

# Local care and support agencies for Bovingdon

## February 2021

Need help? This is a short Directory produced by the  
Pastoral Care team of St Lawrence Church

N.B. Contact details change over time. Some phone numbers are currently  
centralized during Covid-19

Please report any updates or errors to [admin@stlawrencebovingdon.com](mailto:admin@stlawrencebovingdon.com)

If you would like spiritual support, someone to pray for or with you, or just a  
friendly chat, contact the St Lawrence Pastoral Care team on  
[support@stlawrencebovingdon.com](mailto:support@stlawrencebovingdon.com)  
or call 01442 833298

## **GENERAL – If you don't know where to start....**

**Herts Help** – 0300 123 4044 email: [info@hertshelp.net](mailto:info@hertshelp.net)

A network of community organisations in Herts working together. HH will signpost you according to your needs e.g.

- Support in a crisis
- Help to manage at home or finding the right care
- Hospital & community navigation service
- Support for Carers
- Advice on benefits & debt

**Citizens Advice Bureau** Dacorum - 0800 1448848. Herts – 0800 1448848

Advice on Benefits, Work, Debt & Money, Consumer, Housing, Family, Law & Courts, Immigration, Health

## **HEALTH**

**NHS Emergency only** Tel: 999  
**Non-emergency** Tel: 111

**NHS GP Walk in Centre - Hemel Hospital** – No appointments needed - 03000 332233  
Mon – Fri, 8am – 8pm Sat, Sun & B Hols. 8am - 7pm.

**NHS Live Well**  
[www.nhs.uk/livewell](http://www.nhs.uk/livewell)

Advice, tips and tools to help you make the best choices about your health and wellbeing including: 5 steps to mental health and wellbeing, healthy weight calculator & BMI, exercise programs, workouts & tips, sleep and tiredness info & support, eat well healthy & balanced diet, alcohol support intake and tips on cutting down, quit smoking help & advise, sexual health contraception and STI's.

## **Mental Health**

**NHS 'As One' For urgent help** self-refer or to speak to someone.  
Call the Single Point of Access (SPA): 0300 777 0707 from 8am - 7pm  
Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)

Alternatively, call the Out of Hours Helpline Tel: 01438 843322

**The helpline is staffed by experienced mental health professionals and support staff who can offer the following support:**

- Putting worries and anxieties in perspective
- Guidance about local services and referral if needed
- Information on diagnoses, mental health issues and medication

**NHS Community Mental Health for Adults** – 01442 913569

**NHS Community Mental Health for Children** – GP Referral only. Information at:-  
<https://www.hpft.nhs.uk/services/child-and-adolescent-mental-health-services-camhs/>

**Herts Mind** – 02037 273600 – [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

A locally funded, nationally affiliated, independent charity for advice, information, onward referral and person-centred holistic support for age 18+

- Crisis Helpline - 01923 256391
- Wellbeing Centre – 139 Leighton Buzzard Rd, Hemel Hempstead, which offers:
  - Peer Support & Network, Dementia Service, Complex needs including drug and alcohol abuse & learning difficulties. The centre has 4 beds for overnight emergencies
  - Professional Counselling up to 10 sessions. GP or self-referral. £40 per session (£20 if on benefits)

**Samaritans:** 116 123 – 24/7 response. Email: [jo@samaritans.org](mailto:jo@samaritans.org)

A free, confidential, non-judgemental listening service

**Salvation Army:** 01442 253607 (see more below)

**Sane:** [www.sane.org.uk](http://www.sane.org.uk) 0300 304 7000 from 4.30pm - 10.30pm every day  
Works to improve the quality of life for anyone affected by mental illness.

**Papyrus:** 0800 068 4141: Helpline to reduce suicide in young people  
9am – 12 midnight every day email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Calm (for men): Campaign Against Living Miserably.** 0800 585858 or webchat  
Available from 5pm to midnight.

**Anxiety UK.** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Helpline: 03444 775 774. Mon – Fri 9.30-5.30pm  
Professional therapy available to all, charged according to household income from as little as £15 per session (based on a household income of under £10,000 per year), up to a maximum of £50 per session (based on a household income over £50,000 per year)

## **PREGNANCY ISSUES + ABORTION**

**Life – Pro-life advocacy** - 0808 802 5433 – [www.lifecharity.org.uk/](http://www.lifecharity.org.uk/) National charity combining pro-life advocacy and education work with nationwide services providing positive alternatives to abortion. Support for anyone facing an unexpected pregnancy, pregnancy loss or after an abortion

**NHS abortion services** [www.nhs.uk/conditions/abortion/](http://www.nhs.uk/conditions/abortion/)

**Abortion advice and counselling:** British Pregnancy Advisory Service (BPAS)  
03457 304030

[www.bpas.org/abortion-care/considering-abortion/advice-and-counselling/](http://www.bpas.org/abortion-care/considering-abortion/advice-and-counselling/)

## **ADDICTION**

**Alcohol** - AA (Alcoholics Anonymous) 0800 9177 650. [help@aamail.org](mailto:help@aamail.org) for sufferers and their supporters

**Drugs** – Adolescent & Family Drug & Alcohol Services (AF – DASH) 01992 531917  
[www.healthforteens.co.uk>hertfordshire](http://www.healthforteens.co.uk>hertfordshire)

**Smoking** – East & North Herts NHS Stop Smoking Service – 0800 389 3 998 or 01442 453 071 – [www.enhertsccg.nhs.uk](http://www.enhertsccg.nhs.uk) Offering weekly one-to-one or telephone support for 12 weeks. Self-referral or by any health professional

## **EATING DISORDERS**

**An Ear to Hear** - peer support <https://www.aneartohear.co.uk/>

**Hope for Herts** – [www.hopeforherts.co.uk](http://www.hopeforherts.co.uk) Watford based - self-help & support group

**Taste Life UK** - provide tools for recovery for those who struggle with eating disorders and for their supporters. <https://www.tastelifeuk.org/>

## **POVERTY, HOMELESSNESS & CRISIS SITUATIONS**

**DENS** for foodbank and homelessness: 01442 262274

**DENS Emergency Night Shelter:** 01442 800131

**Dacorum Food Bank:** The Hub, Paradise Depot, Paradise, Hemel Hempstead, HP2 4TF  
01442 250969

**Salvation Army:** 01442 253607. [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

- Life Houses – accommodation that's more than a roof
- Homelessness – supporting rough sleepers into accommodation. Winter night shelters
- Older people – activities in the community and residential care homes
- Budget & debt advice – help to rebuild lives financially and emergency assistance
- Employment plus – info' and guidance in a supportive environment, how to be job ready
- Family tracing – help to reconcile and rebuild relationships
- Combating Domestic Abuse & Addiction services

**Dacorum B Council:** 01442 228000 - for homelessness / emergency accommodation

**Dacorum Community Trust:** 01442 253216; [admin@dctrust.org.uk](mailto:admin@dctrust.org.uk) – support in a crisis

**Hertfordshire Domestic Abuse:** confidential helpline: 08088 088088; [kim@mailpurple.org](mailto:kim@mailpurple.org)

**Herts Help:** 0300 123 4044; [info@hertshelp.net](mailto:info@hertshelp.net) – support in a crisis

Homelessness helpline out of hours: 08000186050

**Samaritans** 116 123

**Mind** 02037 273600

**Age UK:** 0800 6781602

## YOUTH SERVICES

**Kooth.com** - Online counselling and emotional wellbeing platform for children & young people aged 11 – 24 Available up to 10 pm everyday. [www.kooth.com](http://www.kooth.com)

**Chathealth.nhs.uk** – Easy and anonymous messaging service run by nurses for 11 – 19 yr olds. For young people with relationship and health concerns wanting to talk to a professional. Discreet and quick [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk)

**Youth Connexions Herts (YCH)** - 0300 123 7538 – [ychsfp@hertfordshire.gov.uk](mailto:ychsfp@hertfordshire.gov.uk)  
Professionally trained Youth Workers run a wide range of youth work projects in which young people are encouraged to get involved, meet new people, learn new skills and take part in challenging opportunities to develop their personal and social skills. Activities include sports, drama, dance, music, workshops, outdoor education, DofE, forums, residential and volunteering.

Personal Advisers help young people with the issues which are important to them such as jobs, careers and education, relationships, sexual health, confidence, self-esteem, substance misuse, staying safe, housing and independent living skills.

## CHILDREN'S SERVICES & CHARITIES

**Dacorum:** Children and Family Services: 01442 913569

**Herts CC:** Children's Services: 0300 123 4043

**Childline** – 0800 1111 [www.childline.org.uk](http://www.childline.org.uk) – charity for under 19's offering free professional counselling e.g.

- Family breakdown, domestic abuse
- Managing anxiety, depression, alcohol abuse, self-harm
- Message boards, videos

**Just Talk Herts** – 0300 777 0707 (8am – 7pm), 01438 843322 (5pm – 8am)  
Practical tools, support and resources for young people needing to talk

**NSPCC** – 0808 800 5000 – [www.nspcc.org.uk](http://www.nspcc.org.uk)  
For any concerns about the treatment of a child

## CARERS SUPPORT

**Age UK:** 01442 259049 – Help for Carers, Finding and Arranging Care, Benefits Calculating, Power of Attorney, etc

**Carers in Herts:** 01992 586969 - support for all in a caring role

**Crossroads Care:** 01462 427013 - care at home so Carers can have a break. Self-funded or through HCC depending on local authority criteria [www.crossroadshn.org.uk](http://www.crossroadshn.org.uk)

**Mind:** 02037 273600

## FAMILY MATTERS

**Gingerbread** – 0800 802 0925 – advice & info for single parents [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

**Relate:** 0300 003 2324 – Any kind of relationship, mediation, counselling [www.relate.org.uk](http://www.relate.org.uk)

## DOMESTIC ABUSE

**In An Emergency: ALWAYS PHONE 999**

**If Unable to Speak:** use police web chat. [www.herts.police.uk](http://www.herts.police.uk)

Or phone 999, wait to be transferred to the 'Silent Solution', wait for instruction to press 55

**Herts Sunflower Partnership:** 08 088 088 088 or email [kim@mailpurple.org](mailto:kim@mailpurple.org) Registered charity with around 170 specialist support services in Herts. Including Domestic Abuse, FGM, Forced Marriage, Honour Based Abuse, and Domestic Homicide.

**Herts CC Domestic Abuse Partnership:** 0300 790 6772, Mon – Fri, 9 - 5

## RAPE & SEXUAL ASSAULT

**SARC:** Sexual Assault Referral Centre (Police / Health Partnership). 0808 178 4448. 24/7

**POLICE:** 101 if non-urgent

**Victim Support:** 0845 30 30 900

**Samaritans:** 08457 90 90 90

**Survivors UK** (for men). 0845 122 1201

## FINANCIAL HARDSHIP & DEBT COUNSELLING

**CAP – Christians Against Poverty** - 01274 760720. [www.capuk.org](http://www.capuk.org) Debt help and advice

**Credit Union** - 01442 240250 - The Forum, Marlowes, H Hempstead

- Money common sense & guidance
- Loan calculator
- Mutual & ethical savings

**Step Change Debt Charity:** 0800 138 1111 [www.stepchange.org](http://www.stepchange.org) Free advice

**Citizens Advice:** 0800 144 8444 – Support for claiming universal credit

## BEREAVEMENT

**Cruse Bereavement Care** - Grieving and coping with isolation advice

- Adult helpline 01707 278389
- Young person's helpline 01707 264293

**Just Talk Herts** 0300 777 0707 (8am – 7pm), 01438 843322 (5pm – 8am)

- Practical tools, support and resources for young people needing to talk

## LONELINESS & OLDER PEOPLE

**Age UK:** 01707 323272 Herts 01442 259049 Dacorum. [info@ageukherts.org.uk](mailto:info@ageukherts.org.uk)

- Information & Advice
- Day Centres – IT training, physical activities
- Befriending service – 01442 221000
- Handy Person Scheme

**The Silver Line:** 0800 4 70 80 90 - Free helpline and telephone friendship scheme for older people

**Community Action Dacorum:** 01442 253935

- **The Repair Shed** – brings older men together to make, mend and learn woodwork
- **Community Transport** - for the isolated including non-routine healthcare appts. 48 hrs notice. 01442 212888 or 01442 617634.  
[ctadmin@communityactiondacorum.org.uk](mailto:ctadmin@communityactiondacorum.org.uk).

**Herts Help** – 0300 123 4044 – adult social care, blue badge, equipment, day services, money advice, disability

**Citizens Advice Dacorum:** 0800 1448848

**Meals on Wheels:** 0330 200 0103 – Herts Independent Living Service.  
Eg. Main meal & dessert – £5.10 (also contact via Mike Leon: 01442 833665)

**Herts Hearing Advisory Service:** A charity supporting the NHS. [www.hhas.org.uk](http://www.hhas.org.uk)  
01707 324582

**Bovingdon Connect:** 07376 832999 Volunteer transport for essential services (voluntary mileage contribution plus parking fees if needed. ....not operating during Covid 19)

**Alzheimer's Society** Dementia Helpline: 0300 222 1122

**Shop Mobility at The Marlowes:** 01442 259259

**The Royal British Legion:** LIVE ON (Charity for ex service personnel) 0808 802 8080

## **POLICE & NEIGHBOURHOOD WATCH**

**Emergency:** 999

**Non - Emergency:** 101

**Neighbourhood Watch:** 007803 141254 - Bovingdon Coordinator - Julie Steer  
[www.hertswatch.co.uk](http://www.hertswatch.co.uk)

**OWL:** Timely alerts re incidents, scams etc. Register at [www.owl.co.uk](http://www.owl.co.uk)

**Crimestoppers (charity):** 0800 555111 – anonymous call centre for reporting information to the relevant agencies. [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

**Victim Support (charity):** 0300 0115 555 – [www.hertfordshirebeacon.org](http://www.hertfordshirebeacon.org)  
Providing free and confidential support 24 /7, 365 days a year for people affected by crime and traumatic events – regardless of whether reported to the police.

Support services tailored to individual needs including:

- Information and advice
- Immediate and longer term emotional and practical help
- Advocacy & help in navigating the criminal justice system
- Peer support and group work
- Restorative justice
- Personal safety services

## **VOLUNTEERING**

**Community Action Dacorum:** 01442 247209 Volunteer Centre

**NHS Good Sam(aritan)** <https://www.goodsamapp.org/NHSvolunteerresponders>

A variety of roles for checked and non-checked DBS volunteers – shopping, chat, transport

**Age UK Befriending Service:** 01442 259049

## **MORE USEFUL CONTACTS**

**The Hertfordshire Directory** – A platform hosting a list of services, charities, groups and activities [www.directory.hertfordshire.gov.uk](http://www.directory.hertfordshire.gov.uk)

**See ‘Bovingdon News’** – Produced twice a year by the Parish Council. Information and contact details for local clubs, societies, scouts, guides, brownies and many other groups