

## **Local Food/ Supplies Support**

### **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/>

### **The Baby Bank (Windsor)**

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

### **Food Share Maidenhead**

<https://www.foodshare.today/>

### **Burnham Care and Share**

<https://www.foodshare.today/>

## **Money and Budget Advice**

[www.citizensadvicebucks.org.uk](http://www.citizensadvicebucks.org.uk)

<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/>

<https://www.bbc.co.uk/bitesize/tags/zm2chbk/money/1>

<https://lookaftermybills.com/>

<https://www.stepchange.org/debt-info/your-financial-situation/making-a-budget.aspx>

<https://www.childrenssociety.org.uk/advice-hub/money-matters/budgeting>

<https://capuk.org/>

<https://www.entitledto.co.uk/>

## **Support and General Advice**

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/site.page?id=niLwOu14rtl>

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>

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

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

<https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/>

<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/>

<https://www.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/>

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

<https://www.aylesburywomensaid.org.uk/refuge/>

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

<https://www.refuge.org.uk/get-help-now/help-for-men/>

<http://www.mensadviceline.org.uk/>

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

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

<https://singlewithkids.co.uk/>

<https://www.netmums.com/support/single-parents>

<https://www.carersuk.org/help-and-advice/financial-support>

<https://www.chat-charity.org.uk/>

## **Wellbeing**

<https://giveusashout.org/>

<https://studentspace.org.uk/>

[Autonomous sensory meridian response on BBC R1](#)

<https://www.thecalmzone.net/>

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

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils>

<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/>

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>

<https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XeZ-ZoP7TIU>

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

<https://www.nuffieldhealth.com/article/10-ways-to-take-action-against-loneliness>

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

<https://youngminds.org.uk/>

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

<https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>

<https://www.myworldofwork.co.uk/wellbeing-support>

<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing>

<https://www.together-uk.org/>

<https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health>

## **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
- Cove – Create Music to reflect emotions
- Daylight - provides help to people experiencing symptoms of worry and anxiety
- 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
- Headspace - mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- 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

- 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
- 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
- Student Health App – information for students
- 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
- Worry Tree – help to manage worries with CBT