



Cost of Living

Support Services Directory

'Success for All'





www.buckinghamschool.org

We are here...







*to support our students, families,
and others within our school
community during challenging
times.*









SERVICES, ADVICE AND SUPPORT AVAILABLE FOR FAMILIES







Organisation	Contact Details	Description
<p>Family Fund</p> 	<p>https://www.familyfund.org.uk/</p>	<p>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.</p>
<p>Family Support Services</p> 	<p>https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=24</p>	<p>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.</p>
<p>Action for Children</p> 	<p>https://services.actionforchildren.org.uk/bucks-activity-project/</p>	<p>Bucks Activity Project Provides short breaks and activities services for disabled children aged 0 – 19.</p>
<p>MAX Card</p> 	<p>https://mymaxcard.co.uk/</p>	<p>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.</p>
<p>Local Offer</p> 	<p>https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/localoffer.page</p>	<p>Information on 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, child-care, Autism tool box .</p>
<p>Entitled to</p> 	<p>https://www.entitledto.co.uk/</p>	<p>Quick and easy benefit and grant calculator.</p> <p>The calculator is anonymous, free to use Grants, Tax credits and Benefit Checker.</p>




Organisation	Contact Details	Description
<p>Emergency Support Grant</p> 	<p>https://www.buckscc.gov.uk/services/business-and-benefits/apply-for-local-emergency-support/</p>	<p>If you live in Buckinghamshire, you may be able to apply for Local Emergency Support. This is intended to cover urgent short-term emergencies (ie. no immediate food, no heating or lighting) through the use of vouchers, and utility meter top-ups. Short term financial support.</p>
<p>Family Information Services</p> 	<p>https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page</p>	<p>Easy to access information on services and provisions to assist all families and young people throughout Buckinghamshire.</p>
<p>Healthy Minds</p> 	<p>https://www.oxfordhealth.nhs.uk/healthy-minds/</p>	<p>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.</p>
<p>Youth Concern</p> 	<p>http://www.youthconcern.org.uk.fluent5.sites.fluent.ltd.uk/about-us/</p>	<p>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, or who are not in education employment or training.</p>
<p>CHAT Respite Care</p> 	<p>https://www.chat-charity.org.uk/</p>	<p>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.</p>
<p>Bucks Home Choice</p> 	<p>https://www.buckshomechoice.org.uk/choice/</p>	<p>The scheme advertises social rented properties and aims to give more choice about where you live and when you move.</p>

Organisation	Contact Details	Description
Women's Aid 	https://www.aylesburywomensaid.org.uk/freedom-programme/	<p>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.</p>
Men in Sheds 	https://menssheds.org.uk/	<p>A 'Shed' is a place where men, can come along and take part in woodwork, metal work, electronics, weaving, computing and digital photography similar to those they would do at home or in their own garden shed but with the bonus of other like-minded men providing company and a venue to share those life experiences in a more relaxed environment.</p>
Young Carers 	https://carersbucks.org/information-for-carers/young-carers/	<p>Work with young people aged 5-16 who live within Buckinghamshire and have a caring role. Dedicated support workers who tailor their approach to suit the needs of the young person they are working with.</p>
Helping Hands 	https://www.buckinghamshire.gov.uk/cost-of-living/	<p>Helping Hand team is available to help individuals or families in need of support with the cost of living or experiencing a financial emergency or crisis.</p>
Cost of Living Support 	https://www.entitledto.co.uk/help/cost-of-living	<p>Current up to date guidance to help most household understand what is available.</p>
Cost of Living Payment 	https://www.gov.uk/guidance/cost-of-living-payment	<p>Households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive a payment of £650 this year.</p>

SUPPORT WITH COST OF LIVING






Organisation	Contact Details	Description
Household Support Fund 	https://www.gov.uk/guidance/cost-of-living-payment	Support for the most vulnerable to cover their essential daily costs, like energy bills. Recipients include pensioners and families with children.
Budgeting loans 	https://www.gov.uk/budgeting-help-benefits	You may be eligible for a Budgeting Loan if you've been on certain benefits for 6 months. This can be used for household items, rent in advance and travelling costs.
Cheaper phone and broadband 	https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs	You may be eligible to move onto a social tariff if you're struggling to afford your broadband or home phone services.
No contract mobile phone providers 	https://www.giffgaff.com/	If you are out of contract you can switch to a cheaper phone provider if you already have a hand set. £10 a month will get you unlimited phone calls, texts and 15GB of data.
Help with all or part of your rent 	https://www.gov.uk/benefits-calculators	You may get help with all or part of your rent. There's no set amount of housing costs support and what you get will depend on whether you rent privately or from a council or housing association.
Universal Credit if unemployed or on low income 	https://www.gov.uk/universal-credit	If you and/or your partner are responsible for paying rent for the home you live in, or if you have a mortgage, Universal Credit may provide help towards the cost.

Organisation	Contact Details	Description
<p>Help with interest payments on mortgages or loans</p> 	<p>https://www.gov.uk/support-for-mortgage-interest</p>	<p>If you're a homeowner on qualifying benefits, you might be able to get help towards interest payments on your mortgage or loans you've taken out for certain repairs and improvements to your home.</p>
<p>Pensioner Cost of Living Payment</p> 	<p>https://www.gov.uk/winter-fuel-payment</p>	<p>In the winter months pensioners can get between £100 and £300 to help pay heating bills. This winter, they will also receive an extra one-off £300 Pensioner Cost of Living Payment.</p>
<p>Council Tax Rebate</p> 	<p>https://www.gov.uk/guidance/council-tax-rebate-factsheet</p>	<p>If you live in Council Tax bands A to D in England you'll get £150 back from your Council Tax bill (4 out of 5 households in England).</p>
<p>Travel Discount Card</p> 	<p>https://www.nationalrail.co.uk/times_fares/jobcentre-plus-card.aspx</p>	<p>This is provided to those unemployed claiming Jobseekers Allowance or Universal Credit. Cardholders are entitled to a 50% discount on selected rail tickets.</p>
<p>Carer's Allowance</p> 	<p>https://www.gov.uk/carers-allowance</p>	<p>Carer's Allowance is a non-contributory benefit in the United Kingdom payable to people who care for a disabled person for at least 35 hours a week.</p>
<p>Free School Meals</p> 	<p>https://www.buckinghamshire.gov.uk/schools-and-learning/schools-index/free-school-meals/</p>	<p>All academies, free schools and maintained schools in Buckinghamshire have a duty to provide free school meals to eligible children that attend school full time.</p>

Organisation	Contact Details	Description
<p>Helping Hands</p> 	<p>https://www.buckinghamshire.gov.uk/cost-of-living/</p>	<p>Helping Hand team is available to help individuals or families in need of support with the cost of living or experiencing a financial emergency or crisis.</p>
<p>Cost of Living Support</p>  <p>independent accurate reliable</p>	<p>https://www.entitledto.co.uk/help/cost-of-living</p>	<p>Current up to date guidance to help most household understand what is available.</p>
<p>Cost of Living Payment</p> 	<p>https://www.gov.uk/guidance/cost-of-living-payment</p>	<p>Households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive a payment of £650 this year.</p>



ENERGY BILLS SUPPORT

Organisation	Contact Details	Description
<p>Energy Bill Discount</p> 	<p>https://www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount</p>	<p>The Energy Bills Support Scheme provides a £400 non-repayable discount to eligible households to help with their energy bills over winter 2022 to 2023.</p>
<p>Cold Weather Payment</p> 	<p>https://www.gov.uk/cold-weather-payment</p>	<p>You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees celsius or below over 7 consecutive days, if you are on certain benefits.</p>
<p>Warm Home Discount</p> 	<p>https://www.gov.uk/the-warm-home-discount-scheme</p>	<p>This autumn low-income households are eligible for a £150 rebate on their winter electricity bills.</p>
<p>0% VAT on energy saving materials</p> 	<p>https://www.gov.uk/improve-energy-efficiency</p>	<p>It will be cheaper for you to install energy saving materials such as thermal insulation or solar panels with 0% VAT for the next five years, helping to improve energy efficiency in your home and keep heating bills down.</p>
<p>Help to Heat</p> 	<p>https://www.gov.uk/government/collections/find-energy-grants-for-you-home-help-to-heat</p>	<p>You may be eligible for grants to improve the energy efficiency of your home, which could help to reduce your energy bills.</p>



ACCESS TO FOOD AND SUPPLIES

ALL AREAS

Iceland

Iceland Foods has partnered with charity-owned lender Fair for You to support customers across the UK with an affordable, flexible credit solution by providing micro loans of £25-£100 with a minimal amount of interest

<https://about.iceland.co.uk/2022/01/06/helping-to-fight-food-poverty-through-flexible-ethical-credit/>

Free government food vouchers

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

<https://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/>

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

<https://www.trusselltrust.org/>

AYLESBURY & THE NORTH

Aylesbury Vineyard

Lunches, 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%20Parish%20Church/Church%20Life/Community/Buckingham%20Food%20Bank/Buckingham%20Food%20Bank.aspx)

Youth Concern

Helping 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 is located Whitehill Lane, Aylesbury, Buckinghamshire, HP19 8FL, call 01296 431183.

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. 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.a.spx

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.

- 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.

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

GENERAL FINANCE AND WELLBEING SUPPORT

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

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

Wellbeing

<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>

The content contained within this document has been compiled by Furze Down School and supported by The Buckingham School. It is designed to aid anyone in need of support. Please feel free to share it with families and professional services.

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