

Useful Contacts

Help and advice
available
for residents
in South Bucks



Time on your hands?

Want to meet new friends and develop new skills?
Ever thought of volunteering?
There are people out there who could do with your help!

Contact: 0845 389 0389

www.communityimpactbucks.org.uk

email: volunteering@communityimpactbucks.org.uk



Are you looking after someone who cannot manage without you?

Then you are a carer and entitled to support for yourself.

Carers Bucks supporting family carers

Tel 01296 392711 or 01494 463536

www.carersbucks.org mail@carersbucks.org



South Bucks
District Council



For better mental health

Buckinghamshire Mind is working to promote
mental wellbeing and to improve the lives of people
with mental illness.

Contact details are: 01494 792244
info@bucksmind.org.uk www.bucksmind.org.uk

Free Home Safety Checks



Buckinghamshire Fire & Rescue Service

Contact numbers: In an emergency, dial 999

Community safety team: 01296 744477

Email: cs@bucksfire.gov.uk Website: www.bucksfire.gov.uk

What we do:

Fire and rescue service for Buckinghamshire and Milton Keynes,
including provision of free home safety checks (including free smoke
alarms) in people's homes

Homophobia Helpline:

Homophobia Support Line: 020 8554 9004 -

Provides emotional support and details of agencies, counsellors,
help lines, and support groups across the UK.

Samaritans:

Things on your mind? You can talk to the Samaritans anytime,
day or night.

Dial 08457 90 90 90.

Domestic Violence Helpline:

Dial 0808 2000 247

Lesbian and Gay Helpline:

Get information and support from a friend in the know.

Dial: 0845 3 30 30 30

For more information contact:

Tel: 0845 389 0389

www.communityimpactbucks.org.uk

www.Bucksinfo.net www.southbucks.gov.uk



Citizens Advice:

Free, independent, confidential and impartial advice to
those who work, live or study in South Bucks

Contact details:

Tel: 01895 837 551

for telephone advice, appointments, and debt advice
service (10 am to 3 pm, Monday and Thursday)

Websites: www.citizensadvice.org.uk
and www.adviceguide.org.uk

AGE Concern



The local charity that works with and for older people.
Contact us for Information & Advice, Welfare Benefits
Advice, Advocacy, Befriending, Rural Day Care, Handy-
person, Painting & Decorating, Toe Nail cutting, Computer
Lessons, or if you'd like to join our team as a volunteer.

Helpline 01296 431127 (Mornings)

Switchboard: 01296 431911

www.ageconcernbucks.org.uk



PROMOTING EXCELLENCE IN VOLUNTARY AND COMMUNITY SERVICES

Produced by Community Impact Bucks and South Bucks District Council on behalf of the South Bucks Partnership