

# Happy Festive Season 2022!



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

Our closing times over the festive season are as follows:

Bucks Mind telephone line and services: Open till 4.30pm on Friday 23<sup>rd</sup> December and then closed, reopening Tuesday 3<sup>th</sup> January 2023.

If you are interested in visiting a community-based service over the festive period, please view our recommendations below.

## Community Services in Bucks

- **Helping Hand:** 01296 531151, [helpinghands@buckinghamshire.gov.uk](mailto: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, Boxing Day, Monday 28 December and New Year's day but the out of hours team can be contacted in emergencies on 0800 999 7677.
- **Friends in Need Peer Support:** Activities are running for active FiN members ONLY. For more details, please contact Ansa Khan on 07496 874882 or email [ansa.khan@bucksmind.org.uk](mailto:ansa.khan@bucksmind.org.uk). If any registered FiN member would like to book on the in-person activities, please let the relevant coordinator know by 17<sup>th</sup> December so we can inform the volunteer that is running the activity. The online activities can be accessed via the links provided in the December timetable.  
**FiN Bucks Coordinators:**
  - Sufia Rahman 07914 669438 [sufia.rahman@bucksmind.org.uk](mailto:sufia.rahman@bucksmind.org.uk)
  - Nicole Connors 07947 588466 [nicole.connors@bucksmind.org.uk](mailto:nicole.connors@bucksmind.org.uk)

## Community Services in Aylesbury

- **Mind the Gap Peer Support:** The social group in Aylesbury is running for active Mind the Gap and Wellbeing group members ONLY. For more details, please contact Pauline Hayden on 07788 438134 or email [pauline.hayden@bucksmind.org.uk](mailto:pauline.hayden@bucksmind.org.uk). Booking essential.
- **St Mary's Aylesbury:** St Mary's Church, St Mary's Square, Aylesbury, HP20 2JJ, 07598 316126
  - Providing a free Christmas lunch, no booking required, just turn up.
- **House of Mercy:** 07985 636361/07506 680717, Sunley House, Oxford Rd, Aylesbury HP19 8EZ:
  - Weekly Food donation

## Community Services in High Wycombe

- **St Andrew's Church:** Hatters Lane, High Wycombe, HP13 7NJ | 01494 529668
  - Free Christmas Day lunch: Saturday 25<sup>th</sup> Dec (call to pre-book)
- **All Saints High Wycombe:** All Saints Parish Office, 8, Castle Street, High Wycombe, Bucks HP13 6RF, 01494527526
  - 16<sup>th</sup>-23<sup>th</sup> December- Christmas Tree festival- free entry

## Community Services in Chesham

- **Mind the Gap Peer Support,** Social groups in Chesham are running for active Mind the Gap and Wellbeing group members ONLY. For more details, please contact Pauline Hayden on 07788 438134 or email [pauline.hayden@bucksmind.org.uk](mailto:pauline.hayden@bucksmind.org.uk). Booking essential.

## Community Services in East Berkshire

- **Friends in Need Peer Support:** Activities are running for active FiN members ONLY. For more details, please contact Ansa Khan on 07496 874882 or email [ansa.khan@bucksmind.org.uk](mailto:ansa.khan@bucksmind.org.uk). If any registered FiN member would like to book on the in-person activities, please let the relevant coordinator know by 17<sup>th</sup> December so we can inform the volunteer that is running the activity. The online activities can be accessed via the links provided in the December timetable.

### FIN East Berkshire Coordinators:

**Bracknell:** Elouise Griffin [Elouise.griffin@bucksmind.org.uk](mailto:Elouise.griffin@bucksmind.org.uk) 07949 393434 & Kara Hale 07914 669430 [kara.hale@bucksmind.org.uk](mailto:kara.hale@bucksmind.org.uk)

**Slough:** Charlene Morgan 07950303832 [charlene.morgan@bucksmind.org.uk](mailto:charlene.morgan@bucksmind.org.uk)

**WAM:** Laura Nash 07944 896353 [laura.nash@bucksmind.org.uk](mailto:laura.nash@bucksmind.org.uk)

- **Mental Health Matters Safe Haven**  
**Phone:** 07790 772 863 (5pm-11pm)  
**Email:** [east.berkshirehaven@nhs.net](mailto:east.berkshirehaven@nhs.net)  
**Opening hours:** Thursday-Sunday, 5pm-11pm (including Christmas & New Year's Day)  
**Address:** 54 High Street, Slough, SL1 1EL
- **Slough Homeless Our Concern**  
Quaker Meeting House, 74 Ragstone Rd, Slough SL1 2PX  
If you need help or know someone that does call on 017 5357 7747 or drop in.  
**Opening Hours:**  
Monday – Friday: 09:30 – 13:30  
Saturday: 11:00 – 14:00  
Sunday: Closed
- **Bracknell Forest Winter Wellness** timetable of activities (up to 23<sup>rd</sup> December)  
<https://health.bracknell-forest.gov.uk/five-ways-to-winter-wellness-timetable/>
- **Community Winter Hubs and coffee mornings in Bracknell**  
<https://www.bracknell-forest.gov.uk/cost-living-support/community-winter-hubs>

# Happy Festive Season 2022!



To those of you who might be struggling, or supporting someone who is struggling, we would like to share some of the ways you can find support and information during the holidays.

- **Safe Haven** are 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 Sun-Weds in Aylesbury call: 01296 453017  
To contact us Mon-Sun in Wycombe call: 01494 218098
- **Samaritans** 24/7 Listening and Emotional support - 116 123 (freephone)
- **24/7 NHS Mental Health Helpline** providing support and information for all ages: 111
- If you feel unsafe, remember the emergency services are there to support you.

**Very best wishes from all the team at Buckinghamshire Mind!**

