-support/> 0300 123 3393
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/> 01296 831120
- <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support> 116 123
- <https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/> 116 123
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XeZ-ZoP7TIU> 0300 123 3393
- <https://www.royalvoluntaryservice.org.uk/> 0330 555 0310
- <https://www.nuffieldhealth.com/article/10-ways-to-take-action-against-loneliness> 0333 3558038
- <https://www.rethink.org/> 0121 522 7007
- <https://youngminds.org.uk/> 0808 802 5544
- <https://www.headstogether.org.uk/>
- <https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html> 0113 343 8440
- <https://www.myworldofwork.co.uk/wellbeing-support> 0800 917 8000
- <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing> 0300 123 1233
- <https://www.together-uk.org/> 020 7780 7300
- <https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health> 0800 842 842
- <https://headstrongtraining.co.uk/services-for-education/> 07492 903659
- [Our Time | For children of parents with a mental illness](#) 07537 404 282
- <https://www.mindsahead.org.uk/>
- <https://www.nhs.uk/conditions/menopause/help-and-support/> 01296 831120
- <https://www.menopauseandme.co.uk/> 01707 853000
- <https://www.familyfund.org.uk/>

## **Apps Available**

- #stayalive - a suicide prevention resource full of useful information and tools to help you stay safe in crisis
- Aura – Personalised meditation
- Blueice – for managing emotions
- Bright Sky - support and information for anyone who may be in an abusive relationship
- Calm – Meditate, sleep, relax
- Calm Harm - help teenagers manage or resist the urge to self-harm
- Catchit – Learn to manage negative thoughts and look at problems differently



- Chillpanda – Breathing techniques to help you relax
- Clear Fear - help children and young people manage symptoms of anxiety
- Combined Minds - help families and friends provide mental health support
- Couch to 5K – fitness and motivation
- Cove – Create Music to reflect emotions
- Daylight - provides help to people experiencing symptoms of worry and anxiety
- Daylio Journal – this journal can help reduce anxiety and promote mindfulness
- Elefriends - a supportive online community from the mental health charity Mind (over 17s only)
- eQuoo – emotional fitness game
- Feeling Good: Positive Mindset – Uses audio tracks to help relax your body and mind
- Google Translate – web page to enable translation of any language
- Headspace - mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- iTranslate - write and speak in over 100 languages, anywhere in the world.
- Liberate Meditation - meditation app that offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community
- Mind Shift - designed to help teens and young adults cope with anxiety
- Mood Tools - designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery
- My Possible Self - monitor your feelings and recognise any patterns or triggers in your behaviour
- notOK - features a large, red button that can be activated to let close friends, family and their support network know help is needed
- Recovery Record - the smart companion for managing your journey to recovery from eating disorders
- Rise Up - for people struggling with food, dieting, exercise and body image
- Sam - to help you understand and manage anxiety
- SAMHSA – Suicide Safe - helps providers feel confident to assist patients who present with suicidal ideation
- sayhi - Have a conversation in two languages and easily understand each other.
- Silver Cloud - supportive and interactive programmes, tools and tactics for mental and behavioural health issues
- Sleepio - sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep
- Smart Recipes - from Change4Life is an easy way of helping you prepare tasty, healthier meals
- Streaks- a to-do list that helps you form good habits
- Student Health App – information for students
- Text Grabber - Scan and translate any printed text from image
- Thrive – Use games to track your mood and teach yourself methods to take control of stress
- Unmind - a mental health platform that empowers staff to proactively improve their mental wellbeing
- Virtual Hope Box - helps people live through painful emotional experiences through distraction, inspiration, relaxation, coping, support and reasons for living
- Worry Tree – help to manage worries with CBT

## **Refugee Support**

**Bucks Refugee Support:** <https://schoolsweb.buckscc.gov.uk/support-available-for-ukrainian-families-in-buckinghamshire/> 0300 131 6000

**Refugee Council** <https://www.refugeecouncil.org.uk/> 08081967272

**Refugee Action** <https://www.refugee-action.org.uk/>

**Families with No Recourse to Public Funds:**

[https://www.proceduresonline.com/buckinghamshire/chservices/p\\_no\\_recourse\\_public.html](https://www.proceduresonline.com/buckinghamshire/chservices/p_no_recourse_public.html)

**Unaccompanied Asylum-seeking Children:** <https://bscb.procedures.org.uk/qkqsq/children-in-specific-circumstances/migrant-and-unaccompanied-asylum-seeking-children-guidance>

**Amnesty International** <https://www.amnesty.org/en/what-we-do/refugees-asylum-seekers-and-migrants/> 020-74135500

**Community Impact Bucks** <https://communityimpactbucks.org.uk/support-for-ukrainian-refugees-in-buckinghamshire/> 0300 111 1250

**Bucks Skills Hub:** <https://bucksskillshub.org/pages/support-for-refugees> 01494 927130

**Ukrainian Institute** <https://refugee-support.ukrainianinstitute.org.uk/settling-into-the-uk>

**Refugees at Home** <https://www.refugeesathome.org/>

**Mind** <https://www.bucksmind.org.uk/ukraine-refugee-support/> 01494 463364

**Heart of Bucks** <https://heartofbucks.org/buckinghamshire-launches-its-ukraine-crisis-fund/> 01296 330 134

**Helping Hand for Ukraine:** <https://www.buckinghamshire.gov.uk/community-and-safety/helping-hand-for-ukraine/> 0300 131 6000

**Helping Hand: Support for Afghanistan:** <https://www.buckinghamshire.gov.uk/community-and-safety/how-we-are-supporting-the-afghan-crisis/> 0300 131 6000

**Settling in Buckinghamshire: Information for Afghan migrants:** <https://www.buckinghamshire.gov.uk/community-and-safety/welcome-to-bucks/> 0800 999 7677

**English Language Support:** <https://www.buckinghamshire.gov.uk/community-and-safety/helping-hand-for-ukraine/help-and-support-if-youve-recently-arrived-from-ukraine/english-language-support/> 0300 131 6000

**Wycombe Refugee Partnership:** <https://www.wycombe-refugees.org/> 0845 643 2873

**Marlow Ukraine Collective** <https://ukrainecollective.co.uk/>

**Marlow Refugee Action:** <https://marlowrefugeeaction.org.uk/wafaa-from-syria-to-bucks/>

**Bucks Business First:** <https://bbf.uk.com/support-for-refugees> 01494 927130

**Bucks New University:** <https://www.bucks.ac.uk/news/bnu-launches-new-scholarships-refugees-and-asylum-seekers> 01494 522 141

**Migrant & Refugee Children's Legal Unit:** <https://miclu.org/servicesmap> 020 7288 7630

## **COVID-19 Information and Support**

<https://www.buckinghamshire.gov.uk/coronavirus/>

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/news/new-guidance-sets-out-how-to-live-safely-with-covid-19>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## **Gypsy, Roma Traveller**

**Roma Support Group:** <https://www.romasupportgroup.org.uk/>

**Traveller Movement:** <https://travellermovement.org.uk/>

**Friends, Families & Travellers:** <https://www.gypsy-traveller.org/>

**Travellers Times:** <https://www.travellerstimes.org.uk/advice>

**Friends, Families and Travellers** <https://www.gypsy-traveller.org/>

## **Missing Persons**

<https://www.thamesvalley.police.uk/advice/advice-and-information/missing-person/missing-persons/>

<https://missingpersons.police.uk/en-gb/home#>

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

<https://www.gov.uk/report-missing-person>