

# Family Well-Being Information Pack



Looking after your children & looking after  
yourself during the COVID-19 outbreak

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# Introduction

Families in Buckinghamshire, across the country and around the globe are facing uncertain times due to the COVID-19 pandemic. The situation is constantly changing and rapidly developing, and is impacting on many different aspects of our lives.

We know that this will cause a lot of worry and stress for people. Having children and young people at home, often when people are trying to work themselves, adds another layer of pressure. As a result, it is even more important than usual that we consider not only our physical health but also our mental health.

Feeling concerned and anxious is entirely normal when we're faced with such an unusual situation. Taking care of our mental health and well-being will allow us to be in a better position to support ourselves and others to cope with the challenges we face.

This *Family Well-Being Information Pack* contains a range of information and a variety of links intended to help you and your family in the current circumstances. In addition, Buckinghamshire Council will endeavour to keep providing updated information through its website, social media and the Local Offer webpages ([www.bucksfamilyinfo.org/localoffer](http://www.bucksfamilyinfo.org/localoffer)).

# Looking after Yourself

Taking care of our mental health is something that we can all do; looking after your own well-being means that you'll be best placed to look after others. Although time is always limited, especially when caring for children, try to plan your days or weeks to include something from each of the following categories:

## BE ACTIVE

Try to make sure that you and your family get regular exercise every day. YouTube has lots of exercise videos for children and adults. Get children involved in planning their own 'indoor PE'. If the current government advice permits, try to get outside once a day either into your garden if you have one, or to a place where you can remain a safe distance from others. If you can't go out, open the windows for some fresh air and take some time to look at the world outside.

## TAKE NOTICE

Take a break from the news and social media and concentrate on what's happening in the here and now in your family. Notice and appreciate the small things. Studies have shown that being aware of what is taking place in the present (called 'mindfulness') directly enhances your well-being. There are lots of good mindfulness apps to try, but if that's not for you, just getting into something you enjoy e.g. cooking, drawing etc. and really focussing on it can be just as good.

## CONNECT

Social connection is one of the most important ways that we can look after our mental well-being. Social distancing is going to make that trickier, but we're lucky enough to have technology to help us out.

Social media is great, but if you can, try to have phone calls or video calls. Arrange to Facetime/Skype a friend for coffee, and telephone relatives more often than usual. Whilst it can be helpful to share worries, try to find other things to talk about too.

## GIVE

Research tells us that giving back to our community helps people to feel valuable and makes us happier. We might not be able to contribute to our community in our usual way, but many people will still be able to find ways to give back.

Lots of community groups are setting up schemes that aim to help vulnerable people at this difficult time. If you want to get involved, check out local social media for ideas.

Many of us will not be in a position to offer practical support, but we can still offer mutual support to friends and family by checking in with them regularly.

## KEEP LEARNING

Learning a new skill or honing an existing one gives us a sense of purpose and achievement.

Whilst we're busy learning, we're less likely to experience anxious thoughts and worries. Social distancing will bring new challenges, but it could give some of us the time to start a new hobby or learn about an area that we've always been interested in.

# Looking after Your Children

For the most part, children will need what they've always needed: love, attention and opportunities to learn and play. If children are home for long periods because of school closures or self-isolation, the following tips might be helpful:

Try and keep to a structure and routine that suits you. Keep bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring. Encouraging them to get up and dressed during the week will help maintain some difference between weekdays and weekends.

Keep boundaries firm and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of children, which helps them to feel safe.

Make sure they get some time to burn off energy every day. Younger children will enjoy household assault courses, discos etc. Older children and teens might respond better to fitness videos.

Expect children to do some learning every day. In the long-term schools are likely to provide opportunities for online learning. In the short-term, or as extra activities, there are a wealth of helpful websites, many of which they will be able to access independently. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school.

Find opportunities for them to interact with their friends remotely. For teenagers, contact with their peers is especially important. Technology provides lots of opportunities for older children to connect, chat and game together. However, be wary of giving unsupervised access to platforms that you would not normally allow your child onto, since the internet still poses the same risks as normal.

Balance screen time with other activities. Challenge children to learn new skills that don't involve screens, for example tying shoe laces, juggling, baking. Older children might want to set their own goals.

Give children opportunities to have a say in what will be happening. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry. Older children and teenagers will be more able to understand the risks in too much screen time, too little sleep, inactivity etc. They are more likely to 'buy in' to new rules and routines if they feel that they have a voice. Family meetings where children and adults problem-solve together can be helpful for this.

<https://bristolchildparentsupport.co.uk/ready-family-meetings/>

# Example Daily Timetables

Maintaining structure and routine at home is important in supporting your children's well-being. Below are examples that may be helpful. Remember to intersperse activities with breaks, and don't forget healthy snacks and drinks!

<b>Get ready for the</b>	Have breakfast, have a wash, get dressed
<b>day 9am Activity</b>	Online learning from school <b>OR</b> a craft activity (cutting and sticking, painting, baking)
<b>10am Activity 2</b>	• Online learning from school <b>OR</b> some writing or maths - write a story, count coins
<b>11am Get active!</b>	Play in the garden, do an exercise video
<b>12 Lunchtime</b>	
<b>1pm Help about the house</b>	Help tidy up, Hoover, wash up
<b>2pm Quiet time</b>	• Do something calm, like reading or colouring
<b>3pm Activity 3</b>	• Online learning from school <b>OR</b> be creative – make some music, design an outfit
<b>4pm Have some free time</b>	Enjoy toys and tech
<b>5pm Dinner time</b>	Help prepare dinner – help tidy up too!
<b>6pm Family time</b>	Play a game, watch a movie, spend time together
<b>Get ready for bed</b>	• Have a bath, get pyjamas on, read a story

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**45 mins Academic learning**

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**45 mins Creative Activities**

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**45 mins Exercise**

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**Have lunch**

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**Downtime**

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**45 mins Academic learning**

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**45 mins Help around the house**

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**Free time**

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**Have dinner**

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**Contact family and friends - phone, Facetime, email**

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**Free time**

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**Get ready for bed**

# Sources of Support

## General

*Samaritans*

Call 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

*Mind UK*

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

UK Mental Health Charity with information and an online mutual support community

*BBC*

<https://www.bbc.co.uk/news/health-51873799>

How to protect your mental health

## Parenting Pressures

*Family Action*

Telephone: 0808 802 6666

Text message: 07537 404 282

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

*Family Lives (previously Parentline)*

Call: 0808 800 2222

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Family Lives offers a confidential and free helpline service for families, providing emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am-9pm, Monday to Friday and 10am-3pm Saturday and Sunday.

*Gingerbread*

Single Parent Helpline: 0808 802 0925

[gingerbread.org.uk](http://gingerbread.org.uk)

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

*Grandparents Plus*

Call: 0300 123 7015

[grandparentsplus.org.uk](http://grandparentsplus.org.uk)

Grandparents Plus is the only national charity dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.

## Promoting Children's Well-being

*Anna Freud Centre*

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

National Centre for Children and Families' page on how to support young people's mental health during periods of disruption.

*Young Minds*

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

Advice for young people who are feeling anxious about Coronavirus.

*World Health Organisation*

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

Helping children cope with stress.

*American Foundation for Suicide Prevention*

[https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjlLOmHxv5w8SR9pBbDD\\_U-8Hhy1QH-L8](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjlLOmHxv5w8SR9pBbDD_U-8Hhy1QH-L8)

Advice for older pupils and adults about looking after their emotional well-being.

## Special Educational Needs and the Coronavirus

*Special Needs Jungle*

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update>

Parent-focused ideas about how to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties.

*Mencap*

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

Contains a link to the most up to date version of their "Easy Read" for young people and adults with learning difficulties.

*Carol Gray*

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VlKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

A Social Story about pandemics.

*The Autism Educator*

<https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>



A Social Story about the coronavirus.

# Talking to Children About Coronavirus (COVID-19)

Although it's tempting to try and protect children from difficult topics, they are more likely to worry when they're kept in the dark. Most children and teenagers will be aware of what is happening but may not have all the facts they need to understand it.

These tips will help you communicate about Coronavirus with your child:

- Take time to talk and listen. Be clear that you are happy to answer any questions that they have. Be led by your child as they may not be that interested or want to know everything all at once. Try to answer any questions honestly but keep things in context, for example "Sadly, some people do die, but the vast majority of people will recover, and children seem to be only mildly affected".
- Reassure them that their own risk is very low but that we all need to 'do our bit' to look after people who might be very unwell. Underline how helpful they are being by following the rules about hygiene and social distancing. Knowing we're being altruistic helps us to bear the tough times.
- Give positive messages about everything you are doing as a family to keep yourselves safe. Talk about all the work people around the world are doing to find treatments and a vaccine.
- Keep explanations developmentally appropriate:
  - Young children up to about age 7 will need very simple explanations that relate to their own experiences. Explain that, like other germs, Coronavirus can spread between people and make them ill. But because Coronavirus is a new germ that we don't know everything about, we need to take more care and so things might be a bit different for a while.
  - Older children will want to know more. They may have heard partial explanations and 'filled in the gaps' themselves with their own ideas, so check what they already think they know about it.
  - Teenagers will have a similar capacity to understand what's going on as adults. They will need calm, factual information and opportunities to talk through their worries and disappointments.
- Give children an opportunity to talk about their feelings. Our instinct might be to 'make it all better', but it is normal to feel scared, sad and angry in the face of what's happening. Tell them that what is happening is not normal but that their feelings are.

# Helpful Resources for Talking to Children about Coronavirus

## Guides for Talking to Children about Coronavirus

*Unicef*

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

*British Psychological Society*

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

*Childmind*

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

*Zero to Three*

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Tips and guidance on supporting preschool children

*National Association of School Psychologists*

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

## Stories about Coronavirus for Children

Visual stories are a useful way of helping children to understand the Coronavirus. Here are some links to some good examples:

*Covibook*

<https://www.mindheart.co/descargables>

A short book about Coronavirus for children under 7 years.

*ELSA*

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

*Carol Gray*

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNIbEumpw4oKIM7Xy3VlKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

A Social Story about pandemics.

*The Autism Educator*

<https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

A Social Story about the coronavirus.

*NPR*

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>

A comic exploring coronavirus to help young people understand.

## **Information Videos for Children about the Coronavirus**

*CBeebies*

<https://www.bbc.co.uk/cbeebies/watch/germs-experiment>

Video on the importance of washing our hands.

*CBBC Newsround*

<https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjipx6YqoetuZ1tP16y7wMjUR6uWgWyhRmf0aFTrAs>

Dr Chris and Dr Xand explain what's happening.

*Brainpop*

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Information video on Coronavirus for primary age children.

*World Health Organisation*

<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be> Information

video on Coronavirus for older children/adults (WHO):

# Resources for Home Education

It is expected that many schools will be setting their own learning. However, if you need something else to keep your children usefully occupied then this non- exhaustive list might help those affected by school closures due to coronavirus, compiled by home educators:

## **Khan Academy**

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at secondary school level. Note this uses the U.S. grade system but it's mostly common material.

## **BBC Learning**

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV license required except for the content on BBC iPlayer.

## **Futurelearn**

<https://www.futurelearn.com>

Free to access 100s of courses, you only need to pay to upgrade if you want a certificate in your name (own account from age 14+ but younger learners can use a parent account).

## **Seneca**

<https://www.senecalearning.com>

For those at GCSE or A level. Lots of free revision content; requires paid access to higher level material.

## **Blockly**

<https://blockly.games>

Learn computer programming skills – fun and free.

## **Scratch**

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming.

**Ted Ed**

<https://ed.ted.com>

All sorts of engaging educational videos.

**National Geographic Kids**

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

**Duolingo**

<https://www.duolingo.com>

Learn languages for free; either web-based or app.

**Mystery Science**

<https://mysteryscience.com>

Free science lessons.

**The Kids Should See This**

<https://thekidshouldseethis.com>

Wide range of fun educational videos.

**Crash Course**

<https://thecrashcourse.com> YouTube  
videos on many subjects.

**Crash Course Kids**

<https://m.youtube.com/user/crashcoursekids>

As above but for a younger audience.

**Crest Awards**

<https://www.crestawards.org>

Science awards you can complete from home.

**iDEA Awards**

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

**Paw Print Badges**

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

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

**Tinkercad**

<https://www.tinkercad.com>

All kinds of making.

### **Prodigy Maths**

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

### **CBeebies Radio**

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

### **Nature Detectives**

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a forest location.

### **Oxford Owl for Home**

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for primary aged children.

### **Big History Project**

<https://www.bighistoryproject.com/home>

Aimed at secondary aged students; multi-disciplinary activities.

### **Geography Games**

<https://world-geography-games.com/world.html> Geography gaming!

**Blue Peter Badges** <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges> If you have a stamp and a nearby post box.

### **The Artful Parent**

<https://www.facebook.com/artfulparent/>

Free art activities.

### **Red Ted Art**

<https://www.redtedart.com>

Easy arts and crafts for little ones

### **The Imagination Tree**

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

### **Toy Theater**

<https://toytheater.com/>

Educational online games.



**DK Find Out**

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktNmpaxgZbkgudD49l71ep8-sjXmrac>

Activities and quizzes.

**Twinkl**

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

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

**Virtual tours**

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Virtual tours of some of the world's best museums.

# Support Available for Families in Buckinghamshire

The following services and organisations are either local to Buckinghamshire or have local branches of a wider establishment:

## General Information

### *Family Information Services*

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

Easy to access information on services and provisions to assist all families and young people throughout Buckinghamshire.

### *Buckinghamshire's Local Offer*

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

Information about what is available in Buckinghamshire for children and young people aged 0 to 25 with special educational needs and disabilities.

## Targeted Support

### *Healthy Minds*

<https://www.oxfordhealth.nhs.uk/healthyminds/>

NHS service offering a range of free, tried and tested NHS psychological therapies that help with, Low Mood, Anxiety, Worry, Stress, Long Term Health Conditions and Employment Support.

### *Youth Concern*

<http://www.youthconcern.org.uk.fluent5.sites.fluent.ltd.uk/about-us/>

Youth Concern is a charity that offers help and support to vulnerable at risk young people aged 13-25 years who are at risk of social exclusion, homelessness, family break down or who are not in education employment or training.

### *Women's Aid*

<https://www.aylesburywomensaid.org.uk/freedom-programme/>

The Freedom Programme is designed to help women who have experienced domestic violence make sense of and understand what has happened to them, gain self-esteem and

the confidence to improve their lives.

## Financial Support

### *Local Emergency Support*

<https://www.buckscc.gov.uk/services/business-and-benefits/apply-for-local-emergency-support/>

If you live in Buckinghamshire, you may be able to apply for Local Emergency Support. This is intended to cover urgent short-term emergencies (i.e. no immediate food, no heating or lighting) through the use of food banks, food vouchers, and utility meter top-ups.

### *Max Card*

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

The Max Card is a discount initiative which has been designed to make days out more affordable for children and young people with special educational needs aged 0-19 years, and their parents or carers.

## Respite

### *Action For Children*

<https://services.actionforchildren.org.uk/bucks-activity-project/>

Bucks Activity Project Provides short breaks and activities services for disabled children aged 0 – 19.

### *CHAT Respite Care.*

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

CHAT children's respite is a registered charity helping Buckinghamshire families with children who have special needs by providing funds for short term respite care free of charge.

## Access to Food and Supplies

### **All areas**

**Free government food vouchers** are provided by the council. This is part of the Emergency Support Scheme. The government will provide up to a few days of free groceries, hot meals, tinned or canned goods, and fresh food too. The help is for families on a low income or benefits, and find more details on [Buckinghamshire Emergency Support Scheme](#).

### *Fare Share*

<http://fareshare.org.uk/>

Food donations from Tring road Tesco in Aylesbury, Loudwater Tesco, Wycombe and Eden Tesco

*Buckinghamshire Disability Service*

<https://buds.org.uk/if-you-are-in-crisis-and-need-emergency-food/>

*Transforming Lives for Good – Make Lunch*

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

*Trussell Trust*

[Trussell Trust](#)

Provide a minimum of three days' emergency food and support to people experiencing crisis in the UK. They have several distribution centres in Buckinghamshire, and the locations are below.

- Calvary Parish, Community Suite, Church Of England Primary School, Orchard Paradise, Berryfields, Aylesbury HP18 0WS.
- 71 Broadway, Chesham HP5 1BX
- The King's Church, Raans Road, Amersham
- St George's Church is open on Thursdays. The address is White Lion Road, Little Chalfont HP7 9LW.

### **Aylesbury & The North**

*Aylesbury Vineyard*

<https://aylesburyvineyard.church/>

*Aylesbury Foodbank*

<https://aylesbury.foodbank.org.uk/>

*Wendover Free Church*

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

*Milton Keynes Foodbank*

<http://mkfoodbank.org.uk/about-the-food-bank/>

*Buckingham Parish Church*

<https://www.bpchurch.uk/Groups/149163/Buckingham Parish Church/Church Life/Community/Community.aspx>

*St Peter & St Paul's Church, Buckingham*

<https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham Parish Church/Church Life/Community/Buckingham Food Bank/Buckingham Food Bank.aspx>

Provides food for those in need living north of Winslow

### *Youth Concern*

Whitehill Lane, Aylesbury, Buckinghamshire, HP19 8FL or call 01296 431183. Help young people under the age of 25 with a connection to Buckinghamshire by providing a hot meal as well as shelter and advice.

### **Chiltern & South Bucks**

#### *Kings Church, Amersham*

<https://kca.church/> or call 01494 431882.

Bags of food, fruits, and more is provided from the church.

#### *Chiltern Foodbanks*

<http://chiltern.foodbank.org.uk/>

#### *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/>

#### *St George's Church, Little Chalfont*

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

Provide Thursday lunch

#### *St Michael & All Angels Church, Beaconsfield*

Call 07584 637697

#### *Denham One Can food bank*

Call 07584 637697

### **Wycombe**

#### *Big Yellow Storage in High Wycombe*

Call 07584 637697

A bag of groceries with enough food for 3 days is provided to the low income.

#### *Maidenhead foodbank*

[https://www.facebook.com/MaidenheadFoodbank/?hc\\_ref=ARQIEG41PkoWtjYwZoJmwtQNdwQcsqY71D-Ow2bXGNBAcxg6MJgTpdTCZ4IUQY-92Wk](https://www.facebook.com/MaidenheadFoodbank/?hc_ref=ARQIEG41PkoWtjYwZoJmwtQNdwQcsqY71D-Ow2bXGNBAcxg6MJgTpdTCZ4IUQY-92Wk)

*One Can Trust*

<http://onecantrust.org.uk>

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.

*Food Club Friday – Castlefield Children’s Centre*

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=g-jggqtQZ34>

*Food Club Tuesday – Wycombe Methodist Church*

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/service.page?id=TP1Nr3E OxYk>

*Little Marlow Church, Coldmoorholm Lane, Little Marlow*

Call 07584 637697

# Reference Documents

*The World Health Organisation*

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

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