

## CCNB Directory of Resources

### Adult Learning and Training

Bucks Adult Learning  
0845 045 4040  
[www.adultlearningbcc.ac.uk](http://www.adultlearningbcc.ac.uk)

BBC Adult Learning  
[www.bbc.co.uk/learning/adults](http://www.bbc.co.uk/learning/adults)

National Careers Advice  
0800 100 900  
<https://nationalcareersservice.direct.gov.uk>

### Carers

Carers UK  
0808 808 7777  
[advice@carersuk.org](mailto:advice@carersuk.org)  
[www.carersuk.org](http://www.carersuk.org)

Young Carers Bucks  
01494 463536  
[www.youngcarersbucks.org](http://www.youngcarersbucks.org)

Carers Bucks  
0800 777 2722  
[mail@carersbucks.org](mailto:mail@carersbucks.org)  
[www.carersbucks.org](http://www.carersbucks.org)

YCNET  
0844 800 4361  
[youngcarers@carers.org](mailto:youngcarers@carers.org)  
[www.youngcarers.net](http://www.youngcarers.net)

Carers Trust  
0844 800 4361  
[info@carers.org](mailto:info@carers.org)  
[www.carers.org](http://www.carers.org)

Carers Direct  
Helpline: 0300 123 1053  
[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

### Children and Young People





Childline  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)  
[www.childline.org.uk/talk/chat](http://www.childline.org.uk/talk/chat)

NSPCC  
0808 800 5000  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

Young Minds  
020 7089 5050  
Parent helpline 0808 802 5544  
[parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Disability**

MENCAP  
020 7454 0454  
0808 808 1111  
[help@mencap.org.uk](mailto:help@mencap.org.uk)  
[www.mencap.org.uk](http://www.mencap.org.uk)

Disability Rights UK  
020 7250 8181  
[enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)  
[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

The Disabilities Trust  
01296 330101 Brain Injury  
01189 071 982 autism and learning difficulties  
[info@thedtgroup.org](mailto:info@thedtgroup.org)  
[www.thedtgroup.org](http://www.thedtgroup.org)

SCOPE  
0808 800 3333  
[response@scope.org.uk](mailto:response@scope.org.uk)  
[www.scope.org.uk](http://www.scope.org.uk)

CALM (Campaign against living miserably)  
0800 585858

Domestic Violence and Abuse  
Mens Advice Line

0808 801 0327

[info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)  
[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

National Centre for Domestic Violence

0844 8044 999

[office@ncdv.org.uk](mailto:office@ncdv.org.uk)  
[www.ncdv.org.uk](http://www.ncdv.org.uk)

Refuge

0808 2000 247

[info@refuge.org.uk](mailto:info@refuge.org.uk)  
[www.refuge.org.uk](http://www.refuge.org.uk)

Victim Support

0808 1689 111

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Buckinghamshire Council

Helping Hand

01296 531151

Aylesbury Womens Aid

[enquiries@awaid@outlook.com](mailto:enquiries@awaid@outlook.com)

01296 437777 helpline

### **Drugs and alcohol support**

Bucks Drugs and alcohol action team

01494 474804

0800 0320 666 (24 hour helpline)

[www.bucksdaat.co.uk](http://www.bucksdaat.co.uk)

FRANK

0300 123 6600

[frank@talktofrank.com](mailto:frank@talktofrank.com)

[www.talktofrank.com](http://www.talktofrank.com)

Narcotics Anonymous

0800 999 1212

[www.ukna.org](http://www.ukna.org)

Alcoholics Anonymous

0845 769 7555

[help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)



## **Family and Parenting**

RELATE

[enquiries@relate.co.uk](mailto:enquiries@relate.co.uk)

[www.relate.org.uk](http://www.relate.org.uk)

FAMILY LIVES

0808 800 222

[www.familylives.org.uk](http://www.familylives.org.uk)

NETMUMS

[www.netmums.com](http://www.netmums.com)

APNI (Association for post-natal illness)

020 7386 0868

[info@apni.org](mailto:info@apni.org)

[www.apni.org](http://www.apni.org)

Financial Support and benefits

Disability Living allowance

08457 123 956

Personal Independence Allowance

0845 850 3322

Turn 2 Us (help accessing benefits and grants)

0808 802 2000

[www.turn2us.org.uk](http://www.turn2us.org.uk)

Child Benefit

0300 200 3100

Guardians Allowance

0300 200 3101

Benefit Enquiry Line

0845 6088 562

Crisis Loan Help

0800 0327952

[www.crisisloanhelp.com](http://www.crisisloanhelp.com)

National Debt Line

0808 808 4000

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)



Money Advice Service  
0300 500 5000

### **Legal Advice**

The Law Society (For help finding a solicitor)  
020 7242 1222  
[www.lawsociety.org.uk](http://www.lawsociety.org.uk)

MIND legal advice  
0300 466 6463  
[legal@mind.org](mailto:legal@mind.org)

### **Mental Health**

Buckinghamshire MIND  
01494 463364 Counselling  
01494 792244 Wellbeing  
[info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)  
[www.bucksmind.org.uk](http://www.bucksmind.org.uk)

Grasps Asperger Support Group (Greater resources for autism support parent and siblings)  
[www.bucksmind.org.uk](http://www.bucksmind.org.uk)  
[contactgrasp@gmail.com](mailto:contactgrasp@gmail.com)  
07828 162267

Bucks Healthy Minds  
01865 901600  
[healthyminds@oxfordhealth.nhs.uk](mailto:healthyminds@oxfordhealth.nhs.uk)  
[www.healthymindsbucks.nhs.uk](http://www.healthymindsbucks.nhs.uk)

NO Panic (National organisation for phobias, anxiety, neurosis information and care)  
0844 967 4848  
[admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)  
[www.nopanic.org.uk](http://www.nopanic.org.uk)

BEAT (Eating disorders)  
0845 634 1414 Adults  
0845 634 7650 Youth  
[help@b-eat.co.uk](mailto:help@b-eat.co.uk) adults  
[fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk) youth  
[www.b-eat.co.uk](http://www.b-eat.co.uk)



Samaritans  
08457 909090  
[www.samaritans.org](http://www.samaritans.org)

Cruse Bereavement Care  
08444 779400  
[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  
[www.cruse.org.uk](http://www.cruse.org.uk)

PAPYRUS (Young suicide prevention)  
0800 0684141  
[admin@papyrus-uk.org](mailto:admin@papyrus-uk.org)  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

Bipolar UK  
020 7931 6480  
[info@bipolaruk.org.uk](mailto:info@bipolaruk.org.uk)  
[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

CAHMS Bucks  
01865 901951

Buckinghamshire Children Partnership  
01296 387915

National Autistic Society  
Autism Helpline 0808 800 4104

Kooth  
[parents@kooth.com](mailto:parents@kooth.com)  
0203 9849337

## **Physical Health**

Milton Keynes Hospital 01908 660033  
Stoke Mandeville Hospital 01296 315000  
Buckingham Hospital 01280 813243  
Wycombe Hospital 01494 526161  
John Radcliffe Hospital 0300 304 7777  
Churchill Hospital 0300 304 7777

Norden House Surgery Winslow 01296 713434  
Swan practice Buckingham 01280 818600  
North End Surgery 01280 818600  
Verney Close Surgery 01280 8222777  
Steeple Claydon Surgery 01296 733300



Meadow Walk Dental Practice 01280 812701  
Bank Chambers Dental Practice 01280 822210  
Buckingham House Dental Practice 01280 821927  
Winslow Dental Practice 01296 712548



RNIB  
0303 123 9999  
[helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)  
[www.rnib.org.uk](http://www.rnib.org.uk)

CRY (Cardiac Risk in the Young)  
[cry@c-r-y.org.uk](mailto:cry@c-r-y.org.uk)  
[www.c-r-y.org.uk](http://www.c-r-y.org.uk)

British Heart Foundation  
0300 330 3311  
[www.bhf.org.uk](http://www.bhf.org.uk)

The Cancer Recovery Foundation  
020n0180527  
[enquiries@cancerrecovery.org.uk](mailto:enquiries@cancerrecovery.org.uk)  
[www.cancerrecovery.org.uk](http://www.cancerrecovery.org.uk)

British Tinnitus Association  
0800 0180527  
[info@tinnitus.org.uk](mailto:info@tinnitus.org.uk)  
[www.tinnitus.org.uk](http://www.tinnitus.org.uk)

Alzheimers Society  
0300 2221122  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

AGE UK  
0800 1696565  
[www.ageuk.org.uk](http://www.ageuk.org.uk)

Macmillan Cancer Support  
0808 8080000  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

Arthritis Care  
0808 8004050  
[info@arthritiscare.org.uk](mailto:info@arthritiscare.org.uk)  
[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

Spinal Injuries Association

[www.spinal.co.uk](http://www.spinal.co.uk)

Epilepsy Action

0808 800 5050

[www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)



### **Other advice and support**

Citizens Advice Bureau

03444 111444 National helpline

01280 816787 Local number

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Buckinghamshire Family Information Service

01296 383962 or 01296 383293

0800 9997677 out of hours

Salvation Army Buckingham

07832 999956

Buckingham Free Meals

E mail [buckinghamfreemeals@gmail.com](mailto:buckinghamfreemeals@gmail.com)

Hot food can be delivered to you and your family service operating Tuesday and Friday evenings at present.

St Peter and St Pauls foodbank

Contact Simon Wells on 07702 805139 who can arrange food delivery.

St Lawrence Food Cupboard Winslow

Contact Jo Anderson on 07803 942687 to arrange food delivery.

Buckingham and Villages Community Board

Community Board Coordinator Sophia Corner 01296 387567 or 01296 382938

Winslow and Villages Community Board

Community Board Coordinator Leone Dale 01296 674821 or 01296 585234

Buckinghamshire Council (Only local councillors are shown)

Councillor Robin Stutchbury

01280 824285

07752 394162

[Robin.stutchbury@buckinghamshire.gov.uk](mailto:Robin.stutchbury@buckinghamshire.gov.uk)



Councillor Warren Whyte  
01296 383031  
[Warren.whyte@buckinghamshire.gov.uk](mailto:Warren.whyte@buckinghamshire.gov.uk)

Councillor Charlie Clare  
07881 738317  
[Charlie.clare@buckinghamshire.gov.uk](mailto:Charlie.clare@buckinghamshire.gov.uk)



Buckingham Town Council and Winslow Town Council

All town councillors with contact details can be found on the Town Council websites.

Community Transport Hub  
0800 085 8480  
[www.communityimpactbucks.org](http://www.communityimpactbucks.org)

British Red Cross  
0844 8711111  
[www.redcross.org.uk](http://www.redcross.org.uk)

Windmill Veterinary Practice  
01280 822001 Buckingham  
01296 715660 Winslow

Action4Youth  
0300 0032334  
[office@action4youth.org](mailto:office@action4youth.org)

Housing

Vale of Aylesbury Housing Trust  
[contact@vaht.co.uk](mailto:contact@vaht.co.uk)  
01296 732600

Covid Advice  
<https://www.buckinghamshire.gov.uk/coronavirus/community-hub/help-individuals/getting-help/support-groups/>

SW Sept 2021