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 3.30pm on Tuesday 23rd December. It will then be closed until Monday 5th January.

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 Friday 2nd January 2026.

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

- **Kooth: Online mental health wellbeing community for your people**
  - https://www.kooth.com/
  - Live chat is open every day (12noon-10pm weekdays and 6pm-10pm weekends)
  - Festive opening hours: Christmas Eve, Boxing Day and New Year's Eve 12noon-8pm, Christmas Day and New Year's Day 4pm-8pm
- **Aylesbury Foodbank**
  - Call 01296 395 514 or email info@aylesbury.foodbank.org.uk
  - For Christmas opening times and locations, please check the website: https://aylesbury.foodbank.org.uk/

- **One Can Trust Foodbank**
  - 01494 512277, office@onecantrust.org.uk
  - Provide food parcels in High Wycombe and South Bucks. https://onecantrust.org.uk/

- **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

- **Wycombe Homeless Connection**
  - 01494 447699, contact@wyhoc.org.uk
  - https://wyhoc.org.uk/

- **Help through Hardship**
  - Free national helpline for people in England and Wales in financial crisis: **0808 2082138** (open Monday to Friday, 9am-5pm, closed on public holidays).

- **St Andrew's Church**: Hatters Lane, High Wycombe, HP13 7NJ. 01494 529668
  - Free Christmas Day lunch: Friday 25th Dec, 12-3:30pm (call to pre-book essential)
  - Friday 25th Dec, 10:15 am - Service

- **All Saints High Wycombe**: All Saints Parish Office, 8, Castle Street, High Wycombe, Bucks HP13 6RF, 01494 527526
  - 18th 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
  - Young at Heart Carol Service & Lunch for **seniors**: Tuesday 9th Dec, 12-4pm (booking essential: call to pre-book or book online)
  - Carols by candlelight: Sunday 14th Dec, 6-8pm
  - Christmas Fest, a Christmas funday for all the family: Wednesday 24th Dec, 3-5pm
  - For more information click here Christmas — St Peter's Loudwater

mind Buckinghamshire

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

- **Kooth: Online mental health wellbeing community for your people**
  - https://www.kooth.com/
  - Live chat is open every day (12noon-10pm weekdays and 6pm-10pm weekends)
  - Festive opening hours: Christmas Eve, Boxing Day and New Year's Eve 12noon-8pm, Christmas Day and New Year's Day 4pm-8pm

- **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

- **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 Providing food parcels, community Christmas meals and support as needed.
  - Slough - Slough | The Salvation Army

- **The Brett Foundation in Maidenhead** Offers Christmas Lunch to those who may be unable to otherwise afford a meal or may be spending the day alone
    - The Brett Foundation.

- **Maidenhead Rotary Club - Talkin' Tables** Tea & Chat group offered by Maidenhead Rotary Club
    - Tuesday 30th December, 10:30-11:30am, Maidenhead Library Maidenhead Rotary Club

- **Age Uk Berkshire - Mindful Mile** Community walking group run by Age UK Berkshire and Dormy House
    - Wednesday 31st December, meeting at 10am at Royal Ascot Golf Club (free parking available). Short and long routes available. Dogs welcome Welcome to Age UK Berkshire.

- **St Edward's Church, Windsor**: Providing Christmas dinner for people that may otherwise be on their own
    - Catholic Windsor and Ascot: Parish of Christ The King