

PRACTICAL AND COMMUNITY SUPPORT

Community Impact Bucks

0300 111 1250

www.communityimpactbucks.org.uk

info@communityimpactbucks.org.uk

We are here to improve the lives of people in Buckinghamshire through helping charities, volunteers and community groups to thrive. Our Handy Helpers project is a service to help elderly, vulnerable and isolated local residents.

Buckinghamshire Healthcare Trust medicines hotline

01494 425355

We operate a medicine helpline for patients who have recently had a prescription dispensed by one of our pharmacies offering help and advice on a range of issues connected with medicines. If you have any questions on how to take your medicine, dosage, side effects of medicines, or drugs in pregnancy and breast feeding, contact the helpline.

FAMILY AND CARERS SUPPORT

Carers Bucks

0300 777 2722

www.carersbucks/cornavirus-carers-bucks

Carers Bucks supports the health & well-being of family carers.

Carers Bucks is operating as closely to normal services as they possibly can at this time.

They will continue to deliver information, advice and guidance services via the phone.

Carers in Hertfordshire

01992 586969

www.carersinherts.org.uk

Email: contact@carersinherts.org.uk

We provide information and support to unpaid carers in Hertfordshire.

Website has downloadable information for those needing to self-isolate due to the coronavirus.

Carers MK

01908 231703

www.carersmiltonkeynes.org/coronavirus-carers-mk

Email: mail@carersmiltonkeynes.org

Carers MK exists entirely to support the health & wellbeing of individuals who are caring for someone who cannot manage without. Carers MK is operating as closely to normal services as they possibly can at this time. They will continue to deliver information, advice and guidance services via the phone

PSYCHOLOGICAL SUPPORT

Healthy Minds Bucks

01865 901600

www.oxfordhealth.nhs.uk/healthyminds

Healthy Minds provides information and support for anyone who may be experiencing difficulties with anxiety, depression or stress. We are an NHS service offering talking therapies, practical support and employment advice to people with a GP in Buckinghamshire.



Have updated their website "Coping with Coronavirus". Has a range of short videos and links that will help you look after yourself and your loved ones during this very challenging time.

24/7 Mental Health Helpline for Oxfordshire and Buckinghamshire

Adults – 01865 904 997

Children & Young People – 01865 904 998

<https://www.oxfordhealth.nhs.uk/news/24-7-mental-health-helpline-replaces-111-in-oxfordshire-and-buckinghamshire/>

The helpline has been launched by the Oxfordshire Health NHS Trust, with support from Oxfordshire Mind. The helplines will operate during the coronavirus pandemic to provide specialist mental health care.

The helpline will help the public get the right mental health advice for people of all ages including children and older adults.

Relate – The relationship people

Buckinghamshire and Mid Thames 01296 427973

Aylesbury and Princes Risborough 01296 427973

High Wycombe 01628 625320

Chesham 01494 791180

www.relate.org.uk

Relationships with family, partners, friends and colleagues play a big part in how happy we are. We can help if you are single or in a relationship. Our services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy.

Age UK

0800 678 1602

Hertfordshire 0300 345 3446

Buckinghamshire 01296 431 911

Milton Keynes 01908 550700

Great Missenden and District 01296 612843

www.ageuk.org.uk

Age UK is the country's largest charity dedicated to helping everyone make the most of later life. The over-60s is the fastest-growing group in society and there are more of us than ever before.

Prevention Matters / Connection Support

01296 484322

www.connectionsupport.org.uk

The Prevention Matters programme in High Wycombe and Aylesbury. We offer a service linking adults in Buckinghamshire to local resources, volunteers and community services.

As One (Hertfordshire Partnership University NHS Foundation Trust)

0300 777 0707

www.hpft.nhs.uk

Email hpft.spa@nhs.net

The Wellbeing Service offers free and confidential talking therapy and practical support for Hertfordshire residents experiencing a wide range of mental health problems such as: worry, low mood, insomnia and stress. We also provide support for carers, people who are struggling with the reality of living with long term physical health problems.

Silver Line

08004 708 090

www.thesilverline.org.uk



Buckinghamshire Healthcare

NHS Trust

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week. We offer telephone, friendship and advice.

PHYSICAL ACTIVITY

Live well Stay well

www.livewellstaywellbucks.co.uk

Even small changes can help you achieve your healthy lifestyle goals or manage your long term condition. Live Well Stay Well is a free service that has helped thousands of people in Buckinghamshire to lose weight, quit smoking, get more active, feel happier or manage their diabetes.