

Message from Mrs Ohene

Dear Parents and Carers,

This week, as always, there has been a flurry of learning. Children returned happy and ready to learn. I do hope you enjoyed some quality family time over the half term break. We are thrilled to have them back!

For those families who have celebrated Diwali, we wish you a happy and blessed new year and an abundance of joy in the months to come. The triumph of light over dark, good over evil is a reminder of how to live a life of kindness and compassion.

We have launched our new behaviour code which sits alongside our positive behaviour policy and restorative approach.

Children have learnt about the ways in which they can be, 'Ready, Respectful, Safe and Kind.'

Children will be able to earn valuable House Points for going above and beyond in these areas, or even certificates at the end of the week. In our monitoring visit from the ODBST this week, the children's exemplary behaviour was noticed and commented on.

Elmtree is committed to our children and community. Monitoring visits help us to identify and celebrate our strengths as well as move forwards with areas to develop. The visit was incredibly positive and, 'really strong teaching and progress' was seen throughout the day.

On Wednesday we had our visiting pantomime, 'Sleeping Beauty' performed by, 'The Magic of Theatre.' Children were off their bottoms and up in arms, shouting at the evil Maleficent for tricking Aurora and putting her to sleep. Luckily, the brave Eric saved the day! These opportunities are so important for our children. They thrive when they have the chance to experience the arts, not least because it gives them the opportunity to see what they too might like to do one day. Thank you to all our parents who have donated towards the cost of this- we couldn't run these events without your support.

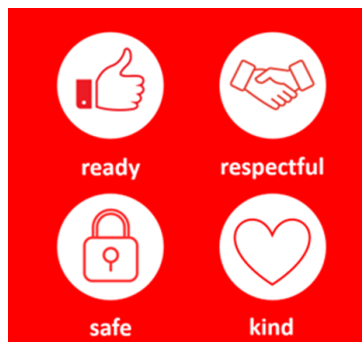
Next week is Anti-Bullying Week and the children will be learning about this in assemblies and in class- see bumper information later in the newsletter. This year's theme is, 'Choose Respect.' As part of our behaviour code, we expect children to be respectful. This is one of our school values. We want children to be respectful of each other in every way, including where protected characteristics are concerned and in their individuality.

On Monday, Maison Chef will begin providing our hot school meals. This has been a challenging but rewarding journey now that we are able to deliver on our commitment to children having a hot meal in school. Please do make sure you have signed your child up for a meal by 4pm today. If you have any difficulties in doing so then please contact our school office.

As we look towards Remembrance Sunday this weekend, I want to take the opportunity to thank all military staff for their tireless efforts in protecting our country, those all over the world who fought in the world wars or continue to do so in conflicts around the world, and their relatives. Children will learn about Remembrance Day in their classes next week and take part in a one-minute silence at 11am on Monday. They have produced some beautiful work for our Remembrance display.

Wishing you a wonderful weekend,

Mrs Ohene



Together we reach for the stars



BRONZE: GOOD TRAVEL PLAN 2023

Autumn 1

Dates for the diary

11th November ARP Stay and Learn 9-9.30am – Phonics

11th November Year 2 stay and learn Phonics 9am

12th November Reception stay and learn Phonics 9am

13th November Year 1 stay and learn Phonics 9am

14th November Nursery stay and learn 9am and 2.45pm

15th November Children in need (children to wear spots)

18th November Cherry class to Chesham Library 1.30-2.30

20th November Bedtime stories 3.20-4.20 (Bring Pyjamas to school)

25th November Maple class to Chesham Library 1.30-2.30

26th November New nursery tours for October intake 9.15am/2.15pm

2nd December Oak class to Chesham Library 1.30-2.30

5th December EFF Christmas jumper and cake sale

10th December Dress rehearsal with Y3 Thomas Harding, siblings and local guests

10th December Elgiva Pantomime 1pm-3pm (Collection from Elgiva)

11th December Christmas performance 9.30am

12th December Christmas performance 9.30am

13th December Christmas Jumper Day / Colonel Custard performance

17th December Nursery festive stay and play 9-9.30 and 2.45-3.15

20th December EFF Lunch and class parties

20th December Last day of term collection 1.30pm



CELEBRATION

Happy Birthday

Sara - Birch

Emilie - Nursery

Leo - Nursery

Robyn - Oak

Well Done Assembly Certificate

- Deontay - Cherry
- Adam - Cherry
- Arjun - Cherry
- Rabail - Oak
- Erin - Maple
- Oliver - Maple
- Esmae - Oak

Headteacher Award

- Alfie Jack - Maple



New School Catering

Maison Chef

Following our hugely successful food tasting experience last Friday, we are thrilled to announce that from **Monday, 11th November**, our school will have new caterers, **Maison Chef** will provide delicious hot meals for our students. Maison Chef is well known for offering hot, fresh, nutritious, and varied meals that we are confident the children will love. They are already well established at Woodside Junior School.

To make things even easier, parents can set up an online account to order and manage their child's meals through the **Maison Chef** website. Below are some simple instructions to help you set up your child's account and begin selecting meals:

How to Set Up a Child Account: ***For FREE SCHOOL MEALS use the code ELMTREE***

1. **Visit the Website:** Go to the following link: <https://www.maison-chef.co.uk/school-meals/>
2. **Create an Account:** Click on the 'Create an Account' option and follow the steps to register as a parent.
3. **Add Your Child:** Once logged in, click on "Add Child." You'll be prompted to input your child's details, such as their full name, year group, and class.
4. **Select Meals:** After adding your child, you can view the available menu for each week. Simply select the meals you'd like to order for each day and confirm your choices.
5. **Check Your Orders:** You can log back into the system anytime to review or amend your child's meal choices, and you'll also receive a confirmation email after placing an order.

Note meals must be ordered by 4pm each Friday for the following week, meals can also be booked termly

Download the Schoolbitez App:

Once you have registered online, you can also manage your child's meals using the Schoolbitez app available for download on both iOS and Android devices.

1. **Download the App:** Search for Schoolbitez in your device's app store and download the app.
2. **Install and Launch:** Once downloaded and installed, open the app.
3. **Enter School Code:** You will be prompted to enter your child's school code. Please enter the school's registration code: **MC-WJS.**
4. **Log In:** Use the same login details you created when registering online to access your account.

The app allows you to easily manage meal orders, track menus, and make changes on the go!

We are confident this new catering service will provide a more enriching and enjoyable dining experience for the children, not least because meals will be hot and healthy. If you have any questions or run into any issues setting up the account, please do not hesitate to reach out to the school office for support.



Anti-Bullying Week

11th-15th November 2024



Anti-Bullying Week 2024 is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme '**Choose Respect**' and is taking place next week. Our assemblies next week will be on the theme of anti-bullying and the children will also be doing some additional activities and having discussions in class.

Anti-Bullying at Elmtree

Nearly everyone experiences difficulty at some time in their lives. At these times we need to know what we can do, and who can help us. If a child is being bullied, he or she may feel scared, vulnerable and quite alone. We want to support children to sort out the situation so that the bullying stops.

Bullying is always wrong and it is not the fault of the victim. At Elmtree we want to take bullying very seriously indeed. We want to work in a school that does not tolerate bullying of any kind from anyone. We hope that the information in this newsletter helps parents to help us to make sure that we can work together to make sure that school is a happy place for everyone to be.

What is bullying?

We have adopted the following definition of bullying:

"Bullying behaviour abuses an imbalance of power to repeatedly and intentionally cause emotional or physical harm to another person or group of people. Isolated instances of hurtful behaviour, teasing or arguments between individuals would not be seen as bullying" (Torfaen definition 2008)

There are many definitions of bullying but they have three common factors:

- It is deliberately hurtful behaviour
- It is repeated over a period of time

It is difficult for those being bullied to defend themselves

For children, we use the following description to help them to understand bullying:

- **Someone is trying to hurt you**
- **It happens again and again**

You can't stop it on your own

Advice for Children: What if I am bullied?

If someone is being bullied, he or she will feel sad, scared or worried. We want to

remind children that if they are being bullied at school, at home or somewhere else

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If someone is being bullied, they will feel sad, scared or worried. We want to remind children that if they are being bullied at school, at home or somewhere else then this is not their fault and there are lots of people who want to help.

The following advice may be helpful:

Tell Someone: Usually, it's difficult to sort out bullying on your own or even with the help of friends. You should think seriously about telling an adult. **TELL TELL TELL.** Tell one of your 5 trusted adults. Tell your class teacher, your parents or another member of staff. Don't be embarrassed about asking for help- all of these adults will be pleased to help you and will take your worries seriously. They will not tell anyone else about your worries unless they think that it will help you, or keep you safe.

Tell a friend what is happening: They may go with you to tell an adult and will want to support you.

Try to ignore the bully or say 'STOP! I don't like it' firmly and walk away: It is better to run away than to stop and be bullied. Remember to tell someone what happened. Keep calm and tell someone what has happened.

Don't fight back or retaliate: Do not behave in the same way as the person being unkind. If you fight back or retaliate, you could make the situation worse, get hurt or told off. Physically aggressive behaviour has consequences in school.

How parents can help

If you are worried that your child is being bullied, ask him or her directly. Encourage your child by saying that you want to help and support them, whatever the problem. Take your child seriously and find out what exactly has been going on. Don't promise to keep the bullying a secret but reassure your child that you will help them sort out the problem.

If your child tells you that they are being bullied at school, tell us straight away. The school has a clear anti-bullying policy which is available on our school website.

We aim to take all incidents of bullying seriously and to investigate the issue fully. If you are concerned that the school is not helping your child, please raise this with one of the senior leadership team.

Banter or bullying

One of our focusses for Anti-Bullying week is the difference between 'banter' and bullying.

Banter is the playful and friendly exchange of teasing remarks but it can very easily be hurtful. We want our children to be kind and respectful to each other at all times.

Friendly banter is fun right? But what happens when it crosses that line and is bullying in disguise?

These guidelines are really helpful.

Think before you speak - Would it be funny if someone said the same things to you?

Don't pick on someone's insecurities. That's a low blow!

Be aware whether someone is enjoying the exchange of comments. If not, **STOP.**

Don't laugh along if you don't think it's funny.

Saying something is 'just banter' doesn't mean it is. There's a line. Don't cross it.

Unkind comments that are about characteristics that a child cannot change are unacceptable and will not be tolerated. For example, comments about hair, skin colour, background, religion or any other protected characteristic. Racism will not be tolerated. We take this very seriously at Elmtree.

Our behaviour code expects our children to be, 'Ready, Respectful, Safe and Kind.'



Further information- recommended websites and organisations:

The following websites all offer really good advice and guidance for parents.

Anti-Bullying Alliance

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

Kidscape

<https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/>

NSPCC

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Childnet (Online Bullying)

<https://www.childnet.com/help-and-advice/online-bullying/>

Our safeguarding team

Safeguarding children is everyone's responsibility. Governing boards must also ensure that the school designates an appropriate senior member of staff to take lead responsibility for child protection.

Key aspects of the 'Designated Safeguarding Lead' (DSL) role include

- Making sure all staff are aware how to raise safeguarding concerns
- Ensuring all staff understand the symptoms of child abuse and neglect
- Referring any concerns to children's social care
- Monitoring children who are the subject of child protection or child in need plans
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring they are implemented and reviewed regularly

As a school, we have a team of trained and experienced DSLs who work together to support these functions. They form our 'Safeguarding Team'.

Safeguarding Children

Everyone's Responsibility

At Elmtree Infant and Nursery School we take the safety and well-being of our children very seriously
Are you concerned about a child?
 If you are worried about a child, you **MUST** share your concerns without delay. Please speak to any member of our safeguarding team.



Mrs Ohene
Headteacher



Mrs Dowling
Deputy Headteacher



Miss Snowden
Family Liaison
Officer



Mrs Martin
ODBST Safeguarding Lead

LADO
01296 382070

Bucks First Response
01296 383962

Our safeguarding governor is
Rosie Washford-Mower

Bedtime Stories

Wednesday 20th November 3.20-4.20pm
£2.50/child- pay on MCAS Products

Bring your pyjamas to school and have a
bedtime story read by your teacher with a hot
chocolate, marshmallows & biscuit!

Please let the office know of any allergies



Attendance

School attendance over the last 7 days is 90% this is below our target of **96%**. We were doing well at achieving 95% these last few weeks. Please prioritise your child's attendance every day. Learning happens every day.

Let's aim to be in **#SchoolEveryDay** next week

Champion Year Group: Year Reception

This weeks attendance

Reception - 89%



Year 1 - 88%



Year 2 - 87%



Remember that **#MomentsMatter**

We expect all children to attend school for at least 96% of sessions across the year.



ATTENDANCE
EVERY DAY COUNTS!

Expected attendance means having no more than seven days off in the school year!

Attendance matters!



**MOMENTS MATTER,
ATTENDANCE COUNTS.**



Understanding the impact of lateness and absence for your child



At Elmtree we have a soft start from 8.45-8.55am. Gates close at 8.55am. Registers close at 9.00am. If your child arrives after this, they will be marked as late.

If in a school year a child is late by-	Your child will have lost approximately this much learning-
5 minutes	3.2 days (16 lessons)
10 minutes	6.3 days (32 lessons)
15 minutes	9.5 days (48 lessons)
20 minutes	12.7 days (64 lessons)
25 minutes	15.8 days (79 lessons)

In order to achieve our expected 96% attendance success, children must be in school for at least 184 out of 190 days. This means that no more than 6 school days can be missed to ensure your child achieves their full potential and maximises their learning.

If a child's attendance during the school year is-	Your child will have lost approximately this much learning-
96%	6 days (30 lessons)
95%	9 days (45 lessons)
90%	19 days (95 lessons)
85%	29 days (145 lessons)
80%	38 days (190 lessons)
75%	48 days (240 lessons)

Please park safely and legally

The area around school gets very busy at the beginning and end of the school day.

Please leave plenty of time to get to school in the morning and afternoon.

We encourage all families to walk, cycle or scoot to school. This reduces the traffic around school. Alternatively, you can 'Park and Stride' (park a little further away and walk, scoot or cycle the rest of the journey).

If you have no option but to bring a car, please park safely and lawfully - not on any zig-zag markings/ yellow lines and not over any dropped kerbs or outside residential properties. Please do not park in the staff car park.

This week we have spotted cars parked outside residential homes, blocking residents in. Parking in these areas causes considerable congestion, and is a danger to our children and families.

Please do not leave engines running as this creates increased pollution around school, which our children and families are breathing in.

Thank you for helping to improve parking, congestion and traffic flow on Elm Tree Hill to help support the safety, health and well-being of our children.

PLEASE ENSURE YOUR CHILD WEARS A SEATBELT AT ALL TIMES WHILST TRAVELLING IN A CAR/ VAN.

Bags

At Elmtree, we allow children to bring a traditional, school book bag and PE bag. We do not allow any other type of backpack or rucksack.

Why do we have this rule?

We don't have the space to store larger bags. Bags are stored in trays, on hooks in classroom cupboards, or on hooks in the corridors. We are not able to store back packs (other than drawstring bags) in this way.

We don't ask children to bring lots of equipment into school.

We don't want parents to feel under pressure to buy the latest, fashionable bags from Smiggle, Nike or Adidas which can be very expensive.





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 hazel.david@buckinghamshire.gov.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Government Help with Energy Bills: <https://www.gov.uk/get-help-energy-bills>

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

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

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

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

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

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

National Debt Line: <https://nationaldebtline.org/> 0808 171 3043

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

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

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

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

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

Food, Shopping & Cooking

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Money Helper: <https://www.moneyhelper.org.uk/en/money-troubles/cost-of-living/where-can-i-get-emergency-help-with-money-and-food>

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

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

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

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

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

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

Community Hubs & Foodbanks

Aylesbury

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

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

Aylesbury Food Banks: https://www.trusselltrust.org/get-help/find-a-foodbank/aylesbury/?gad_source=1&gclid=CjwKCAjwzIK1BhAuEiwAHQmU3lkfLusXnfJf1TEjd9_1MFNts0qs7o_9tDI6crs6z2oE8wXTdnO_GxoCi14QAvD_BwE&gclsrc=aw.ds

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

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

01296 424400

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%20Parish%20Church/Church%20Life/Community/Community.aspx)

01280 830220

Buckingham Parish Church:

[https://www.bpchurch.uk/Groups/149163/Buckingham Parish Church/Church Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham%20Parish%20Church/Church%20Life/Community/Community.aspx)

01280 81500

Esquires Coffee shop and Church on Berryfields: foodbank@churchonberryfields.org 07919 332859

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

[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) 01280 830220

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

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

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

Southcourt Baptist Church: https://www.southcourtbaptist.org.uk/SBC_NEIGHBOURHOOD.htm 01296 480080

St Peter & St Paul's Church, Buckingham: Provides food for those in need living north of Winslow

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

Thomas Hickman's Charity : 14 Bourbon Street , Aylesbury, HP20 2RS , 01296 318500

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

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

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

Chiltern & South Bucks

Burnham Care & Share: 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/>

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

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.
- 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.
- St George's Church is open on Thursdays. The address is White Lion Road, Little Chalfont HP7 9LW.

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

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

Hope Church, Beaconsfield: [https://www.hopebeaconsfield.co.uk/Groups/243545/Hope Community Drop.aspx](https://www.hopebeaconsfield.co.uk/Groups/243545/Hope%20Community%20Drop.aspx)

01494 675185

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

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

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>

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

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

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

Wycombe

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

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

Foodcycle: <https://foodcycle.org.uk/location/foodcycle-high-wycombe/> Oakridge Baptist church, Wednesdays

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.

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

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

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

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

Housing

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

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

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

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

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

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

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

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

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

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

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

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

Shelter: https://england.shelter.org.uk/get_help 0808 800 4444

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 0800 278 7938
- <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/family.page?familychannel=3>
- <https://quidsinmagazine.com/> 0845 646 0469
- <https://www.moneyadvice.service.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=niLwOu14rtI 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 808 777
- <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.connectingbuckschools.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
- [Blueice](#) – for managing emotions and feelings of self-harm
- [Bright Sky](#) - support and information for anyone who may be in an abusive relationship
- [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
- [Coggi](#) - helps children to navigate different life experiences with the assistance of an augmented reality friend.
Ages 4+
- [Combined Minds](#) - help families and friends provide mental health support
- [Couch to 5K](#) – fitness and motivation
- [Cove](#) – Create Music to reflect emotions
- [Daylio Journal](#) – this journal can help reduce anxiety and promote mindfulness
- [DistrAct](#) - an app to help you manage feelings of self-harm or suicide.
- [Drink Coach](#) - designed for individuals who want to cut down on their alcohol consumption
- [Eating Disorder Support](#) - for people with eating disorders to access information and self-care tips.
- [eQuoo](#) – emotional fitness game
- [Fear Tools](#) - this features an anxiety test, relaxing music, guided meditation, a thought diary and ideas for activities to help when you're feeling anxious
- [Feeling Good: Positive Mindset](#) – Uses audio tracks to help relax your body and mind
- [Grief Works](#) - a self-management app to help people manage their bereavement.
- [Gro Health](#) - helps you improve or maintain your general health and wellbeing. It includes sleep guides, food and exercise tracking, coaching and community support.
- [Headspace](#) - mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- [Holly Health Habit](#) - coaching app to help you manage your mental health and general wellbeing.
- [Kooth](#) - designed to provide mental health and emotional wellbeing support for ages 11+
- [Liberate Meditation](#) - meditation app that offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community
- [Lungy](#) - a breathing app that recognizes and responds to the user's breath to help them feel calmer and more relaxed, providing a real-time audiovisual experience
- [Mind Shift](#) - designed to help teens and young adults cope with anxiety
- [Mindfulness Coach](#) - an app for veterans and service members that helps you to practice mindfulness and manage your mental wellbeing.
- [Mood Mission](#) - based in cognitive behavioural therapy (CBT). For users who want help recovering from anxiety or depression.
- [Mood Tools](#) - designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery
- [Move Mood](#) - an app to help you manage low mood and depression.
- [My Possible Self](#) - monitor your feelings and recognise any patterns or triggers in your behaviour
- [NOCD](#) - helps you to cope when your OCD becomes overwhelming.
- [notOK](#) - features a large, red button that can be activated to let close friends, family and their support network know help is needed
- [Owell](#) - helps you manage your mental wellbeing, goal setting, mood patterns, etc.
- [Recovery Record](#) - the smart companion for managing your journey to recovery from eating disorders
- [Re mente](#) - an app to help manage feelings of stress, anxiety & depression.

- [ReziCare](#) - information and support for people diagnosed with cancer. ReziCare audio guides introduce Mindfulness Based Cognitive Therapy.
- [Sam](#) - to help you understand and manage anxiety
- [Self Compassion](#) - designed to help users reduce stress and anxiety and to relax more through self-compassion.
- [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
- [Stay Alive](#) - an app where you can keep a safety plan and explore ideas on how to stay grounded when you are feeling overwhelmed
- [Streaks](#)- a to-do list that helps you form good habits
- [Student Health App](#) – access to information and advice on more than 125 topics, with reliable health information
- [Tellmi](#) - an app to help you manage your mental health, includes a monitored chat forum.
- [Triumfand Saga](#) – app to enhance mental wellness. The game provides interactive learning tailored to foster emotional resilience and healthy habits.
- [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
- [Worklife Central](#) - collection of expertise, information and inspiration for Careers, Families, Inclusion, Wellbeing and Workplace.
- [Worry Tree](#) – help to manage worries with CBT
- [Worth Warrior](#) - for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders.
- [Wysa](#) - helps you sleep better and gives you ways to manage depression, stress and anxiety.
- [Young Carers Support](#) - app for young carers to find support and self-care tips.
- [Zero Suicide Alliance](#) - provides you with a better understanding of the signs to look out for and the skills required to approach someone who is struggling

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

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.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>