

Are you struggling with food, fuel, bills and finances?





helping
hand

If you or your family are in need of support, on low income or experiencing a financial emergency or crisis, find out what help is available.

Let us know if:

- you are struggling to afford food or fuel
- you cannot keep on top of your bills
- you are in debt
- you are struggling to pay for essential goods in your home

Get in touch

-  [buckinghamshire.gov.uk/helping-hand](https://www.buckinghamshire.gov.uk/helping-hand)
-  01296 531 151

Our phone lines are open:

- Monday to Thursday (9am - 5:30pm)
- Friday (9am - 5pm)

In an emergency our out-of-hours team can be contacted on 0800 999 7677.



Buckinghamshire
Council

