

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

The Bucks Mind telephone line will be open until 1pm on Tuesday 24th December.

It will then be closed until Thursday 2nd January 2025.

Most of our services are open up to and including Tuesday 24th December. They will then be closed over Christmas and New Year, reopening on Thursday 2nd January 2025.

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 list of food banks](#)
 - [Request support from Helping Hand | Buckinghamshire Council](#)
 - [Help buying or accessing food | Buckinghamshire Council](#)
- **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: **Wednesday** 25th Dec, 12-3:30pm (call to pre-book)
 - Click here for information [Christmas Day Lunch \(25-Dec-2024\) - ChurchSuite Events](#)
- **All Saints High Wycombe:** All Saints Parish Office, 8, Castle Street, High Wycombe, Bucks HP13 6RF, 01494 527526
 - 17th to 23rd December- 11 am Daily, Christmas Tree festival, free entry
 - For more information click here [tree festival](#)

- **St Peter's Church:** Treadaway Hill, Loudwater, HP10 9QL. 01628 526087
 - Christmas Day Lunch: Wednesday 25th Dec, 12-2pm (call to pre-book or book online)
 - For more information click here [Christmas — St Peter's Loudwater](#)

Community Services in East Berkshire

Crisis Support

- The **East Berkshire Safe Haven** service offers out-of-hours mental health support to anyone aged 18 and over: <https://www.mhm.org.uk/east-berkshire-haven>
Thursday to Sunday, 5pm-11pm (including Christmas Day and New Year's Day)
Call: 07790 772863
Address: 54 High Street, Slough, SL1 1EL

- **Crisis Resolution & Home Treatment Team East (CRHTT)** - 24hr crisis support
Tel: 08001 299999 (24hr)
Email: gateway@berkshire.nhs.uk
- **CPE (Common Point of Entry)** - not requiring crisis support (CRHTT) but need further mental health support without visiting GP
Tel: 03003 652000 (Mon-Fri, 9am-8pm)
Email: gateway@berkshire.nhs.uk
- **Slough Homeless Our Concern**
Quaker Meeting House, 74 Ragstone Rd, Slough SL1 2PX
If you need help or know someone that does call on 01753 57 77 47 or click here for more information [Services - SHOC – Slough Homeless Concern](#)
- **Bracknell Forest Winter Wellness** timetable of activities (up to 31st December)
<https://health.bracknell-forest.gov.uk/five-ways-to-winter-wellness-timetable/>
[Social Prescribing activities and events - Bracknell Forest Public Health Portal](#)
- **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/>
- **Salvation Army** providing warm spaces and support with food and toys over the Christmas period
 - Maidenhead - [Maidenhead | The Salvation Army](#)
 - Slough - [Slough | The Salvation Army](#)
- **Wellbeing for Slough** list of activities
<https://sloughhealth.org/listing-category/warm-spaces/>
- **Slough Outreach** providing free hot meals, advice and support for those at risk of homelessness or rough sleeping. [Get Help – Slough Outreach](#)