

All of us at Buckinghamshire Mind would like to wish you a peaceful festive season and joyous New Year

Our opening times over the festive season are as follows:

Bucks Mind telephone line will be open until 4.30pm on Thursday 21st December and then closed, reopening Tuesday 2nd January 2023.

Most of our services are open up to and including Friday 22nd December. They will then be closed over Christmas and New Year, reopening on Tuesday 2nd January 2024.

Community Services in Bucks

Crisis Support

- **Safe Haven** is open 6.00pm-12.00 midnight (**closed on Christmas Day and New Year's Day only**) to support you over telephone or in person.
 - To contact us 7 nights a week in Aylesbury call: 01296 453017
 - To contact us 7 nights a week in Wycombe call: 01494 218098
- **Helping Hand:** 01296 531151, helpinghands@buckinghamshire.gov.uk. Anyone worried about food or warmth over the Christmas holidays, and not sure what help is available, can contact Bucks Council's Helping Hand support line (above).
 - This line is open 9am – 5.30pm Monday to Thursday and 9am – 5pm on Friday. The support line is closed on Christmas day and Boxing Day, but the out of hours team can be contacted in emergencies on 0800 999 7677.
 - [Click here for a full directory of free events, food and support across Bucks](#)
 - [Click here for a list of food banks](#)
- **Friends in Need Peer Support:** In-person and online groups are taking place during the Christmas and New Year period for active registered members only. The online activities can be accessed via the links provided in the December timetable. For more details, please contact Ansa Khan on **07496 874882** or email ansa.khan@bucksmind.org.uk
- **House of Mercy:** 07985 636361/07506 680717, Sunley House, Oxford Rd, Aylesbury HP19 8EZ:
 - Weekly Food donation
- **St Andrew's Church:** Hatters Lane, High Wycombe, HP13 7NJ. 01494 529668
 - Free Christmas Day lunch: Monday 25th Dec, 12-3:30pm (call to pre-book)

- **All Saints High Wycombe:** All Saints Parish Office, 8, Castle Street, High Wycombe, Bucks HP13 6RF, 01494 527526
 - 15th to 23rd December- Christmas Tree festival, free entry
 - 15th December – Christmas Sparkle Evening 2023 7.30pm
- **St Peter’s Church:** Treadaway Hill, Loudwater, HP10 9QL. 01628 526087
 - Christmas Day Lunch: Monday 25th Dec, 12-2pm (call to pre-book)
- **Oasis Partnership:** The Bagnall Project, 71-79 Waterside, Chesham HP5 1PE
 - Christmas Carols with the Chesham Music Group, 14th December, 4pm to 6pm
- **Broadway Brew and Biscuits Festive Celebration:** 59-61 The Broadway, Chesham, HP5 1BX
 - 13th December 11:30am-2pm. No booking required.

Community Services in East Berkshire

- **Friends in Need Peer Support:** In-person and online groups are taking place during the Christmas and New Year period for active registered members only. The online activities can be accessed via the links provided in the December timetable. For more details, please contact Ansa Khan on **07496 874882** or email ansa.khan@bucksmind.org.uk
- **Mental Health Matters Safe Haven**
Phone: 07790 772 863 (5pm-11pm)
Email: east.berkshirehaven@nhs.net
Opening hours: Thursday-Sunday, 5pm-11pm (including Christmas & New Year’s Day)
Address: 54 High Street, Slough, SL1 1EL
- **Slough Homeless Our Concern**
Quaker Meeting House, 74 Ragstone Rd, Slough SL1 2PX
If you need help or know someone that does call on 017 5357 7747 or drop in.
Opening Hours:
Monday – Friday: 09:30 – 13:30
Saturday: 11:00 – 14:00
Sunday: Closed
- **Bracknell Forest Winter Wellness** timetable of activities (up to 23rd December)
<https://health.bracknell-forest.gov.uk/five-ways-to-winter-wellness-timetable/>
- **Community Winter Hubs and coffee mornings in Bracknell**
<https://www.bracknell-forest.gov.uk/cost-living-support/community-winter-hubs>
- **NHS Mental Health Support**
<https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/access-mental-health-support/>
<https://www.frimleyhealthandcare.org.uk/your-health/mental-wellbeing/>
- **Wellbeing for Slough** list of warm spaces
<https://sloughhealth.org/listing-category/warm-spaces/>