

Struggling with food, fuel, bills and money?

If you or your family needs support, have a low income, or are experiencing financial hardship or crisis, find out what help is available.

Let us know if:

- You can hardly afford to buy food or fuel
- You can't keep up with the bills
- You are in debt
- You are having trouble paying for essential household items

Also, if you test positive for COVID-19 and are in self-isolation: if you are unable to get help from your family or friends, support is available to you. We can provide practical, social and emotional support.

Contact us:

buckinghamshire.gov.uk/helping-hand

01296 531 151

Our phone lines are open:

- Monday through Thursday (9:00 a.m. to 5:30 p.m.)
- Friday (9:00 a.m. to 5:00 p.m.)



In case of an emergency after hours, our team can be contacted by calling 0800 999 7677.